

Inpatient Rehabilitation *Program*



Froedtert



**MEDICAL
COLLEGE of
WISCONSIN**

Rehabilitation Program

The Froedtert & the Medical College of Wisconsin Inpatient Rehabilitation Program personalizes care to meet your needs. The goal is to get you home safely, even if you are functioning at a different level than before your injury or illness. Your rehabilitation team is here to teach you and your family — ask questions at any time.



While in Rehabilitation, You Can Expect to:

- Participate in three hours of therapy per day
- Wear your own clothing and get out of bed daily
- Do as much for yourself as possible while being safe
- Use skills learned in therapy, even when not with a therapist
- Work with nursing and other team members during the day and night
- Talk with staff to overcome any worries or concerns about your care
- Take part in “Independence Day” to practice all of your skills before discharge

Therapy and Nursing Schedules

Family and friends will be needed to help with therapy and nursing care so you will feel prepared to go home and they will feel prepared to take care of you. We will work with you to create a schedule and provide you with a copy of your schedule every day. Your therapy is scheduled for three hours per day, five to seven days per week. Therapy hours are typically 8 a.m.-4 p.m. Nursing care will happen throughout the entire day. You will practice nursing care and therapy skills, even when not with a therapist or nurse.



While in Rehabilitation, You Can Expect Us to:

- Teach you about your injury or illness
- Do our best to manage your pain without using narcotics
- Find ways to remove as many challenges as possible
- Order equipment and supplies (e.g., walkers, wheelchairs, bathroom equipment, etc.)
- Arrange therapies or other services (e.g., home care, outpatient, etc.)
- Schedule follow-up visits with your rehabilitation doctor, if needed

Rehabilitation Team

You will work with team members to identify goals and work toward them.

A **physiatrist (rehabilitation physician)** will manage your medical and rehabilitation care.

A **nurse (RN)** will work with you to manage your medical issues and help you practice what you learn in therapy.

A **physical therapist (PT)** will help you with mobility.

An **occupational therapist (OT)** works with you on activities of daily living (ADLs), such as bathing and dressing.

A **speech therapist (ST)** may work with you to help you swallow safely and improve your speech and memory.

A **nurse case manager (RN CM)** and **social worker (SW)** will coordinate your discharge plans.

A **psychologist** will help you find ways to cope with your illness or disability.

A **recreational therapist (RT)** will help you adapt skills to pursue leisure activities and hobbies.

A **vocational rehabilitation counselor** will help you return to school or work.

Other team members are available as needed.

Team Meeting

You will have a team meeting every week. This is a short meeting (about 15 minutes) when you and your team will discuss your progress, identify challenges to going home, find ways to remove as many barriers as possible and discuss length of stay. Your length of stay depends on:

- Progress made towards rehabilitation goals
- Insurance provider and benefits

Your support person, such as a spouse, family member or friend will be informed of the meeting schedule and is encouraged to attend. If your support person is unable to attend, phone participation is optional.

Safety

While you are here, we want you to be safe.

Please follow these guidelines for your safety:

- Any time you stand up or “transfer,” a staff member will need to assist you
- We will use a gait belt for all transfers and may use a mechanical lift
- You will need to wear your name band at all times
- You may use your own electrical equipment, but it must be checked for safety first (e.g. electric razor, phone charger)
- A bed check and/or chair check alarm may be used to help remind you not to get up without help



Visiting Hours

We encourage you to have visitors during your stay. You will be in therapy on and off during the day. If your support person would like to see what you are doing in therapy, please let us know. In addition, we may ask your support person to attend a therapy session. You have time to socialize after therapy is finished for the day. Children are welcome but must have an adult watching them.

Leaving the Hospital

You may meet the criteria to leave the hospital for the purpose of a therapeutic community re-entry pass. This is dependent upon your team’s approval. You must inform your nurse before you leave the unit. For safety reasons, we need to know where to find you.

Clothing

You will wear your own clothing and get out of bed daily. You will need to have loose fitting, comfortable clothes and shoes. Your support person or family will be responsible for laundering them.

Items you will need:

- Shirts
- Light sweatshirt/sweater
- Pants (elastic or drawstring)
- Underwear/bra
- Shoes that will not slip
- Personal items
(glasses, dentures, hearing aids)

Items you may want:

- Electronic razor
- Deodorant
- Makeup
- Toiletries
(toothbrush, toothpaste, brush, comb)

Questions or Concerns

It is very important that we meet your needs. If you or your support person has any questions or concerns, please let us know immediately. If you do not feel that you received the answer you need, you may call the nursing manager at **414-805-4522** or therapy manager at **414-805-9336**.

Survey Notification

About three months after you leave the unit, you will receive a telephone call from MedTel Outcomes to evaluate your rehabilitation stay. Our goal is to provide care that highly satisfies you. Thank you for choosing the Froedtert & MCW Inpatient Rehabilitation Program and allowing us to participate in your care.





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414-805-0505

866-680-0505

froedtert.com

Froedtert Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Attention: If you speak another language, assistance services, free of charge, are available to you. Call: 414-805-3000 (TTY: 1-800-947-3529)

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 414-805-3000 (TTY: 1-800-947-3529)

Hmoob (Hmong): LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau: 414-805-3000 (TTY: 1-800-947-3529)