Welcome to the MedStar NRH Spinal Cord Injury and Disease Program

A CARF-Accredited Specialty Program.

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

Suzanne Groah, MD  Director, Spinal Cord Injury Program


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 TM) on a scale of 1 (total assistance) to 7 (complete independence).

How satisfied were patients?
Satisfaction with MedStarNRH 3 Months after Discharge
1=Very Dissatisfied to 4=Very Satisfied
=NRH Spinal Cord Injury  =Nation Spinal Cord Injury

How satisfied were patients?

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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 2017, 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

Where did our patients go after MedStar NRH?

A Year in Review
We cared for 287 patients with spinal cord injury or disease in 2017. What did our patients look like?

Patient Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>41%</td>
<td>59%</td>
</tr>
</tbody>
</table>

Patient Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-30 years</td>
<td>75</td>
</tr>
<tr>
<td>31-45 years</td>
<td>100</td>
</tr>
<tr>
<td>46-55 years</td>
<td>50</td>
</tr>
<tr>
<td>56-65 years</td>
<td>25</td>
</tr>
<tr>
<td>66-75 years</td>
<td>0</td>
</tr>
<tr>
<td>76-85 years</td>
<td>0</td>
</tr>
<tr>
<td>85+ years</td>
<td>0</td>
</tr>
</tbody>
</table>

Length of Stay (LOS)

<table>
<thead>
<tr>
<th>Length of Stay</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>120</td>
</tr>
<tr>
<td>2 weeks</td>
<td>100</td>
</tr>
<tr>
<td>3 weeks</td>
<td>80</td>
</tr>
<tr>
<td>4 weeks</td>
<td>60</td>
</tr>
<tr>
<td>4+ weeks</td>
<td>40</td>
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*This includes patients (16%) who had to go back to an acute care hospital for a higher level of medical care.

You are the most important member of your team!