



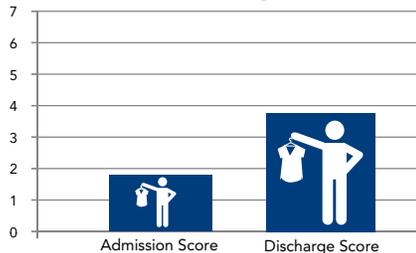
MedStar National  
Rehabilitation Network

## How effective is our Spinal Cord Injury and Disease Program?

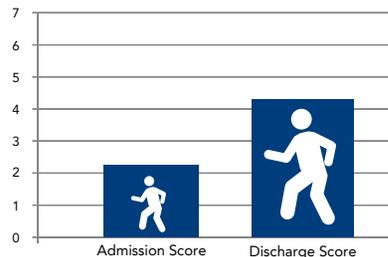
Gains are made by patients across all areas of functioning, such as eating, using the restroom, and bathing. For persons with spinal cord injury or disease, the biggest gains were in getting dressed, and walking/using a wheelchair.

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 Getting Dressed



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 Spinal Cord Injury ■ =Nation Spinal Cord Injury



## 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 Spinal Cord Injury and Disease Program

A CARF-Accredited Specialty Program.



Suzanne Groah, MD Medical Director, Spinal Cord Injury and Disease Program  
 Pamela Ballard, MD Attending Physician, Spinal Cord Injury and Disease Program  
 Erica Gosai, MD Attending Physician, Spinal Cord Injury and Disease Program

Each person will receive a free copy of *Managing Spinal Injury: A Guide to Living Well with Spinal Cord Injury* published by NRH Press.



# Program Snapshot

Today, people with spinal cord injuries most often lead fulfilling lives and resume active roles in their families, communities, and careers. At MedStar NRH, we focus on the whole person, helping patients meet the challenges they face physically, medically and socially, allowing them to reach the highest level of health and independence possible.

The MedStar NRH Spinal Cord Injury/ Disease Program offers comprehensive inpatient, and a multi service outpatient day treatment program, offering top quality services from onset of illness or injury through a successful transition to home, community and employment.

Our program provides services to individuals with spinal cord injury or disease (SCI/D) targeted to facilitate optimal health, physical and psychological well-being, and functioning throughout life, with a strong focus on meeting the identified needs of the individual. Inpatient care begins with an interdisciplinary assessment conducted during the first few days of the patient's stay. Focused treatment is provided by an interdisciplinary team that includes medical, diagnostic, and nursing care, and a variety of therapies. The team comes together to determine a plan of care that is updated throughout the patient's stay.

Patients in our Spinal Cord Injury/Disease Program benefit from our role as a teaching facility and access to clinical trials of new rehab interventions.

## You will be working with:

- A specialized doctor
- Rehabilitation Nurses (RN)
- Physical Therapist (PT)
- Occupational Therapist (OT)
- Recreation Therapist (TR)
- Social Worker/Case Manager (SW/CM)
- Psychologist
- Other specialized rehabilitation professionals

## What is a typical day like?

- You will be busy!
- Your therapy may include individual and group sessions focused on teaching you the skills needed to return safely to home and the community. We have specific SCI therapy groups designed to meet your needs, including a patient education series to teach you what you need to know.
- You will receive a schedule each morning.
- In 2018, patients with spinal cord injury/disorder received 3 hours of PT, OT and SLP per day for a minimum of 5 days per week.

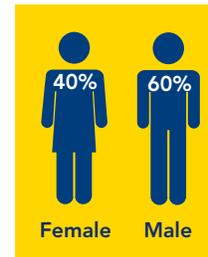
## Where will I have therapy?

- Therapy can happen in many places including our atrium, close to your room
- Therapy gym
- Independence Square
- Your room / clinician's office
- Our Victory garden, or in the community

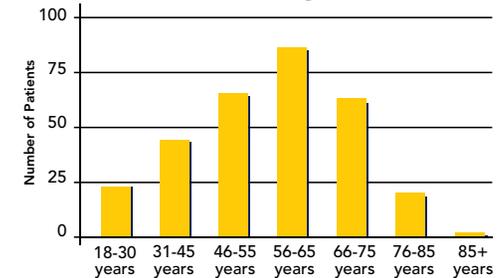
# A Year in Review

We cared for 298 patients with spinal cord injury or disease in 2018. What did our patients look like?

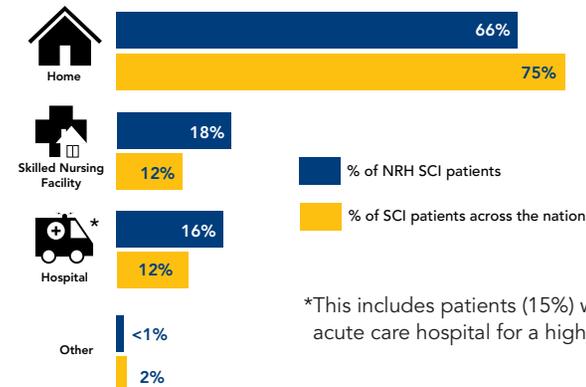
Patient Gender



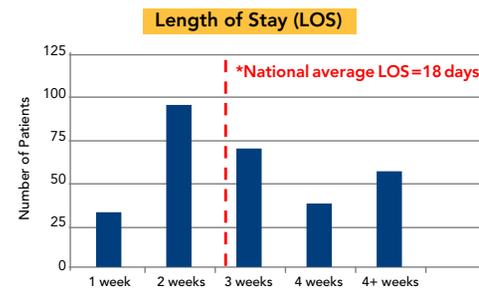
Patient Age



## Where did our patients go after MedStar NRH?



## How long did patients stay at MedStar NRH?



You are the most important member of your team!

