Stroke is the leading cause of disability in the United States. Recovery from a stroke can be particularly challenging because patients may experience a combination of physical, cognitive and communication impairments. The Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP) at MedStar Good Samaritan Hospital helps patients recovering from a stroke to reach their highest levels of independence and resume active roles within their families and communities. The program includes:

- A highly skilled group of professionals who plans each patient’s care under the direction of a rehabilitation physician (physiatrist) from MedStar National Rehabilitation Network
- An individualized rehabilitation program that is designed to help each patient regain control over personal care, improve functional and cognitive skills, and increase his/her level of independence
- Care that is coordinated by a case manager who helps the patients 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
- Rehabilitation nurses who provide 24-hour care, focusing on increasing independence. Nurses provide bowel/bladder management, skin care and stroke education.

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

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**Stroke 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:

- Assess the patient’s ability to function, including self-care, transfers, mobility, swallowing, communication, and cognition.
- Involve the patient and his/her family in developing realistic rehabilitation goals and in discharge planning.
- Increase the patient’s overall strength, endurance and flexibility.
- Teach various techniques to compensate for physical, cognitive and communicative deficits.
- Support the patient and his/her family as they learn to cope with the physical and cognitive limitations that often accompany stroke.
- Determine home equipment needs and arrange for further rehabilitation services and community resources, as needed.
- Teach healthy living to prevent complications from stroke and prevention of further strokes.

**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

**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 provide financial counseling to patients and families.