



# MedStar National Rehabilitation Network

## Spinal Cord Injury Day Treatment Program

The SCI Day Program is an alternative for those persons who are medically stable and no longer require around the clock nursing care but who can benefit from intensive treatment within a daily routine with minimal nursing support.

### Services available

Day program participants receive individual and group Occupational and Physical therapies, as well as Social Work services. Depending on your needs, your day program treatment plan may also include:

- Aquatic Therapy
- Community Outings
- Driver's Training
- Fertility Services Available
- Medical Rehabilitation Management
- Participation in Research Studies
- Peer Mentors
- Psychotherapy
- Rehabilitation Engineering Consultations
- Reiki Therapy for Relaxation
- SCI Education Classes
- SCI Support Groups
- Spasticity Clinic
- Speech Therapy
- Spiritual Care Services
- Substance Abuse Group
- Therapeutic Recreation
- Urology Services Available
- Vocational Rehabilitation
- Wheelchair Seating and Mobility Clinic
- Wound Clinic

### Therapeutic Technology Available

Therapy areas include state of the art equipment including weight training, electrical stimulation and FES Bikes, Bioness®, ZeroG 3D dynamic body weight support system, standing frames, gliders, and Lokomat®.

### What You Can Expect

Most services are delivered in the outpatient therapy gym, Independence Square®, the Victory Garden, and as needed, the pool, the Seating and Mobility Clinic, and the community for outings. In addition, you can expect the following:

- Average cost of \$600 daily, if not covered by insurance.
- The length of time someone is in the program varies from person to person. A typical stay in the program is 4-6 months, with an average of 75 visits of physical therapy and 57 visits of occupational therapy. (Data from FY2014)
- At least three hours of therapy daily.
- Lunch is provided.
- Interpreter Services are not provided for those with limited English proficiency, but are available for patients who are hearing impaired.

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## How We Measure Quality

- The Spinal Cord Injury Day Treatment Program initiated a telephone survey in August 2009 to assess patients' satisfaction with the program as well as patients' community participation following their involvement in the program. IT HealthTrack, a company that provides IRF-PAI allied services, conducts the survey on behalf of MedStar NRH throughout the year. Patient satisfaction survey items cover all aspects of the program, including patient overall satisfaction with the MedStar NRH Network; patient involvement and progress in therapy; patient ability to care for themselves and participate in the community after therapy; and patient experiences with their therapists.
- The MedStar NRH Network requests that patients complete a Satisfaction Survey at the beginning and end of their stay in the Day Program to provide us with confidential information by which we can improve the program. The Day Program Coordinator will provide you with the survey, and you may return it confidentially in a marked box in the reception area.

Your opinion about the care you receive while here is very important. The information you provide about your experience is extremely valuable. It will help us improve our future care for you, your family and friends. We will listen. Your honest opinions, suggestions, and comments will remain confidential. Your responses are grouped into data / numbers that the hospital uses to determine where we need to improve.

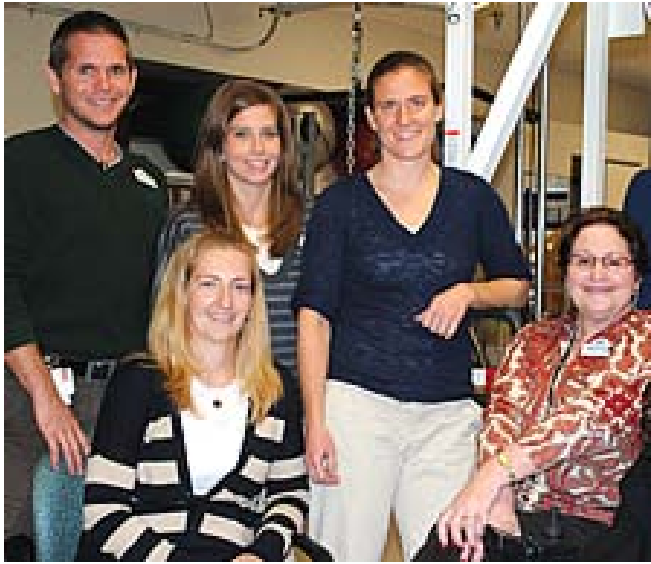
## Spinal Cord Day Program Outcomes

### **Spinal Cord Injury day program patient satisfaction and re-engagement measures**

According to survey results compiled July 2014, 34 recent SCI day program graduates had this to say about their satisfaction with the program and the ways that they were able to re-engage with their lives, both in their homes and outside of them after the program:

Would recommend us to friends and family:	94%
Overall satisfaction with Medstar NRH Regional Rehab:	80% Excellent or very good; 91% Good or better
Did you feel you were involved with decision making regarding your rehab?	94% Yes
Please rate your therapist:	91% Excellent or very good
Did your rehab program improve your ability to care for yourself or to be cared for by your caregivers?	91% Yes; 6% Not sure
Are you satisfied with your present level of participation with activities outside of your home?	82% Yes
How many times a month do you engage in leisure activities outside your home?	47% 5 or more times; 47% 1-4 times
How many times a month do you visit friends and family outside your home?	44% 5 or more times; 47% 1-4 times
How often do you travel outside of your home?	75% almost every day; 18% almost every week

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## **The Spinal Cord Day Program Team**

(standing from left) Judson Richardson, LICSW; Lara McAteer, OT; Katie Seward, PT (seated from left) Kate O'Boyle, PT; Angelique Moran, Program Coordinator

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