

LEARNING TO WALK AND LIVE—AGAIN

Some of the toughest work at Weiss Hospital happens in the 4th floor rehabilitation gym. But it's also the source of countless success stories.

One of those successes Wayne Vosgerau, who manages a limo company in Chicago, sat on a padded bench in the rehab gym, moving his leg back and forth. Physiatrist Rahul Sharma, M.D., walked in. The two greeted each other like old friends.

They met after Wayne's right leg was amputated, due to a wound that wouldn't heal for nearly a year. When the wound became infected, and the infection spread to his bone, Wayne underwent an amputation in July 2013 to prevent further harm. Before that, Wayne said, "I was on a walker for over a year and in and out of doctors' offices every week. The best thing that happened was the leg being taken off."

Dr. Sharma has heard that sentiment before. "People say that in the long run, all the doctors' appointments take over your life."

THE ROAD TO REHAB

Though losing the leg was ultimately for the best, life after amputation wasn't easy... at first. Wayne spent four days in the Intensive Care Unit at Weiss, followed by almost two weeks in the inpatient rehabilitation unit. He then continued with therapy as an outpatient, coming to Weiss twice a week for three hours at a time.

A former U.S. Marine, Wayne likened the experience to "boot camp," but said that was perfect for him. "I wanted to get back to my life. I hadn't had a life for the past year because of that wound."

Two months after surgery, Wayne got a prosthetic leg, and his journey through rehab took a different turn. He had to learn to walk again, and not to drag the prosthesis. However, Physical Therapist LeAnna Becker said, "He was faster than typical patients—determined, and he healed well." The challenge was all mental, Wayne noted. "If you're not set to do something, you're not going to do it. But I'm not an invalid, and the therapists sensed that."

MOVING ON

A few months after surgery, Wayne was driving. He learned to use hand controls for braking and accelerating.

Able to walk again, Wayne took a vacation to New Orleans, where he quickly found his balance and learned to maneuver his prosthesis over the uneven brick streets. Nothing was going to hold him back. "Weiss rehab has the best staff I've ever seen. They make you want to work. I'm proof of that," he said. Dr. Sharma attributes Wayne's success to a good support team at home, too. "They didn't treat him like he was weak or disabled—but instead like this was something they had to get through together."

And they did.



GETTING BACK ON THEIR FEET AGAIN

The inpatient rehabilitation unit at Weiss Memorial Hospital offers comprehensive inpatient rehabilitation programs and services. Our goal is to improve a patient's ability to provide self-care and to teach the patient and family how to cope with and adapt to changes in their lives resulting from impairments in mobility, safety, communication, cognition and/or swallowing.

FREQUENTLY ASKED QUESTIONS

Q: What should I wear when I come to rehab?

A: Patients wear their own comfortable clothes. t-shirts and sweatpants are great options. The unit has a washer and dryer for your convenience.

Q: Can my family come to visit?

A: Yes. Patients are welcome to have visitors. We encourage family and caregiver involvement, especially if they will need training to help you at home.

Q: How will I know when to go to therapy?

A: Patients are given their therapy schedule the day before. The therapist will bring you from your room to therapy.

CLOSER TO HOME ONE STEP AT TIME

INPATIENT REHABILITATION



INPATIENT REHABILITATION
4646 N. Marine Drive, 4th Floor, Elevator C
Chicago, Illinois 60640
WeissHospital.com



THE COMPREHENSIVE INPATIENT REHABILITATION PROGRAM AT WEISS

People come to us with many different conditions and one desired outcome: they want committed partners who can help them go back to a life of maximum independence. Our patient care is constantly monitored to achieve optimal outcomes and promote the highest degree of satisfaction.



PROGRAM AT A GLANCE

- Patients are scheduled to receive 3 hours of therapy at least 5 days a week.
- Our team provides extensive patient, family and/or caregiver training.
- Our evidence-based practices are utilized in order to ensure better patient outcomes and excellent patient satisfaction.

PATIENTS TREATED INCLUDE:

- Neurological patients: acute stroke, Parkinson's, MS, brain injury/anoxia/encephalopathy, spinal cord - stenosis
- Orthopedic patients: hip fractures, joint replacement over 85, bilateral joint replacements, and joint replacement with history of neurological event
- Patients with new amputations
- Deconditioned and medically complex patients

HELPING PATIENTS MOVE ON INTERDISCIPLINARY TEAM APPROACH

Patients admitted to the Inpatient Rehabilitation Unit at Weiss receive interdisciplinary care led by a physiatrist (a physician specializing in physical medicine and rehabilitation). Patients receive coordinated services which may include:

- Dietitian
- Physical Therapy
- Nursing
- Psychology
- Occupational
- Social Work/Case
- Therapy
- Management Services
- Physiatry
- Speech Therapy

Each patient's primary care physician is encouraged to visit and play an integral role in the rehabilitation process. The inpatient rehabilitation unit at Weiss encourages patients and families to actively participate in the patient's treatment plan and individuals are challenged to demonstrate personal responsibility and gain greater independence. The individualized needs of each patient are discussed and documented in the patient's plan of care. This plan of care is revised with the patient as needed.

DISCHARGE

Discharge planning begins on the very first day and the goal is for the patient to return to his or her community setting as functionally independent as possible. The social worker can coordinate a physician-prescribed program of continued therapy and arrange for equipment and services needed to further facilitate recovery, in addition to contacting outside agencies that offer public resources and services to meet discharge needs.

OUTCOME MEASURES

Patients of the Weiss inpatient rehabilitation unit have better Functional Independence Measures at discharge, along with higher rates of discharge to the community than the national averages.

MEASURE	WEISS	NATION
Functional Independence Measures Change	29.0	26.0
Discharge Functional Independence Measures	86.0	79.4
Average Age	73.2	68.0
Discharge to Community	70.7%	69.4%

ACUTE REHABILITATION PATIENT REQUIREMENTS

- Patient must be medically stable yet may have vulnerability to medical complications
- Patient needs to be seen by a physiatrist at least three times a week
- Patient requires nursing interventions and assessment by specially trained rehabilitation nurses
- Patient requires physical, occupational and/or speech therapy
- Patient must be 18 or older
- Program accepts patients requiring specialized care for tracheostomies, feeding tubes, wounds, and/or dialysis

HOW TO MAKE A REFERRAL

- A written physician's order is required for services
- Referrals or requests for assessments can be made by contacting an intake coordinator

MONDAY - FRIDAY

(773) 564-5422 phone

(773) 564-5424 fax

REFERRAL SHOULD INCLUDE:

- Demographic sheet
- Physician H&P, progress notes
- Therapy notes
- Labs
- Vitals
- Plan for IV antibiotics
- Anticipated discharge date

WHAT TO EXPECT IN ACUTE REHABILITATION AT WEISS HOSPITAL

- A rehab stay begins with an orientation to the unit and therapy evaluations.
- Daily therapy schedules are tailored to the patient's needs, such as frequent rest breaks for patients with heart failure.
- Caring and knowledgeable nurses ensure all of the patient's needs are met.
- Ongoing follow up with the patient's primary care physician for continuity of care

MAKE A REFERRAL
(773) 564-5422