



MVHS

ACUTE INPATIENT REHABILITATION
2023 ANNUAL REPORT

THE ONLY CARF-ACCREDITED IRU BETWEEN SCHENECTADY AND SYRACUSE.





ANNE MATHEWS, MD
Medical Director of
MVHS Rehabilitation
Services

MEASURING QUALITY OF CARE

The Mohawk Valley Health System (MVHS) Acute Inpatient Rehabilitation Unit (IRU) provides a complete range of Physical Medicine and Rehabilitation services. The staff is a dedicated team of professionals who are experts at treating those with brain injuries, stroke, spinal cord injuries, amputation, major multiple trauma or suffered from other various illnesses. Our personalized approach helps more patients live an excellent quality of life.

Many of MVHS programs, including the IRU Program, have earned awards and accreditation which recognize the high quality of services offered. In 2023, IRU was re-accredited for a three-year period by the Commission on Accreditation for Rehabilitation Facilities (CARF). CARF-accredited programs demonstrate a commitment to the organization's high standards of patient safety and success.

At the MVHS IRU, everyone is welcome and supported at all stages of their journey. We value people's differences and similarities and foster a culture of inclusiveness across all areas of our organization. We want you to feel comfortable bringing your full, authentic self to our unit because only then can you do your best work as a patient!

Our colleagues come from a variety of backgrounds, have different cultures, work styles, values and ways of thinking. We appreciate these differences and support them.

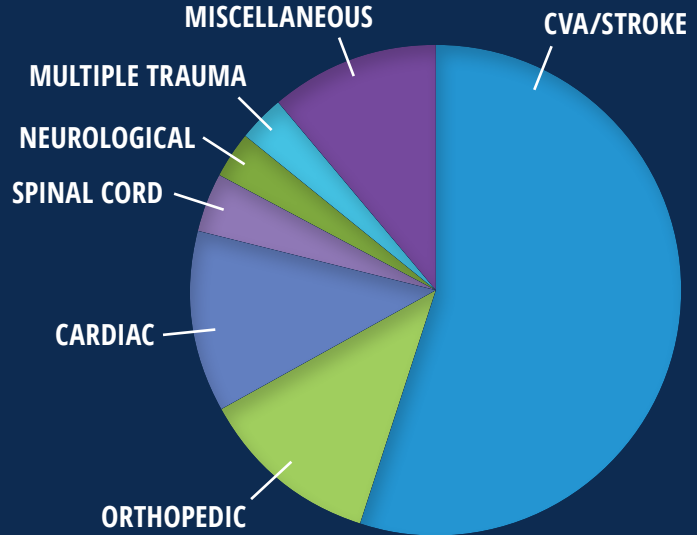
ABOUT THE MVHS IRU:

The MVHS IRU is an acute inpatient rehabilitation program designed to get you home quickly.

The 24-bed unit is dedicated to the rehabilitation of people with disabilities from stroke, head injuries, amputation, spinal cord injury, multiple traumas and other disabling conditions. The unit is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), the international agency responsible for setting the standards for delivery of superior rehabilitative care.

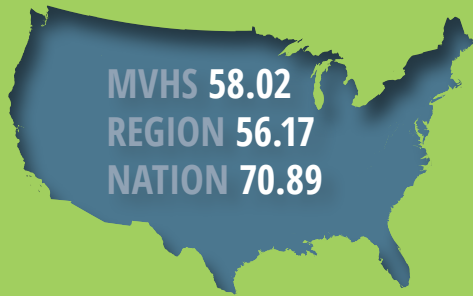
Patients receive at least three hours of intensive therapy per day **a minimum of five days a week** and are closely monitored by a specialized physician.

Patients with many different types of diagnoses can benefit from the program.

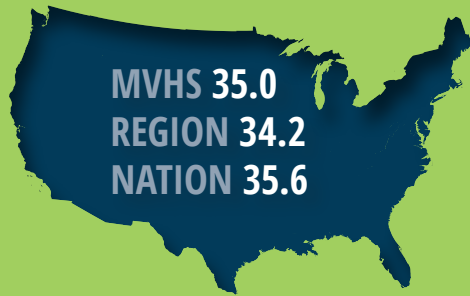


2023 ADMISSIONS

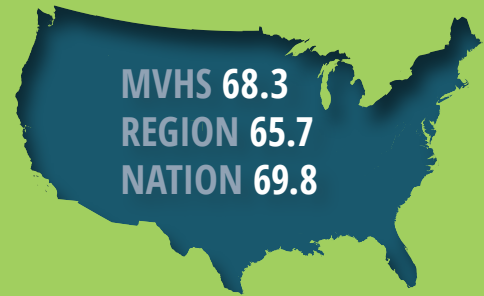
HIGHER THAN REGION AVERAGE



FUNCTIONAL EFFICIENCY



SELF-CARE AT DISCHARGE

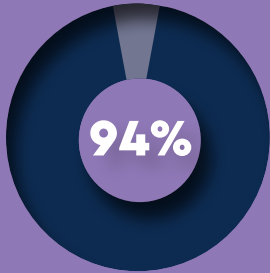


MOBILITY AT DISCHARGE

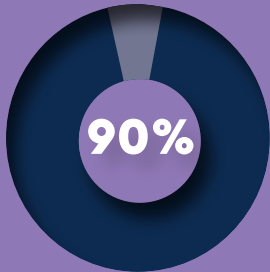
Our patients achieve a high level of function during their rehabilitation stay. Our staff uses Quality Indicators to rate a patient's ability to carry out functional skills such as eating, bathing, dressing and walking. A higher score of functional efficiency shows improvement in function over a shorter length of stay, which is better for the patient.

A higher discharge score shows a higher level of independence. The discharge scores shown are a total of the average scores for each area focused on. Mobility has 15 areas included in the score. Self-care has seven areas included in the score.

QUALITY AT ITS FINEST



93.5 percent of the patients discharged from the Acute Inpatient Rehabilitation Program report that they maintain their own care and independence 90 days after discharge.



90.24 percent of patients were living independently at home 90 days after discharge from the Acute Inpatient Rehabilitation Program. Most of our patients go home and stay home.



3.65
OUT OF
4.0

PATIENT
SATISFACTION
SCORE



3.32
OUT OF
4.0

QUALITY
OF LIFE
SCORE

LETTERS FROM PATIENTS/FAMILY

***"Dear Inpatient Rehab Unit Staff** – Thank you all from the bottom of our hearts for the care of our 23-year-old daughter. She gained so much strength back while here. She is also much more confident in herself because of each and every one of you. You should all be very proud of yourselves for being such an amazing team. I've never seen anything close to what you have here and it's because you all truly care about your patients and their progress. Thank you for making this transition easier for all of us."*

– Grateful Family

***"To all my caregivers** – I can't thank you enough for the excellent care. The staff were so kind and caring. The whole facility was wonderful."*

– Grateful IRU Patient

***"To everyone at the IRU** – After suffering a fracture of my femur, I was not able to return to normal right away. I felt lost and worried about returning to my old self and my home. The therapy and nursing staff at*

the IRU helped eliminate my fears and worked with me on returning home. It was not easy but they helped me find my inner strength and got me well so I could return home. I'm now back to doing the things I did before my injury. Thank you to the therapy and nursing staff for such excellent care."

– Thank you from broken and repaired

***"Inpatient Rehab Staff** – I never thought at my age I would have a stroke. It was the scariest time of my life. My whole left side of my body was weak and I had trouble speaking. But the staff at the IRU gave me hope and helped push me to achieve my goals. At times, I wanted to give up, but the staff was kind and kept encouraging me to achieve my goals. The nurses, therapists and discharge planner worked with me and my family to ensure we had everything I needed after discharge to continue to do well at home. My daughter and I will be forever grateful for all you have done."*

– Thank you from a grateful patient and daughter

REHABILITATION SERVICES

INPATIENT REHABILITATION

Acute Inpatient Rehabilitation

315-624-8788

Subacute Inpatient Rehabilitation

315-624-8667

HOME CARE REHABILITATION

Visiting Nurse Association of Utica and Oneida County

315-624-HOME (4663)

OUTPATIENT REHABILITATION SERVICES (FAXTON)

Physical, Occupational, Vestibular, Lymphedema and Hand Therapies

315-624-5400

Speech-Language Pathology, Audiology and Hearing Instrumentation Services

315-624-5455

Cardiac Rehabilitation

315-624-5335

WHAT WE OFFER

that others don't:

- Close medical supervision by a physician with specialized training.
- 24-hour care by registered nurses who are specially trained in rehabilitation and managing medically complex patients.
- Medical care and therapy provided by a physician-led multidisciplinary medical team including specialty trained registered nurses.
- A minimum of three hours of individualized intensive therapy per day, five days a week.
- A comprehensive team approach, including physiatry, nursing, occupational therapy, physical therapy, speech/language pathology, psychology, therapeutic recreation, a dietician and neuropsychology.