

Mary Free Bed[®]
Rehabilitation

|
at
|



A Day in the Life of an Inpatient Rehab Patient

Amy Matteucci BSN, RN
Inpatient Rehab Nursing Manager

Specialized Nursing care



CERTIFIED REHABILITATION RNS

Coordinates implementation of the plan of care

TRAINED NURSING ASSISTANTS



What to expect.....

The stroke patients experience in Rehab

- The goal of stroke rehab is to restore as much independence as possible by improving physical, mental and emotional functions.
- Nursing staff that are experienced in stroke patient care
 - Help manage the health problems that may affect stroke (diabetes, high blood pressure)
- Active involvement encouraged and expected from family and involved care givers
 - Help patients and family adjust to life after stroke
- Appropriate equipment, room set up, and attention to safety are considered based on needs of each individualized patient

Patient Rehabilitation Admission

- Patients completely discharge from the acute nursing unit- it is not a transfer
- A new rehab account is created by admitting.
- Admissions to rehab are primarily early to mid afternoon.
- Admission process includes:
 - Welcome video and overview of what the patient can expect
 - Nursing assessment
 - Therapy assessments/intros

Mary Free Bed
Rehabilitation

|
at
|

 MUNSON
HEALTHCARE

Nursing Role

- The midnight nursing team plays an important role in portions of the admission and preparation for the next day.
- Managing needs throughout the night
 - Ensure patients have had a quality nights sleep
 - Pain management
 - Ensuring a quiet atmosphere
 - Proactively addressing needs before bedtime
 - Management of bowel and bladder programs
 - Each patient has clean clothes and laundry is folded and put away.
 - Ensuring safety throughout the night

Mary Free Bed
Rehabilitation

|
at
|

 MUNSON
HEALTHCARE

- Nursing staff, along with OT, coordinate to get patients up and fully ready to participate in therapy for the day.
- The nursing team (RNs and NAs) work together to facilitate a timely transition to scheduled therapies.
 - Awakening patients
 - Toileting
 - Blood sugar checks and vitals signs
 - Getting dressed and up in chairs/to the unit dining room
 - Breakfast

Rehab morning routine

ROOM	NAME	PM&R/ NPC	NURSE	NA	Shower	8:00	8:30	9AM	10AM	11AM	NOON	1PM	2PM	3PM	Primary PT	Primary OT	Primary ST	DIET	Team Conf.	D/C DATE	CRE, HOME EVAL.
1644A		CHADD / DC 33250	Steph Jav	Brian Jav					OT / PT			OT		PT	MATT	GWEN			TUES		
1644B		CHADD / DC 33469	Tina Jav	Brian Jav			M, W, F 8:30	ST		PT		PT	OT		MEGAN H	STEPHANIE	CINDY/ KIRSTY		TH		
1645A		POOLE / DC 33469	Tina Jav	Brian Jav				OT	PT / OT				PT		MEGAN L	CARLA			TUES	Mon/ Tues?	
1645B		CHADD / DC 33250	Steph Jav	Brian Jav		M, W, F 8:00		PT		OT	PT		ST		MEGAN H	LAUREN	RACHEL/ TRACEY		TUES		
1646		CHADD / DC 33250	Steph Jav	Brian Jav					ST 45 MIN			OT		PT	MEGAN L	LONNA	CINDY	6/MILD	TH		
1647		POOLE / DC 33251	Amanda Jav	Brian Jav		M, W, F 8:00		PT		OT	PT				MATT	GWEN			TH	Wed 3/30*	
1648A		CHADD / JW 33469	Tina Jav	Brian Jav				OT	PT	ST			PT		KATRINA/ ERIKA	LAUREN	CINDY/ KIRSTY		TH		
1648B		POOLE / DC 33250	Steph Jav	Brian Jav					OT	PT		OT		PT	KATRINA/ ERIKA	STEPHANIE		Calorie Count	TH		
1649A		CHADD / DC 33251	Amanda Jav	Brian Jav			M, W, F 8:30			PT		PT	OT		MATT	GWEN			TUES		
1649B		CHADD / DC 33251	Amanda Jav	Brian Jav				OT	PT / OT				PT		MATT	GWEN			TH		
1650A		POOLE / JW 33469	Tina Jav	Brian Jav		M, W, F 8:00		PT		OT	PT				ERIKA/ KATRINA	STEPHANIE			TUES	Tues 3/29*	
1650B																					
1651A		CHADD / JW 33469	Tina Jav	Brian Jav					OT	PT		OT 45 MIN		PT 45 MIN	RENEE	CARLA		Fluid Restrict	TUES	Thur 3/31*	
1651B		POOLE / DC 33251	Amanda Jav	Brian Jav			M, W, F 8:30			PT		PT	OT		RENEE	CARLA			TH		
1652		POOLE / JW 33250	Steph Jav	Brian Jav				D/C							MEGAN H	LAUREN			TUES	Mon 3/29*	
1653		POOLE / DC 33251	Amanda Jav	Brian Jav			M, W, F 8:30			PT		PT	OT		KATRINA/ ERIKA	LONNA		Fluid Restrict	TH		
2620		CHADD / DC 34056	Patty Jaimey	Jaimey 34058		M, W, F 8:00		PT		OT	PT	ST	ST		MEGAN	CARLA	CINDY/ KIRSTY		TH		
2621 A		POOLE / DC 34056	Patty Jaimey	Jaimey 34058				OT	PT / OT			ST	PT		RENEE	LONNA	RACHEL/ TRACEY	Fluid Restrict	TUES		
2621 B																					
2622 A																					
2622 B		CHADD / DC 34056	Patty Jaimey	Jaimey 34058		M, W, F 8:00		PT		OT	PT				RENEE	LONNA			TUES		
2623		POOLE / DC 34056	Patty Jaimey	Jaimey 34058				OT		ST			PT		MEGAN H	STEPHANIE	BETH	1:1	TUES	Mon 4/11	
2625 A		CHADD / DC 34056	Patty Jaimey	Jaimey 34058			M, W, F 8:30			PT		PT	OT		MEGAN L	LAUREN		Fluid Restrict	TUES		
2625 B																					

MON 3/28

CHL 33250: Steph

NA 33470: Brian

NA 33471: Jay

Rehab Routine – Master Schedule Board

Interdisciplinary Team Communication Board

Mary Free Bed Rehabilitation		ROOM C1647	Name: James "Jim"	Condition HELP Dial "0"
MUNSON MEDICAL CENTER		ROOM PHONE 935-5136	Name: Amanda Nurse Assistant: Brian	Estimated Discharge Date
Day/Date Monday March 28	Most Important Thing For Me Today: 33251		Activities of Daily Living	
Daily Therapy Schedule	Welcome To Rehab!		Toileting Min A from BSC 3/28 GB	
PT 9:00-10:00 1:00-1:30	Mobility 3/16/22		Dressing Upper SBA	
OT 11:00-12:30 AOL's M, WP 8:00	Bed Mobility Sit → Sup SBA/Mini Sup → Sit SEA/Mini		Dressing Lower SBA	
ST	Bed Transfer Slideboard c Min A to place board correctly		Grooming Setup from w/c	
NURSING/SHOWERS T, TH, SAT	Sit to Stand TWB LLE		Eating Setup from w/c	
Equipment Needs / Braces	Toilet Transfer Slideboard c Min/cia to BSC		Bathing SBA bed bath	
Elevate legs above when in bed as able.	Tub / Shower Transfer M/A		Diet	
Precautions	Walk		DM "Unjury" with 1% milk	
* RLE - wait for lifts only, then NW8	Wheel Chair WC to Trs		Callaghan, * Psychologist	PURPLE BUNDLE
* LLE - TTWB + hinged brace				

- All disciplines provide input
- Nursing, PT, OT, ST, Providers
- Updated daily by all for accurate status and goals

Patient Binder

Patient Binder given to every patient on admission

- “My Goals for Rehabilitation are”
- Preparing for home checklist
- Patient education
- Questions for my care team
- The treatment team
- Fall prevention at home
- Abbreviations used in rehab
- Tabbed sections for all disciplines for educational materials

Wheelchair Bags

- Provided to each patient upon admission
- Holds patient binder and other items when going to and from therapy sessions
- Patients take home at discharge



- Nursing coordinates with the interdisciplinary team for input and guidance to implement individualized care and outcome goals for each stroke patient
- Collaboration throughout the day amongst disciplines to ensure any changes in status are addressed. (improvements and declines)
- Therapists work closely with nursing staff to ensure equipment, modifications, and special techniques required for care are carried over to the nursing unit.
- Every seven days each patient is required to have an interdisciplinary team conference

Interdisciplinary Teamwork

IMPACT ON NURSING CARE

Discharge Planning

- Discharge date is determined by the admission IRF-PAI and input from the interdisciplinary team at team conferences.
- The Case Management team works with the patient and their family to help facilitate a successful discharge home. This includes follow up appointments, equipment, home care or outpatient therapy services.
- The therapy teams provide recommendations for equipment, and adaptive devices.
- The nursing team provides teaching on safety, medications, wound care, nutrition, and pain management.
- The patients have a discharge follow up appointment with the PMR provider a month post discharge.



Alumni T-shirt

Mary Free Bed[®]
Rehabilitation

|
at
|



**MUNSON
HEALTHCARE**

Patient Story

<https://youtu.be/oXLDMJBL9Zo>