How effective is our Pediatric Program?
Gains are made by patients across all areas of functioning, such as eating, using the restroom and bathing. For pediatric patients, 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).

How satisfied were patients and caregivers with our services?
Families and caregivers are very satisfied with our care. In 2018, they rated their overall satisfaction a 4.5 out of 5.

Pediatric patients liked it here. In 2018, they rated their overall satisfaction a 4.0 out of 5.

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
The Pediatric Program at MedStar National Rehabilitation Hospital (MNRH) provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility. The program specializes in the treatment of patients between the ages of three and eighteen (3-18 yrs old) who have significant functional limitations and need rehabilitative care.

The team includes pediatric specialists who treat the multiple physical, cognitive and behavioral effects of injury or illness using a developmentally appropriate approach to care promoting each child’s optimal growth and development. Inpatient care begins with an interdisciplinary assessment conducted during the first few days of the patient’s stay. Following the assessment, the team comes together to determine a plan of care that is updated throughout the patient’s stay. Care is family-focused and features strong support to parents and siblings.

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 community and follow-up services. Families and patients are included in all phases of discharge planning. Upon discharge, the patient and primary care provider receive discharge summaries and other helpful information.

You will be working with:
- A specialized doctor
- Rehabilitation Nurses (RN)
- Physical Therapist (PT)
- Occupational Therapist (OT)
- Speech-Language Pathologist (SLP)
- Social Worker/Case Manager (SW/CM)
- Recreation Therapist (TR)
- Neuropsychologist
- Other specialized rehabilitation professionals
- Educational Coordinator

What is a typical day 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, pediatric patients received an average of 3 hours of therapy (PT, OT, SLP) a day for a minimum of 5 days per week.
- Patients participate in both group and individual therapy.
- Recreational and educational activities are an integral part of the program.

Where will I have therapy?
- Therapy atrium near your room
- Independence Square
- Victory Garden
- In your room
- Treatment room/office
- Outside and playground

A Year in Review
We cared for 106 pediatric patients in 2018. What did our patients look like?

Patient Gender

Patient Age

Where did our patients go after MedStar NRH?

*This includes patients (15%) who had to go back to an acute care hospital for a higher level of medical care.