

HealthSouth Mid America Rehabilitation Hospital  
**Inpatient Rehabilitation Guide**



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The HealthSouth Mid America staff welcomes you to our rehabilitation hospital. We take pride in serving our community and are committed to offering the care and support you need to achieve the most complete recovery possible.

To begin your program, we will develop an individualized treatment plan based on the needs and goals identified by you, your family and our rehabilitation team. Then we will use that plan as a guide, working together to help you reach the highest level of physical, social and emotional well-being.

As one of the nation's largest healthcare services providers, HealthSouth maintains the highest standards with respect to the safety and cleanliness of our hospitals and the training and experience of our staff. As a result, you can be sure of receiving exceptional care.

We hope this brochure answers any questions you have about your stay. If you have any additional questions or concerns, please let us know and we will be happy to assist you.

## Admission/Discharge

- Patients are admitted seven days a week.
- Admission in the morning or early afternoon is ideal because it allows you to become oriented to your new surroundings and meet the staff.
- Please bring on the day of admission:
  - All insurance cards
  - Photo ID
  - Copy of Advance Directive or Living Will
  - Copy of Power of Attorney
- On the day of discharge, patients are asked to check out of their rooms by 11:00 a.m.

## Evaluation and Treatment

Each patient has an individualized care plan that is reviewed and updated regularly to ensure that realistic goals are being achieved. The rehabilitation team consists of:

- Physician
- Physical therapist
- Speech/Language pathologist
- Occupational therapist
- Respiratory therapist
- Case manager
- Dietitian
- Rehabilitation nurses
- Patient/Family

## Therapy

- **Occupational therapy (OT)** – teaches patients self-care skills for activities of daily living, such as bathing, dressing, eating and food preparation. Therapists address cognitive (thought) and perceptual (visual) deficits.
- **Physical therapy (PT)** – focuses on movement dysfunction. Therapists assist patients in walking, teach wheelchair transfer techniques and provide orthotic/prosthetic device evaluation and training.

- **Respiratory therapy (RT)** – helps patients with respiratory muscle weakness or a susceptibility to respiratory difficulties to help prevent further respiratory problems.
- **Speech/Language pathology (SLP)** – focuses on improving communication skills through basic cognitive retraining to increase functional independence with decision-making, reasoning, memory and swallowing retraining.

## Services

- **Case management** – coordinates your care, works with you and your family regarding plans for discharge and serves as a liaison between the patient, family, insurance carrier, treatment team and community agencies.
- **Physician services** – physicians specializing in physical medicine and rehabilitation (physiatry), as well as other specialists, work to provide patients with comprehensive medical care and treatment.
- **Rehabilitation nursing** – teaches patients and families how to manage healthcare needs after leaving the hospital.
- **Nutritional counseling** – our registered dietitian helps patients and families develop proper diets and menus to help prevent future health problems.
- **Home assessments** – therapists can visit the patient's home before discharge and make recommendations about structural or other adjustments needed to accommodate the patient's new needs.

## Clothing

We suggest wearing casual, comfortable clothes that allow easy movement for therapy. Since patients are out of their rooms all day, hospital gowns are not worn. Clothing should be labeled with the patient's name, and all valuables should be

left at home. Families are responsible for laundering clothing. Patients should bring the following:

- Seasonal outerwear
- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants or a sweatsuit
- Athletic shoes with good support
- Undergarments
- Pajamas or gown, robe, slippers
- Toiletry articles such as toothpaste, toothbrush, comb, brush, deodorant, etc.
- Any corrective devices, such as dentures, eyeglasses, hearing aids, etc.

## Transportation

If you are in an acute care hospital, discuss transportation arrangements with your discharge planner/social worker.

## Medication

It is important that all medications (prescription or over-the-counter) be administered by a rehabilitation nurse. Please bring a list of medications you are currently taking. Medications should not be brought from home unless advised by your physician or a HealthSouth Mid America representative.

## Meals

Meals are planned daily by your nutritionist and physician to account for your current medical needs. Patients eat most meals in the hospital dining room as part of their rehabilitation. Family members may order a meal tray for delivery to the patient dining room by calling extension 2442. The cost is \$4.00 and must be paid in cash.

## Cafeteria Hours

Cafeteria meals are available for our staff and visitors as follows:  
Lunch . . . . . 11:30 a.m. - 12:30 p.m.

## Smoking

HealthSouth Mid America is a smoke-free campus. Patients and visitors should refrain from smoking on the premises.

## Telephones and Television

Telephones are located in all patient rooms. To make an outside call, dial 9 and then the number. A bedside television is provided free of charge.

## Parking

Free, convenient parking is provided in the west parking lot on a daily basis.

## Visiting Hours

Patients are usually involved in therapy sessions from early morning to late afternoon, Monday through Friday. Guests are welcome to visit during the following hours:

Daily . . . . . 8:00 a.m. - 8:00 p.m.

## Safety

For identification purposes, patients must wear wristbands at all times. We encourage patients to travel independently throughout the hospital. However, patients should be accompanied by a staff member or a family member when outside the building. For security purposes only the front doors and west entrance doors are open for public access.

## Payment

We strive to make payment procedures as easy as possible. Facility personnel are available to meet with patients, families or other responsible parties to discuss billing procedures and requirements.

## Questions

Any questions or concerns you may have should be shared your case manager and the director of the department involved. If the director is unavailable or if you need further assistance call the administrator. After hours and on weekends, the nursing supervisor is available to address any concerns.



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