



MedStar Health



# Spinal Cord Injury program.

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

## Program snapshot

Our Spinal Cord Injury 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 will work with:

- Doctors
- Rehabilitation nurses
- Rehabilitation care technicians
- Physical therapists
- Occupational therapists
- Speech-language pathologists
- Social workers or case managers
- Psychologists or neuropsychologists
- Therapeutic recreation specialists
- Other specialized rehabilitation professionals

A typical day of treatment is a busy one! You will receive a schedule each morning that outlines the therapies, meals, education, and other activities that you will be involved in 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 (enclosed outdoor space for therapy and relaxation), or in a clinician's office. Last year, patients with a spinal cord injury received an average of three hours of therapy a day for a minimum of five days a week.

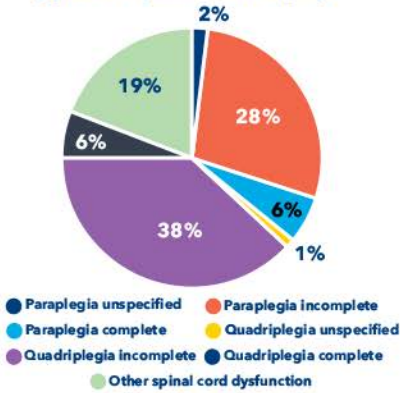
Our ultimate goal is a successful discharge to home with appropriate follow-up care. The discharge process begins at admission and includes a review of resources, caregiver availability, adjustment concerns, equipment needs, and availability of services. Your discharge plan will be discussed with you and your caregivers and is based on your individualized needs. Upon discharge, you will receive a discharge summary and other helpful information.

The Spinal Cord Injury Program is a CARF accredited specialty program. 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 228 patients with spinal cord injury in 2019. What did our patients look like?

### Types of spinal cord injury

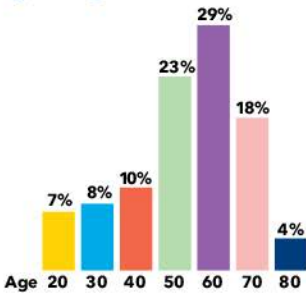


### Severity of spinal cord injury

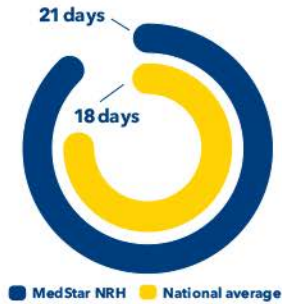


More than 50% of our patients who experienced a spinal cord injury are in the moderate-to-severe group.

### Age range



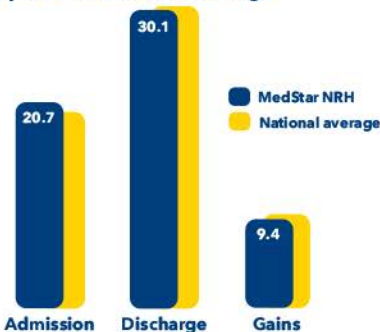
### Average length of stay (in days)



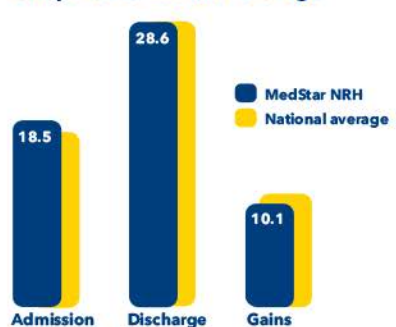
## What progress did patients make during their stay?

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 more independent the individual.

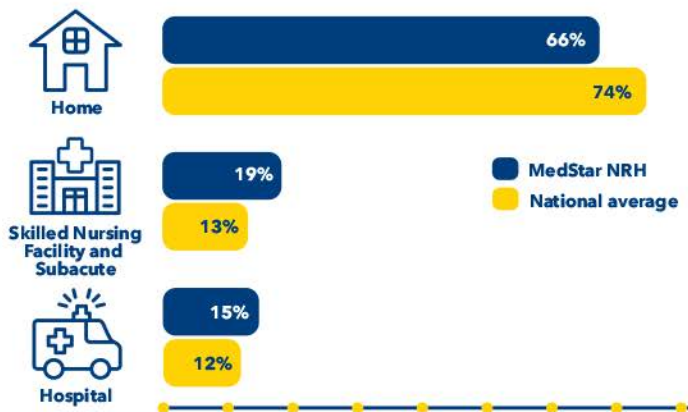
### Self-care compared to national average



### Mobility compared to national average



## Where were our patients discharged?



Of the patients who returned to the hospital, the majority (97%) had an unplanned transfer.

## How was the patient experience?

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



3.8/4.0  
MedStarNRH



3.8/4.0  
National  
average

## 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 professional team at MedStar NRH 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/our-services/spinal-cord-injury-rehabilitation-services/](https://www.medstar-nrh.org/our-services/spinal-cord-injury-rehabilitation-services/)**

### Admissions office contact information:

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