

# Helping People to Help Themselves



 ROPER REHABILITATION  
HOSPITAL



## Major Conditions Treated

- Stroke
- Spinal cord injury
- Congenital (birth) deformities
- Amputation
- Major multiple trauma
- Fracture of femur (hip fracture)
- Pelvic fracture that disrupts the pelvic circle
- Brain injury
- Neurological disorders (Multiple Sclerosis, Guillain Barré, Parkinson's Disease, peripheral neuropathy, etc.)
- Burns
- Active, polyarticular rheumatoid arthritis, psoriatic arthritis & seronegative arthropathies\*
- Systemic vasculidities with joint inflammation\*
- Severe or advanced osteoarthritis\*
- Knee or hip joint replacement if
  - bilateral
  - patient at least 85 years of age, or
  - Body Mass Index (BMI) of 50 or greater

*\*Additional criteria must also be met.*

## Team Approach

At Roper Rehabilitation Hospital we approach recovery goals as a team. Our rehabilitation team consists of the patient and their family, as well as physical therapists, occupational therapists, speech and language pathologists, neuropsychologist, social work case managers, therapeutic recreational therapists and nutritional services. During their stay, a patient's care is directed by a physiatrist.



## What to Expect

The hospital's professional staff members are trained to help motivate and educate patients and their family members in all aspects of the rehabilitative process with individual attention. Each patient is expected to participate in three hours of therapy at least five days a week with individual attention. Our team's number one goal is to help patients regain the physical, emotional, social and verbal skills needed to function at home, work and in the community. Unlike the care provided in acute care hospitals, patients are encouraged to perform activities for themselves, within the safety and medical limits of their disability.

## Roper Rehabilitation Hospital

The Roper Rehabilitation Hospital is a 52-bed, state-of-the-art "hospital within a hospital" dedicated solely to rehabilitation and functional recovery. Twenty beds are located on the third floor with 13 newly added private rooms. We also have 32 beds on the 8th floor. Each room has wheelchair accessible furnishings including cabinets and closets.

An activity room, dining room and a gymnasium are all in close proximity of the patient rooms. A Real Life Room has a car for practicing transfers, steps of various heights, ramps and different surfaces to use in practicing safe ambulation.

## Admission Criteria

Rehabilitation Referral Coordinators, the acute care doctor and ultimately the physiatrist or a doctor trained in physical medicine and rehabilitation determine if the patient special needs meets admission criteria.

The following criteria must be met:

- Must be reasonable and necessary in terms of efficacy, duration, frequency and amount
- Must be reasonable and necessary to furnish care on an inpatient hospital basis rather than a less intensive setting such as a skilled nursing facility
- Requires medical supervision by a physiatrist at least two to three times per week
- Requires rehabilitation nursing for 24 hours per day
- Able to tolerate/participate in intense rehabilitation services three hours per day at least five days per week
- Requires two or more skilled disciplines (physical therapy, occupational therapy or speech language pathology)
- Has a probability of functional improvement in a reasonable period of time
- Has a diagnosis in one of the case mix groups payable by Medicare

## PATIENT SATISFACTION

The staff at Roper Rehabilitation Hospital is committed to providing excellent care and services. Patient satisfaction survey conducted by PRC, a five star award, rated Roper Rehabilitation Hospital as one of the 10% of hospitals rated nationally in 2009 for providing excellent care. Our staff continues to work hard at providing an excellent rehabilitation program for people with disabilities or those recovering from prolonged illness. If patients or family have any concerns or questions during the admission or subsequent stay on the unit, please contact the Clinical Manager at (843) 724-2874. Staff members are here to address concerns promptly so that patients can meet their individual treatment goals before discharge.



The average patient's stay is 10 to 14 days with some patients staying longer and others staying less depending on the diagnosis and patient's progress. Due to scheduling, the primary doctor typically will only visit a patient during their rehabilitation if there is an immediate acute care need or at the request of the physiatrist.

### Patient and Family Involvement

Family members play a crucial role in patient rehabilitation. By attending family support groups and participating in family education programs offered by the rehabilitation staff, family members can develop a sense of understanding and confidence in helping patients achieve their recovery goals.

In preparation for discharge, family members will be encouraged to take patients out of the hospital on an outing or home for the day. The therapy staff will work with both patients and family members before and after these outings to enable them to be a productive part of the rehabilitation process.

A social work case manager will help coordinate family's involvement and patient discharge planning.

### What to Bring

It is important that a family member be present during the admission process. Family members are asked to bring the following for patients being admitted to the Rehabilitation Hospital:

- Loose-fitting clothing such as pants, shorts and shirts
- Underclothes (bras and underwear) and socks
- A lightweight jacket or sweater
- Non-skid shoes such as tennis shoes
- Personal toiletries including shampoo, make-up, deodorant, toothbrush and tooth paste, shaving supplies
- List of medications taken at home
- Medical insurance information and/or Medicare card
- Glasses or hearing aids and accessories
- Dentures and accessories

### Visitation

Because patient participation in therapy is so important in achieving maximum independence, visitors are asked to discuss a visitation schedule with their social work case manager. Normal treatment hours are from 7:30 a.m. to 4 p.m. and are subject to change. Family members are welcome to visit during therapy to observe how their loved one is progressing and to ask questions. Family and friends are encouraged to visit after treatment times between 4 and 9 p.m.







## **FROM REHABILITATION TO RECOVERY**

At Roper Rehabilitation Hospital, we help our patients with disabling injuries or illnesses reach their highest possible level of independence. Our experience and expertise helped more than 80% of our patients return to their homes versus an institutional setting last year.



## **Commission on Accreditation of Rehabilitation Facilities (CARF)**

Roper Rehabilitation Hospital is nationally accredited as an Inpatient Rehabilitation Hospital and Stroke Speciality Program. The Rehabilitation Hospital was recognized in areas of leadership, communication and facility. Additional recognition was given for the team's experience, knowledge and dedication. Roper Rehabilitation Hospital is the only CARF facility in the Lowcountry.

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