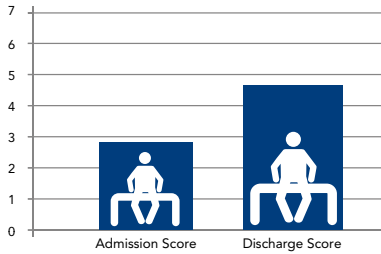


How effective is our Brain Injury Program?

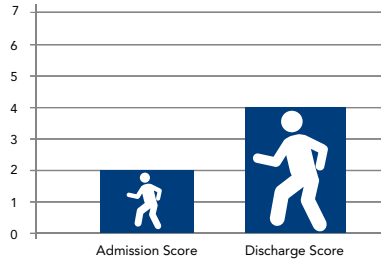
Gains are made by patients across all areas of functioning, such as eating, using the restroom, social interactions, and memory. For persons with a brain injury, the biggest gains were in transferring (from a bed to chair/wheelchair or to standing, and back), and walking/using a wheelchair.

Gains are measured with a standardized rehabilitation tool called the Functional Independence Measure (FIM™) on a scale of 1 (total assistance) to 7 (complete independence)

Gains in Transferring

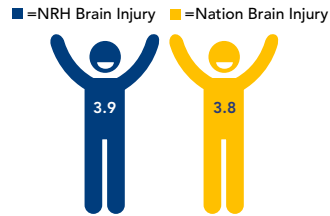


Gains in Walking/Using Wheelchair



How satisfied were patients?

Satisfaction with MedStar NRH 3 Months after Discharge
1=Very Dissatisfied to 4=Very Satisfied



What if I have more questions?

Talk to your doctor, nurse, therapist, or any other Team Member if you have a question, concern, comment, or complaint. Your MedStar NRH professional team is available to help you. You have a right to ask questions regarding your care!

For more information:

- Call the Patient Action Hotline at 202-877-1411
- Go to MedStarNRH.org

Admissions Office Contact Information:

Phone: 202-877-1152
Fax: 202-877-1821

Email: nrhadmissions@medstar.net

Visiting Hours: 9 a.m. - 9 p.m. daily



MedStar National
Rehabilitation Network

Welcome to the MedStar NRH Brain Injury Program

A CARF-Accredited Specialty Program



Penny Wolfe, PhD Co-Director, Brain Injury Program
Suzanne Lin, MD Attending Physician, Brain Injury Program

Program Snapshot

The Brain Injury Program at MedStar National Rehabilitation Hospital (MNRH) provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility and also includes the interdisciplinary outpatient Transitions Day Treatment Program (optional).

The program provides services to individuals with traumatic and acquired brain injury targeted to facilitate optimal health, physical and psychological well-being and functioning throughout life, with a strong focus on meeting the identified needs of the person served. Inpatient care begins with an interdisciplinary assessment conducted during the first few days of the patient's stay. Focused treatment is provided by an interdisciplinary team that includes medical, diagnostic and nursing care, and a variety of therapies. The team comes together to determine a plan of care, which is updated throughout the patient's stay.

Our ultimate goal is a successful discharge to home with appropriate follow-up care. The discharge plan begins at admission and includes a review of resources, caregiver availability, adjustment concerns, equipment needs and availability of services. The plan may include entry into the outpatient interdisciplinary day treatment program. Families and patients are included in all phases of discharge planning. Upon dis-

charge, the patient and primary care provider receive discharge summaries and other helpful information.

Who will be on my treatment team?

- A specialized doctor
- Rehabilitation Nurse (RN)
- Physical Therapist (PT)
- Occupational Therapist (OT)
- Speech-Language Pathologist (SLP)
- Social Worker/Case Manager (SW/CM)
- Neuropsychologist
- Other specialized rehabilitation professionals

What will a typical day be like?

- You will be busy!
- You will be out of bed and involved in therapies, meals and other activities as much as possible
- In 2018, patients with a brain injury received an average of 3 hours of therapy (PT, OT, SLP) a day for a minimum of 5 days per week.
- Most patients participate in group and individual therapy.
- You will receive a schedule each morning.

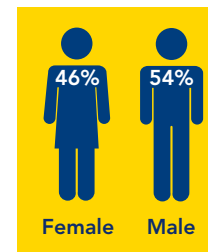
Where will I have therapy?

- Therapy atrium near your room
- Independence Square
- Victory Garden
- In your room
- Treatment room
- Clinician's office

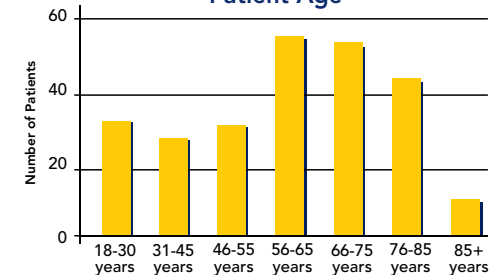
A Year in Review

We cared for 256 patients with a brain injury in 2018. What did our patients look like?

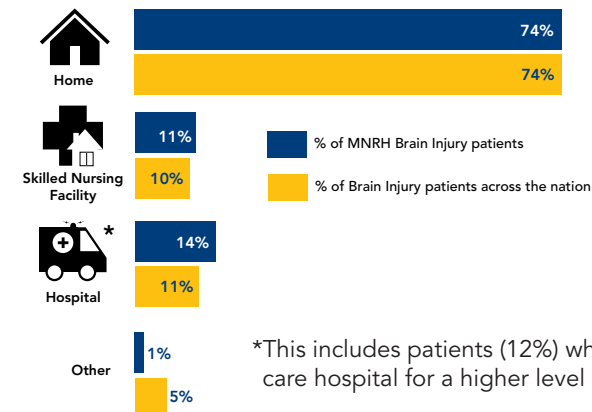
Patient Gender



Patient Age

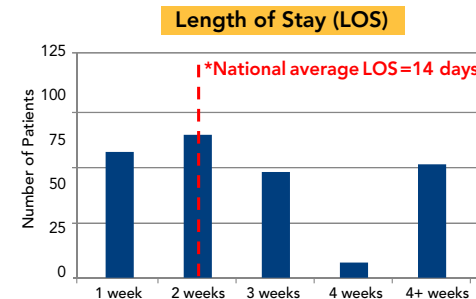


Where do our patients go after MedStar NRH?



*This includes patients (12%) who had to go back to an acute care hospital for a higher level of medical care.

How long did patients stay at MedStar NRH?



You are the most important member of your team!

