WORKING TOGETHER.
WORKING for YOU.
Acute Rehabilitation Unit
Welcome

HSHS St. Elizabeth’s Hospital has been providing high-quality and compassionate health care for 143 years and continues to serve as the hospital of choice in the region for patients seeking a multi-disciplinary therapy experience. At St. Elizabeth’s Hospital, we consider it a privilege to be able to treat you - the “whole person” - with care.

Our goal is to provide the highest quality and most convenient rehabilitation services to our community through our acute care, inpatient rehab unit. We look at the individual needs of our patients and work with them to return to the activities they love to enjoy. We work together to ensure our patients’ rehabilitative needs are met. We do this to make St. Elizabeth’s your “close to home” choice.

Please take a moment to look though this packet and let us know if you have any questions. We welcome the opportunity to serve you.

Sincerely,

Dr. Patchala, Melissa & Stella

Important phone numbers

HSHS St. Elizabeth’s Hospital 618.234.2120
Acute Rehab Unit Intake Coordinator ext. 51022
Acute Rehab Unit Nursing Desk ext. 51128

Sri Patchala MD, Medical Director, Physical Medicine and Rehabilitation
Melissa Newbold Welge OTR/L, MBA-ACA, Program Director
Stella Kueker, BSN, RN, Nurse Manager
HSHS St. Elizabeth’s Hospital’s Acute Rehabilitation Unit has been helping patients with almost every type of disability since 1986. The Rehab program, accredited by CARF as a Comprehensive Integrated Inpatient Rehabilitation Program, offers a complete range of services. The 16-bed unit is one of the few CARF approved acute rehab programs in Southern Illinois and the only one in St. Clair County. More than 430 patients were helped last year to regain their highest level of function.

The rehabilitation team cares for patients who need rehab due to major injury or illness. The unit’s physiatrist, therapists, nursing staff, and care coordination team have helped patients either return to their prior lifestyle or live as independently as possible.

**Admission Criteria**

Patients, 18 years of age and older who are medically stable, non-ventilator dependent, and can do at least three hours of therapy throughout each day may be admitted in our Rehab program. Patients are evaluated and approved for admission by a physiatrist. Our Rehabilitation Referral Coordinator or Charge Nurse will assist with the admission to the unit.

Patients admitted to Rehab may have (but are not restricted to) the following diagnoses:

- Stroke
- Hip fracture
- Amputation
- Major multiple trauma
- Traumatic brain injury
- Non-traumatic brain injury
- Arthritis
- Joint replacement
- Spinal cord injury
- Congenital deformity
- Neurological disease
- Pulmonary Disease
Rehab and Your Family

After you are admitted to the Rehab program, the team members working with you will assess your function and develop a plan of care with your input. You and your family are important members of the team. We encourage a family member or close friend to be with you on the day of admission to learn more about the program and to help answer questions.

One of the main goals of Rehab is to return you to your prior living arrangement. Therefore, family members are a crucial part of the process and are encouraged to attend therapy as scheduled by the rehab team. The therapists and nursing staff will teach your family and/or friends how to assist with activities of daily living and self-care.

Visitors

Social visits are important but should not disturb the therapy schedule. Therapy is held seven days a week with shorter sessions on Saturdays and Sundays. Only family members or friends serving as the patient’s care or support person are allowed to attend scheduled therapy sessions.

No children are permitted to attend therapy sessions. Your well-being is our primary concern and is the reason for limiting the number of visitors and the length of their visit. Please inform your nurse if you expect a large number of guests for a special visit. Children under the age of 4 are discouraged from visiting in patient care areas. Children under 12 are discouraged from visiting a patient in isolation. Visiting children must be accompanied by an adult at all times.

Suggested Visiting Hours:
12:00-1:00 p.m. and after 4:30 p.m. Monday-Friday.
After 12:00 p.m. on Saturday and Sunday
Your Rehab Team

When you are admitted to our program, you will be treated by a multi-disciplinary team of professionals, led by a physiatrist, to assess your impairment with you and your family. Together, we will develop a care plan based on your needs and capabilities. Because we believe in treating the “whole person” - not just the impairment - your caregivers may include professionals from a wide range of disciplines, including:

MEDICAL DIRECTOR - Dr. Sri Patchala

REHAB PHYSICIANS (Physiatrist)
- Coordinates your Rehab plan
- Participates in team conferences
- Manages medical issues with consultation, if needed

NURSING STAFF
- Provides 24 hour nursing care
- Provides education for the patient and their families
- Encourages patients to work toward the goal of self management
- Reinforces therapy recommendations from all disciplines 24 hours a day

CARE COORDINATION
- Works with physiatrist and nursing to aid admission
- Coordinates discharge services
- Acts as a contact between patient/rehab team/insurance/community resources
- Participates in team conferences

PSYCHOLOGICAL/COUNSELOR SERVICES
- Available for assessment and support

PHYSICAL THERAPY (PT)
- Provides assistance and instruction with mobility
- Provides instruction in safe transfer techniques
- Provides training in balance activities
- Provides proper technique for walking and stair climbing
- Provides appropriate exercise programs for strength, flexibility, and coordination

OCCUPATIONAL THERAPY (OT)
- Provides training for activities of daily living (ADLs): eating, bathing, dressing, and homemaking
- Provides activities that deal with high level thinking skills
- Provides appropriate wheelchair seating/positioning devices
- Provides instruction in toilet, tub/shower, furniture and car transfers
- Provides upper extremity exercises for strength and coordination

SPEECH-LANGUAGE PATHOLOGY
- Provides treatment for patients with difficulty speaking
- Provides activities to improve memory, problem solving and high level thinking skills
- Provides treatment for patients with feeding/swallowing problems

THERAPEUTIC RECREATION
- Offers adaptations for leisure interests
- Gives community resources
What to bring

Personal clothing is worn since the greater part of your day will be spent out of bed and out of your room. Dress is casual. Clothing should be machine washable. All clothing and belongings should be labeled to prevent loss.

Patients SHOULD bring the following:

• Three sets of casual, easy-to-clean clothing that are suited for exercise.
• Underwear, T-shirts, short-sleeved shirts or blouses, and comfortable slacks with elastic waistbands. Sweatpants are recommended.
• Seasonal outerwear for leisure activities.
• Shoes with flat heels - A sturdy oxford lace-type or tennis shoe is ideal. New shoes should not be bought before asking the therapist.
• Socks, like those worn at home.
• Button-front sweater, if desired.
• Toothbrush, toothpaste, comb, brush, shampoo, lotions, and battery operated razor.
• A list of medicines.
• Dentures, glasses, hearing aid, braces, splints.
• Personal items like photos.
• A copy of insurance card, Medicare and Medicaid information.
• A copy of your Durable Power of Attorney for Health Care document.

We recommend you do not bring jewelry or other valuables to the Rehab Unit. If you do, they may be kept in Hospital Security upon admission. Please do not keep more than $5.00 in your room at any time. You are asked to let your nurse know if you have hearing aids, dentures, glasses, contact lenses, etc., so they may be listed on your chart.

FINANCIAL INFORMATION

St. Elizabeth’s Hospital accepts Medicare and Medicaid and many commercial insurance plans. In addition, we are contracted with and included in the networks of several commercial payers (list available upon request).
“At Your Request” Patient Meals
Room Service Dining is offered for all patients. This program allows you to select meals from a restaurant-style menu designed to make you feel as though you are at home or at your favorite restaurant. Menus are located in your room. Once you’ve made your selections, dial ext. 5000 to have your meal delivered to your room within 45 minutes.

Room service for visitors
Guest trays are also available for a nominal fee for visitors who wish to remain with the patient for meals. Cash-only payment will be collected by the Room Service Attendant when delivered. Dial ext. 5000 to order.

Cafeteria
Our Cafeteria is located on the fifth floor. Hours are Monday-Friday, 6:00 a.m. - 2:30 p.m.

Daily Grind Coffee Shop
Our Daily Grind Coffee Shop is located on the first floor on Main Street. Hours are Monday-Friday 7:30 a.m.-7:30 p.m. and 7:30 a.m.-3:00 p.m. on weekends.

Daily Care Calls
We will call the designated spokesperson daily with an update.

Once you’re home, questions often arise. You can call us 24/7 at 618.234.2120, ext. 51128. Your call will be answered as soon as possible. After discharge, you will also receive follow-up phone calls within your first week and approximately 90 days later to check on your progress.

Spiritual Care
Our Spiritual Care department is available to provide spiritual support for the family. Dial ext. 51091 to request a visit.

Other amenities include:
Wi-Fi access
MISSION STATEMENT

To reveal and embody Christ’s healing love for all people through our high quality Franciscan health care ministry.

CORE VALUES

Respect • Care • Competence • Joy