

Acute Inpatient Rehabilitation Unit



Comprehensive Integrated Inpatient Rehabilitation Program

The Mohawk Valley Health System (MVHS) Acute Inpatient Rehabilitation Program provides integrated medical and rehabilitation services. Care is rendered at the Inpatient Rehabilitation Unit (IRU) 24/7, for adults ages 18 years or older.

Our Program

The Acute Inpatient Rehabilitation Program specializes in your medical needs as well as rehabilitation needs. Patients' medical and rehabilitation needs include, but are not limited to, a variety of neurological, orthopedic and cardiac conditions. Patients accepted to the program must have both medical and rehabilitative needs, require at least two forms of therapy and be able to participate in a minimum of three hours of therapy, five days a week, over a seven-day period.

Those patients that develop a loss of self-care, community participation and/or loss of function can benefit from our acute inpatient rehabilitation program. Persons with complete or incomplete spinal cord dysfunction caused by any etiology at C-4 level or below, can be served by this program. The program can manage patients with co-morbidities associated with spinal cord injury such as bowel and bladder dysfunction, skin breakdown, spasticity, autonomic dysreflexia and/or sexual impairment. The program is unable to accept ventilator-dependent or comatose patients.

We serve a diverse population and we strive to accommodate patient's needs. Language interpreters are available. Special dietary requests will be honored whenever possible. If the patient has specific spiritual needs they will be addressed upon admission.

The cultural diversity of the patient will be respected unless certain cultural practices interfere with the well-being of others or negatively impact any other patient or the program.

Patients served by this program should not be a risk or danger to themselves or others. The behavior of the patient should promote active participation and efforts toward attaining rehabilitative goals.

Where a patient chooses to go for rehabilitation directly affects his or her recovery. Our Acute Inpatient Rehabilitation Program offers patients a more specialized and intensive program. As a result, patients generally achieve better outcomes, enjoy greater independence upon discharge and return home faster. Our rehabilitation team is here to help and support our patients and their family each step of the way.

Referral Sources, Payer Sources and Fees

A physician, case manager, insurance company, allied health professional or family member can refer you to the Inpatient Rehabilitation Program or you may refer yourself. All insurances are accepted. Contact the Rehabilitation Admission Liaison at 315-624-8788 for benefit information. Based on your individual benefits, you will be informed of fees you may incur. You may receive additional charges for your physicians or providers for specialty services.



Quality of Care

The IRU is the only Commission on Accreditation of Rehabilitation Facilities (CARF) accredited unit between Syracuse and Schenectady. CARF is an independent, not-for-profit organization focused on advancing the quality of services and outcomes available to rehabilitation patients. Organizations with CARF accreditation have voluntarily participated in a rigorous review of its services and demonstrated a commitment to CARF's high standards for quality and care. Choosing a CARF-accredited program ensures that patients are receiving care that is patient-focused and meets national standards of excellence.

Our Rehabilitation Unit

The IRU is located in the Center for Rehabilitation and Continuing Care Services and features a warm Adirondack theme and a home-like feel. With 19,000 square feet, the spacious unit has 24 beds and offers 10 private rooms and seven semi-private rooms, all of which have large, handi-capped-accessible bathrooms.

Your Rehabilitation Program

The first few days of your stay in the Acute Inpatient Rehabilitation Unit (IRU) will be a time of adjustment. You will meet many members of our rehabilitation team as they evaluate your strengths and weaknesses. They will talk with you, your family and friends about how to work together toward your personal rehabilitation goals.

You will get dressed every morning and participate in multiple therapy sessions throughout the day. You will be provided with a schedule of your therapy sessions each day. To the best of your ability, you are expected to attend all of your scheduled rehabilitation sessions.

Early in your rehabilitation stay, a team conference will be held to discuss your overall treatment plan, review goals and begin planning your return home. Your assigned discharge planner will talk with you prior to and after the team conference to communicate any important issues.

Key family members will be encouraged to come with you to your therapy sessions to observe your progress and to learn needed techniques.

Transitional Living Center

During your stay on the IRU, the team may recommend that you use the Transitional Living Center (TLC). This is an area on the unit which simulates home-like surroundings in order for you, your family and the team to determine your ability to manage daily activities safely and appropriately. The TLC is equipped with a full-size kitchen, washer and dryer, bathroom, bed and simulated market place.

Therapeutic Leaves of Absence

A Therapeutic Leave of Absence (TLOA) is time outside of the hospital with family or a significant other to practice new skills or to experience places in a different way. TLOAs vary in length, but cannot extend overnight. Not all patients are able to participate in TLOAs due to individual needs and concerns.

Preparing to Go Home

Discharge planning to go home begins as soon as you are admitted to the Acute Inpatient Rehabilitation Program. Together, we will plan for your discharge and obtain necessary services and equipment for you before you leave the program. Family conferences may be held to discuss specific discharge issues. Recommendations for community re-entry or other follow up services will be provided as necessary.

At the time of discharge, you will receive prescriptions for medicines and for any supplies that you may need to get at your local pharmacy. You will be assisted in obtaining recommended durable medical equipment. All follow-up appointments, including physician and therapy, will be made for you.

Follow Up

Once you are home, you may receive a phone call inquiring how you are doing, how satisfied you were with your care and how well we prepared you to go home. You may also receive a confidential survey in the mail. Please complete this survey related to your care in the IRU. The information you provide is reviewed to help us provide the best care possible.



The Rehabilitation Team

An interdisciplinary team of qualified professionals combine their individual expertise to provide patients with the best possible plan of care.

You and your family are the most important members of our rehabilitation team. We value your ideas and involvement in planning your treatment program and setting goals for recovery. Active participation in the program and activities are needed for you to get the greatest benefit and achieve the best recovery possible.

Physiatrist

Your treatment program is under the direction of a physiatrist, a doctor specializing in physical medicine and rehabilitation. The physiatrist provides medical care and directs your rehabilitation program. He or she is available 24 hours a day, seven days a week.

Medical Services

Upon admission you will be assigned a primary care provider who will monitor and treat your medical needs. If you already have primary care provider, he or she can also choose to care for you here if he or she has privileges at MVHS and if they are available 24 hours a day, seven days a week, either in person or by phone. Specialist care can be arranged on a case-by-case basis.

Psychology

Psychologists help you and your family understand and adjust to the recent changes in your life style. Upon referral, the psychologist will meet with you and your family members during your rehabilitation stay and will discuss any concerns or questions you may have.



Nursing

Specially trained registered nurses provide nursing care 24/7 and are trained to provide rehabilitative care. These nurses will help you follow through on the rehabilitation plan of care. Many of our RNs are certified rehabilitation registered nurses (CRRN), which means they have received additional training regarding caring for rehabilitation patients and have passed a national exam demonstrating rehabilitation expertise. Nurses provide assistance with medication and pain management. They also support the carryover of what you learn in therapy to help improve your independence, helping you and your family reach a good understanding of your condition, things you need to know and be able to care for yourself.

Occupational Therapy

Occupational therapists help you to become as independent as possible using the skills and abilities you have. Treatment focuses on learning new or different ways to do everyday tasks, and regaining skills through individualized treatment programs. This may include assessing your need for special equipment and helping to obtain it. Your family may be asked to take measurements of your home, which will help you and the rehabilitation team decide whether changes or new equipment are necessary. In special instances, the therapist may ask to visit your home.

Physical Therapy

Physical therapists use individualized treatment techniques and may recommend assistive devices in an effort to improve your independence, mobility, muscle strength and balance. Physical therapists help you improve your ability to perform activities such as standing, walking and wheelchair mobility, and provide training with mobility devices and artificial limbs to maximize function. Their goal is to help you regain your strength, endurance, balance and independence in mobility skills.

The Rehabilitation Team, continued

Speech Language Pathology

Speech language pathologists help patients with difficulty communicating due to an inability to comprehend others or speak. Treatment is also provided for patients with problem solving, memory and swallowing disorders. Individual treatment programs are developed to help with communication, as well as ensure adequate nutrition.

Therapeutic Recreation

The Therapeutic Recreation specialist plans recreational and social activities to assist you in using physical, social and cognitive skills. A variety of activities for you and your family will take place in and out of the rehabilitation unit to prepare you for returning to your home and community.

Dietitian

The dietitian will talk about your diet and together you will create a personalized diet that promotes good health.

Discharge Planning

In order to develop a plan to get you home safely, it is important to identify resources within your family and community that strengthen your support system. An appropriate plan incorporates therapists' recommendations, patient needs and patient/family preferences in a way that ensures continuity of care.



Helpful Information

Visiting Hours

Our rehabilitation team understands that support from your family and friends is a necessary part of your recovery. We welcome visitors from 8 a.m. to 8 p.m. every day with extended times on a case-by-case basis; however, your attendance at scheduled therapy sessions must be a priority.

Medication

All required medications are supplied by our pharmacy and are administered by your nurse. Medications are stored and accessed through a computerized dispensing system that includes electronic scanning to ensure safety.

Smoking

To protect the health and safety of all patients and visitors, smoking is prohibited on MVHS campuses. If you are a smoker, we can provide interventions to avoid withdrawal symptoms. If you are a smoker and would like to quit, ask your nurse or provider for information on quitting assistance.

Clothing

We recommend that you bring a variety of loose-fitting clothing that is suitable for use while exercising during your stay. Sweatshirts, sweat pants, shorts, T-shirts, a sweater, undergarments, socks and a coat for the season are all appropriate. Also, include sneakers or other comfortable, supportive shoes in your wardrobe.

Laundry

Family members are expected to take patient's clothing home for washing.

Diet

Our staff will work with you and your family to make your meals as enjoyable as possible, including snacks in between meals. To help maintain good health, some foods may need to be restricted for medical reasons. Our dietitian will help you with any of these needs.

Please check first with the nursing staff if your family wants to bring special foods in for you. If approved, food may be left in the kitchen labeled with your name, the contents and the date it was brought to you.

Helpful Information

Lounge Areas

The IRU has a lounge area referred to as the Sun Porch. You may also use this area when visiting with your family and friends. Other areas on the unit may be used for visiting or recreation as available. Weather permitting; there is an outside private patio for IRU patients and their families

Money and Valuables

It is best that items of value are left at home. For items that you feel are necessary to have with you, the IRU maintains a safe on the unit where these items may be deposited.

Mail

Mail is delivered to your room on weekdays. Outgoing mail may be deposited at the nurses' station. Please let us know if you need assistance in sending mail. Stamps are available for purchase from the receptionist in the main lobby.

Telephone/Television

Telephones, televisions and Wi-Fi are available in each room. Local calls, television service and Wi-Fi are free.

Diagnostic Imaging and Laboratory Services

An on-site laboratory is available 24/7. Diagnostic imaging is also available 24/7 with limited services available on site. For services off site, transportation is provided. All results have real-time documentation in the MVHS electronic medical record system.



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and Continuing Care Services
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