

## Our Mission

We serve our communities by preventing illness, restoring health and providing comfort, through exceptional people delivering exceptional care.



The Moses H. Cone Memorial Hospital



**CONE HEALTH**<sup>®</sup>  
The Network for Exceptional Care

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# Inpatient Rehabilitation Spinal Cord Rehabilitation



**CONE HEALTH**<sup>®</sup>  
**Rehabilitation**

Today's challenge. Tomorrow's triumph.

## Spinal Cord Rehabilitation services

A spinal cord injury causes a sudden loss of independence that challenges the body and spirit. The Cone Health Inpatient Rehabilitation Center has more than 25 years of experience in providing spinal cord injury rehabilitation services to help patients and families return to full, productive lives.

The Inpatient Rehabilitation Center, located at The Moses H. Cone Memorial Hospital, provides specialized rehabilitation services as well as access to sophisticated critical care. The Center is staffed by an experienced and dedicated team of physicians and rehabilitation professionals who provide personalized, comprehensive and fully integrated care.

Cone Health maintains accreditation from The Joint Commission. In addition, the Inpatient Rehabilitation Center is accredited by the Commission on Accreditation for Rehabilitation Facilities (CARF) for comprehensive inpatient rehabilitation and for specialty programs in stroke and brain injury rehabilitation. The Inpatient Rehabilitation Center is part of a continuum of care that includes a network of outpatient rehabilitation centers and a variety of community support groups.



The Cone Health Inpatient Rehabilitation Center provides comprehensive rehabilitation services to individuals who have experienced spinal cord injuries. Depending on the type and location of the injury, the rehabilitation program may teach patients how to direct their own care or new ways to accomplish daily activities.

The rehabilitation physician and team members work with patients and families to create a personal treatment plan to help patients regain as much independence as possible, with the goal of returning to their homes and communities. Each patient's personal rehabilitation program will include work on building strength and endurance, mastering self-care techniques (such as bowel and bladder management) and developing mobility skills. Rehabilitation team members assess each patient's need for adaptive equipment and assistive technology. Patients and families learn how to use new equipment to increase independence and function at home. They also learn how to maintain good health and prevent future complications that can occur after a spinal cord injury. As part of the rehabilitation program, a social worker and neuropsychologist can help patients adjust emotionally to a spinal cord injury.

The patient, family members and caregivers are the center of the rehabilitation treatment team and guide treatment planning. Families and caregivers are encouraged to participate in all aspects of the rehabilitation program, including therapy sessions and education classes. The Center's "apartment" gives patients and families an opportunity to practice skills in a homelike setting. Community outings provide a chance to practice skills outside the hospital. Family conferences are scheduled as needed or upon request.

## Admission Criteria

To be admitted to the Cone Health Inpatient Rehabilitation Center, patients must meet the following criteria:

- Need close medical supervision by a physician with a specialty in rehabilitation.
- Be medically able to participate in rehabilitation activities.
- Require intensive rehabilitation services for problems in two or more of the following areas: self-care, mobility, cognition/communication.
- Need 24-hour rehabilitation nursing care, and require at least two of the following: physical therapy, occupational therapy, speech therapy.
- Have the potential to participate in at least three hours of therapy per day, five days a week.
- Be likely to benefit significantly from the program within a reasonable period of time.
- Have an identified preliminary discharge plan.
- Be 18 years of age or older.
- Be free from any major psychiatric or behavior disorder.



## Our Spinal Cord Rehabilitation Program offers a full range of specialized services including:

- Management by board-certified physicians who specialize in physical medicine and rehabilitation (physiatrists).
- Rehabilitation nursing.
- Physical, occupational and speech therapy services with a minimum of three hours of therapy per day, five days a week and modified therapy programming during the remainder of the week.
- Access to local support groups for patients and families.
- Assistive technology assessment.
- Cognitive rehabilitation.
- Community outings for practice in a “real world” setting.
- Discharge planning to help with the transition to home or the next level of care.
- Home evaluations, when indicated, to check for problems or architectural barriers in the home environment.
- Neuropsychological services.
- Nurse case management for coordination of care.
- Nutrition management.
- Pastoral care services.
- Patient and family education.
- Pet therapy.
- Social work services.
- Therapeutic recreation services.

## Discharge from the Program

The rehabilitation team works with patients and families to ensure a smooth transition at discharge. Discharge from the program is a planned event that occurs when patients achieve their rehabilitation goals. Discharge also may occur if a patient becomes too ill to participate in the program, is unable to progress toward goals or declines to participate in the program.

**For more information or to make a referral, please contact our Admissions Coordinator.**

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