



MedStar Health



**Cardiac  
Rehabilitation  
program.**

**It's how we treat people.**

# Program snapshot

Our Cardiac Rehabilitation program at the MedStar National Rehabilitation Hospital provides comprehensive inpatient rehabilitation that begins when you are transferred from a referring hospital or facility. The goal in this phase of treatment is to increase independence and function while still addressing any medical conditions.

An interdisciplinary team will provide a thorough assessment shortly after admission to develop an individualized plan of care for you. Focused treatment will include medical, diagnostic, and nursing care, as well as a variety of therapies. During your stay, you may work with:

- Doctors who specialize in Rehabilitation Medicine
- Nurse practitioners
- Physician assistants
- Rehabilitation nurses
- Physical and occupational therapists
- Speech-language pathologists
- Psychologists and neuropsychologists
- Social workers and/or case managers
- Rehabilitation engineers
- Therapeutic recreation specialists
- Exercise physiologists
- Music therapist
- Dietitians
- Educators
- Other specialized rehabilitation professionals

A typical day of treatment is a busy one! You will receive a schedule each morning outlining your activities for the day. We want you to be out of bed and as active as possible. Therapy can take place in different areas, including your room, the atrium near your room, Independence Square (therapy space that mirrors a home/everyday settings), Victory Garden (outdoor space for therapy and relaxation), or in a clinician's office. Last year, patients received an average of three hours of therapy a day for a minimum of five days a week.

Our ultimate goal is to help you return to your home and community. The discharge process begins at admissions and includes a review of caregiver availability, adjustment concerns, equipment needs and availability of services/resources. Your discharge plan will be discussed with you and your caregivers and is based on your individualized needs. Upon discharge, you will receive a discharge summary and other helpful information.

We are proud to have CARF Accreditation for Comprehensive Integrated Inpatient Rehabilitation, and to be on the *US News & World Report* best rehabilitation hospitals in the nation.

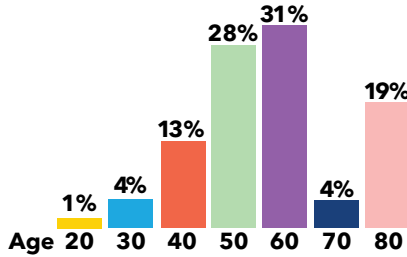
CARF accreditation signifies an organization's commitment to providing the highest quality business and service practices and includes regular external reviews to ensure the hospital's conformance with rigorous industry standards.



## A year in review

We cared for 146 patients with cardiac conditions in 2024. What did our patients look like?

### Age range



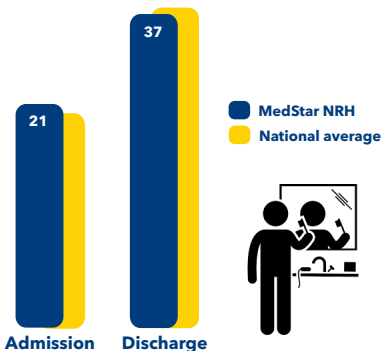
### Average length of stay



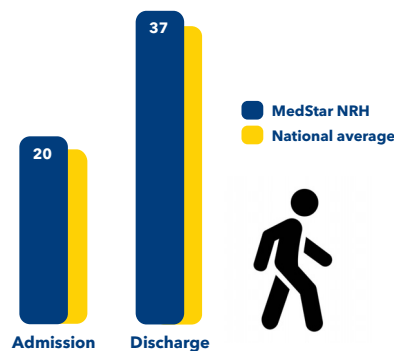
## What progress did patients make during their stay?

Functional abilities in self-care and mobility are measured at the beginning and end of a patient's stay. Self-care includes activities such as eating, using the toilet, and getting dressed. Mobility includes activities such as rolling, sitting up, and standing up. The higher the score, the better.

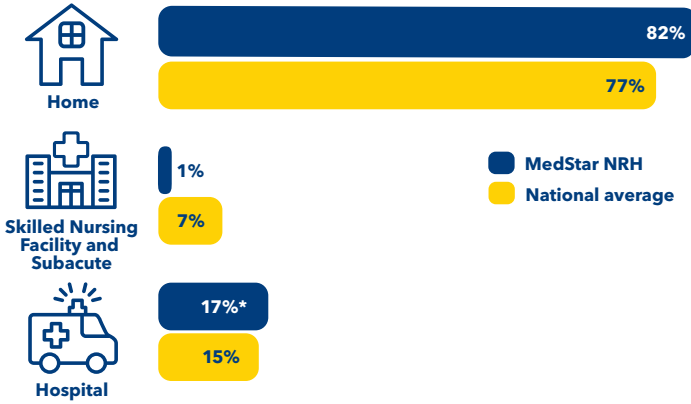
### Self-care



### Mobility



## Where were our patients discharged?



\*0% of these were planned transfers

## Patient experience

Overall satisfaction with our MedStar NRH team three months after discharge (1=Very Dissatisfied, 4=Very Satisfied)



**3.8/4.0 MedStarNRH**

## What if I have more questions?

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

## For more information:

- P 202-877-1152
- F 202-877-1821
- <https://www.medstarhealth.org/services/cardiac-rehabilitation>