Amputation

Recovery from an amputation requires a lot of hard work—for both patients and their rehabilitation caregivers. It takes time to adjust to the physical changes and to regain confidence in one’s ability to accomplish everyday activities. The team at MedStar Good Samaritan Hospital’s Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP) is committed to providing the physical and emotional support needed to help patients regain control of their lives. The program includes:

- A highly skilled group of professionals who plan each patient’s care under the direction of a rehabilitation physician (physiatrist) from MedStar National Rehabilitation Network.

- Therapies and activities, which are designed to improve each patient’s functional skills, help him/her to adjust to the loss of a limb and, if appropriate, prepare him/her for fitting with an artificial limb.

- Care, which is coordinated by a case manager who helps the patient and his/her family understand the recovery process and consider the options as the patient progresses from inpatient care to home health care, outpatient rehabilitation and/or community services.

Throughout recovery, patients are apt to meet others recovering from amputations. We encourage patients to talk and share experiences and strategies for adjustment and recovery.

For further information or to speak with one of our rehabilitation admissions liaisons, please call 443-444-4701.

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Amputation Rehabilitation Goals

Our clinical staff works together as an interdisciplinary team to design a personalized rehabilitation program for each patient. The team helps patients attain their highest level of functioning and independence.

Core goals of rehabilitation are to:

• Develop a preprosthetic program to promote wound healing and desensitization of the limb; reduce swelling and shape the limb to fit a prosthesis
• Assess the patient’s ability to function, with instruction in transfers and mobility
• Increase the patient’s overall strength, endurance, flexibility, and range of motion to maximize personal independence
• Educate the patient and his/her family or caretakers on proper skin care
• Design a home exercise program to maintain range of motion and prevent tightness in joints and muscles
• Support the patient and his/her family as they learn to adjust to the patient’s physical limitations
• Determine and coordinate home equipment needs, outpatient rehabilitation services and community resources as needed

Referral and Admission

Prior to admission, patients who are referred to CIIRP are evaluated by an admissions liaison to determine if they can benefit from intensive rehabilitation services.

Specifically, patients should:

• Be medically stable and able to participate in, and benefit from, an intensive, structured rehabilitation program.
• Be limited in mobility, self care and/or the ability to function independently in a safe manner.
• Have plans upon discharge from the program.

Insurance and Financial Arrangements

The admission process includes verifying insurance and obtaining precertification and authorization to treat prior to admission. In cases where insurance and personal resources are insufficient to meet anticipated expenses, we will counsel patients and families with regard to their financial situations.