How effective is our Cardiopulmonary Program?
Gains are made by patients across all areas of functioning, such as eating, using the restroom, and bathing. For persons with a cardiopulmonary condition, notable gains were achieved in going up or down the stairs, and walking or using a wheelchair.

Gains are measured with a standardized rehabilitation tool called the Functional Independence Measure (FIM™) on a scale of one (total assistance) to seven (complete independence).

How satisfied were patients?
Satisfaction With MedStar Good Samaritan Hospital
Three Months After Discharge

1 = Very Dissatisfied to 4 = Very Satisfied
■ MedStar Good Samaritan Hospital Cardiopulmonary
□ National Cardiopulmonary

What if I have more questions?
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For more information:
• Call the admissions office at 443-444-4701
• Visit MedStarGoodSam.org/InpatientRehab

Inpatient Rehabilitation
5601 Loch Raven Blvd.
Baltimore, MD 21239

Welcome to the Cardiopulmonary Rehabilitation Program
In partnership with MedStar National Rehabilitation Network

Kritis Dasgupta, MD
Chair, Physical Medicine and Rehabilitation
The Cardiopulmonary Rehabilitation program at MedStar Good Samaritan Hospital provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility. The objective of this phase of treatment is to optimize medical, physical, emotional, and cognitive function and provide education for ongoing recovery, with a goal of discharging the patient to the community.

The treatment team will perform individual assessments during the first few days of the patient's stay. The treatment team works together to develop an individualized plan of care for each patient. The care plan is updated throughout the patient's stay to meet his or her changing needs.

Our ultimate goal is a successful discharge home with appropriate follow-up care, although some patients may need to be admitted to a skilled nursing facility to continue their rehabilitation prior to a discharge home. The discharge planning process begins at admission. The discharge plan includes a review of resources, caregiver availability, adjustment concerns, equipment needs, and availability of services. The discharge plan is discussed with the patient and family and is based on their individualized needs.

What is a typical day like?

- Meals are served in your room.
- You will receive a schedule of the day each morning.
- During the fiscal year, which ended June 30, 2018, patients received an average of 3.4 hours of therapy (a combination of physical therapy, occupational therapy, speech-language therapy) as needed per day for a minimum of five days per week.
- You will receive individual therapy, and may participate in groups as well.
- You will have scheduled rest breaks, which is an important part of your rehabilitation.

A Year in Review

We cared for 159 patients with a cardiopulmonary condition during the fiscal year, which ended June 30, 2018. What did our patients look like?

Patient Gender

<table>
<thead>
<tr>
<th>Patient Gender</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>68%</td>
</tr>
<tr>
<td>Male</td>
<td>32%</td>
</tr>
</tbody>
</table>

Patient Age

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>31-45</td>
<td>21%</td>
</tr>
<tr>
<td>46-55</td>
<td>14%</td>
</tr>
<tr>
<td>56-65</td>
<td>77%</td>
</tr>
<tr>
<td>66-75</td>
<td>9%</td>
</tr>
<tr>
<td>76-85</td>
<td>9%</td>
</tr>
<tr>
<td>85+</td>
<td>1%</td>
</tr>
</tbody>
</table>

Where do our patients go after MedStar Good Samaritan Hospital?

- 68% go home
- 9% go to a skilled nursing facility
- 21% are admitted to hospital

How long did patients stay at MedStar Good Samaritan Hospital?

- Average length of stay: 9.7 days
- Median length of stay: 4 weeks
- Range: 1-16 weeks

*Maryland average 9.7 days
Cardiopulmonary Rehabilitation Program

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A Year in Review

We cared for 159 patients with a cardiopulmonary condition during the fiscal year, which ended June 30, 2018. What did our patients look like?

Patient Gender

Female: 42%
Male: 58%

Patient Age

Number of Patients

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>31-45 years</td>
<td>10</td>
</tr>
<tr>
<td>46-55 years</td>
<td>20</td>
</tr>
<tr>
<td>56-65 years</td>
<td>30</td>
</tr>
<tr>
<td>66-75 years</td>
<td>50</td>
</tr>
<tr>
<td>76-85 years</td>
<td>40</td>
</tr>
<tr>
<td>85+ years</td>
<td>10</td>
</tr>
</tbody>
</table>

Where do our patients go after MedStar Good Samaritan Hospital?

Home: 68%
Skilled Nursing Facility: 9%
Hospital: 14%

How long did patients stay at MedStar Good Samaritan Hospital?

Number of Patients

<table>
<thead>
<tr>
<th>Length of Stay</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>10</td>
</tr>
<tr>
<td>2 weeks</td>
<td>20</td>
</tr>
<tr>
<td>3 weeks</td>
<td>30</td>
</tr>
<tr>
<td>4 weeks</td>
<td>40</td>
</tr>
<tr>
<td>4+ weeks</td>
<td>10</td>
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</table>

*Maryland average 9.7 days
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