

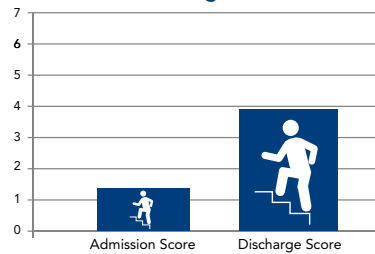


## How effective is our Cardiac Program?

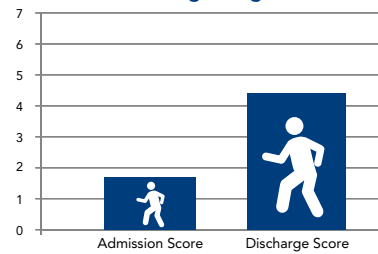
Gains are made by patients across all areas of functioning, such as eating, using the restroom, and bathing. For persons with a cardiac condition, the biggest gains were in going up or down the stairs, and walking/using a wheelchair.

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 Using the Stairs



Gains in Walking/Using Wheelchair



## How satisfied were patients?

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

■ =NRH Cardiac ■ =Nation Cardiac



## Unique program features:

- Specialty care for Heart Failure VAD (ventricular assist device) patients
- Telemetry monitored exercise
- Extensive individualized education
- Focus on self monitoring & energy conservation

## 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](http://MedStarNRH.org)

### Admissions Office Contact Information:

Phone: 202-877-1152

Fax: 202-877-1821

Email: [nrhadmissions@medstar.net](mailto:nrhadmissions@medstar.net)

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

# Welcome to the MedStar NRH Cardiac Rehabilitation Program



Sandeep Simlote, MD Medical Director, Cardiac Program

Pat Brown, PT, DPT, MS Co-Director, Cardiac Program



# Cardiac Program Snapshot

The Cardiac Rehabilitation Program at MedStar National Rehabilitation Hospital provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility. The objective of this phase of treatment is to optimize medical, physical, emotional, and cognitive function and provide education for ongoing recovery, with a goal of discharging the patient to community.

The treatment team will perform individual assessments during the first few days of the patient's stay. The treatment team works together to develop an individualized plan of care for each patient. The care plan is updated throughout the patient's stay to meet the changing needs of the patient.

Our ultimate goal is a successful discharge home with appropriate follow-up care, although some patients may need to be admitted to a Nursing Home to continue their rehabilitation prior to a discharge home. The discharge planning process begins at admission. The discharge plan includes a review of resources, caregiver availability, adjustment concerns, equipment needs, and availability of services. The discharge plan is discussed with the patient and family and is based on their individualized needs. Upon discharge, the patient and their primary care provider will receive a discharge summary and other helpful information.

## The team will include:

- A Physician specializing in rehabilitation
- Nurses (RN)
- Physical Therapists (PT)
- Occupational Therapists (OT)
- Speech-Language Pathologist (SLP) as needed
- Social Worker/Case Manager (SW/CM)
- Nutritionist/Dietician
- Psychologist
- Other specialized rehabilitation professionals
- And YOU — The most important member of the team!

## What is a typical day like?

- Meals are served in your room
- You will receive a schedule of the day each morning
- You can expect to have 3 hours of therapy (a combination of PT & OT; & SLP as needed) per day for a minimum of 5 days per week.
- Your therapy sessions are typically conducted in our cardiac gym, although other areas of the hospital may be used as well.
- You will receive individual therapy, and will likely participate in groups as well.
- You will have scheduled rest breaks, which is an important part of your rehabilitation

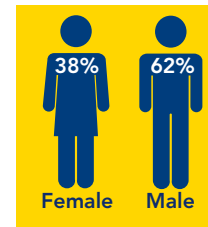
## Where will I have therapy?

- Cardiac Gym
- Victory Garden
- Therapy atrium
- In your room
- Independence Square

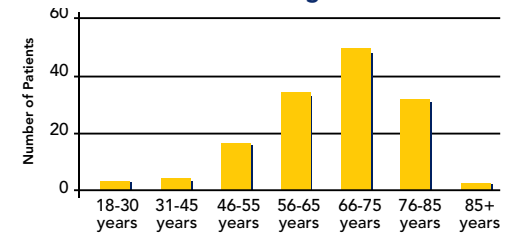
## A Year in Review

We cared for 140 patients with a cardiac condition in 2018. What did our patients look like?

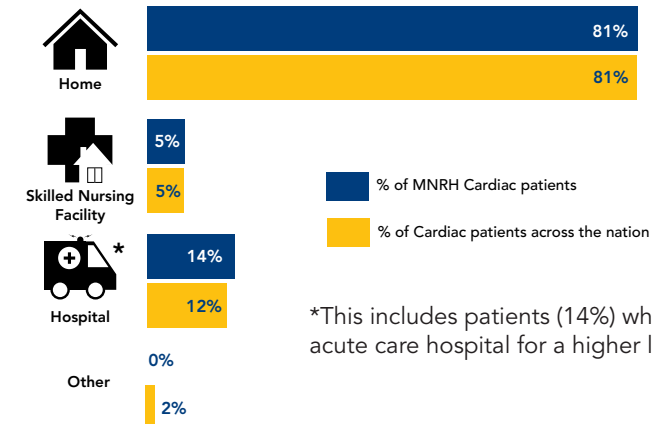
Patient Gender



Patient Age

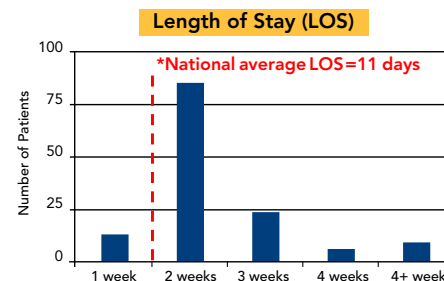


## Where do our patients go after MedStar NRH?



\*This includes patients (14%) 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!

