



**Acute Rehabilitation Unit**  
*Patient Information Guide*

## Admission Requirements

Our comprehensive inpatient rehabilitation program is for individuals who have suffered a loss in the ability to function as a result of accident, injury, illness, or surgery.

**To be eligible for admission, you must:**

- Have a physician referral
- Be able and willing to participate in the rehabilitation program
- Be aware of your environment
- Be in need of two or more forms of therapy (physical, occupational, and/or speech)
- Have an identified discharge plan

**Criteria for admission include impairment of:**

- Mobility
- Self-care activities
- Cognitive function
- Communication
- Speech / Language
- Swallowing

When you are referred to the Acute Rehabilitation Unit (ARU), an Admissions Nurse will visit with you and conduct an assessment to determine if you meet the above criteria. You and your caregivers are encouraged to tour the Acute Rehabilitation Unit prior to admission.



## An Introduction to the Acute Rehabilitation Unit

The Acute Rehabilitation Unit is a 26-bed unit located on the third floor of Peterson Regional Medical Center. Our comprehensive **Inpatient**



**Rehabilitation Program and Stroke Specialty Program are CARF Accredited.** The Commission on Accreditation of Rehabilitation Facilities is an independent, non-profit organization that reviews and grants accreditation nationally. Our rehab programs meet the rigorous standards, assuring the highest quality.

### Special amenities in our facility include:

- Private patient rooms
- Large dining/activity room for meals and social activities
- Well-equipped gym for physical and occupational therapy
- Transitional Living Apartments
- Outdoor Therapeutic Walking Path
- HEB Practice Grocery Store
- Complimentary Parking
- ADL Practice Kitchen
- Laundry Room

In the ARU, patients and caregivers are a part of a team, with everyone working hard to achieve the best possible outcomes for the patient. You will receive care in a therapeutic environment, 24 hours a day, seven days a week. Active participation in therapy three hours a day, at least five days a week, is required. The program also offers training and education for the caregivers.

The ARU treatment team is directed by a physician specializing in rehabilitation medicine. Rehabilitation nurses, social workers, and therapists (physical, occupational, and speech), are an integral part of the team. Registered dietitians, specialized wound care nurses, psychologists, and other physicians are consulted as needed. All team members are experts in rehabilitation, and focus on helping you regain ability to function and achieve the highest possible level of independence and return to the least restrictive environment in the community.



## The Acute Rehabilitation Treatment Team



**Mirelle' J. Foster, MD**  
Medical Director,  
*Acute Rehabilitation Unit*  
**830.258.7824**

**Thomas Shaw, MD**  
Medical Director,  
*Outpatient Rehabilitation*  
**830.258.7383**

**Medical Director:** Mirellé Foster, MD, provides overall management for care of patients who are in the Acute Rehabilitation Unit. Dr. Foster is Board Certified in Physical Medicine and Rehabilitation, and will be your attending physician during your stay.

**Consulting Physician:** Responsible for assisting the Medical Director with any special medical issues while you are here. This may be your primary care physician or a hospital based physician.

**Rehabilitation Case Manager:** Helps facilitate communication between clinical staff, loved ones, and community agencies to ensure continuity of care and address any questions or concerns. They can arrange family conferences as needed. The case manager also coordinates the discharge plan and services to ensure the patient has appropriate care when they are discharged.

**Rehabilitation Nursing Staff:** Specially trained in rehabilitation and assisting patients in practicing the skills they have learned in therapy. They provide care around the clock and are responsible for educating both you and your family/caregivers in promoting your independence and ability to take care of yourself. They will require that you do as much for yourself as possible so that you can continue to make progress in your program. The nursing team also manages your medical needs, along with the medical providers.

**Occupational Therapist:** Focuses on strengthening and re-educating the muscles of the upper body, re-learning cognitive skills and helping you to perform activities necessary for daily living. By teaching special skills and using adaptive equipment, the Occupational Therapist will help to improve your sensation, coordination, balance, thinking, visual perception, and activities of daily life.

**Physical Therapist:** Concentrates on mobility and improving your strength and endurance. You will work with the Physical Therapist to become more independent in how you move whether that is in a wheelchair, walking, or transferring from one surface to another. They will also work on other functional activities that improve posture, balance, and body mechanics.

**Speech/Language Pathologist:** Speech therapy involves a series of activities that help patients recover and fine-tune communication skills, such as word finding, word production, memory and sentence formation, in addition to swallowing problems and cognitive impairments.

**Rehabilitation Psychologist:** Assess and treat cognitive, emotional, and functional challenges. They work with the multidisciplinary team and help patients identify and overcome barriers to participation in life activities.

**Dietitian:** Nutrition is an extremely important part of the rehabilitation process. The ARU dietitian is responsible for evaluating and developing programs to meet the nutritional requirements for each patient who has been identified as having special needs. They may also work with you and your caregiver to ensure that your nutritional needs are met after discharge.



## **What to Expect as a Patient**

It is important to remember that rehabilitation is different, unique, and challenging. You can expect to work hard and be tired at the end of the day. You and your caregivers can also expect to build strong relationships with staff members. We are here to help every step of the way.

Following admission to the ARU, you and your caregivers will receive an orientation to the unit and the program by the Admitting Nurse to help you understand the goals of the rehabilitation program, your rights, and the daily routines.

### **A typical day will include:**

- Waking up, getting ready for the day, and getting dressed in regular daily attire.
- Active involvement in your therapy for at least three hours per day, five days per week, including physical, occupational, and/or speech therapy. Psychology may also be part of the day.
- Education about medicines, medical concerns, exercise/activities, nutrition, and transitioning to your home environment will be provided throughout your stay.

## **During Your First Day of Admission**

During your first day of admission, you are usually involved in an initial evaluation by the members of the treatment team. As part of the assessment process, you will have the opportunity to discuss personal goals and participate in the development of an individualized treatment plan to meet those goals.

On a routine basis, the treatment team will discuss your progress with you and modify goals as appropriate. As the key member of the team, your input is vital to this process. The team meets regularly to coordinate efforts and ensure progress continues.

## **The Role of the Family / Caregiver**

There are many ways in which the caregiver is expected to be involved in the rehabilitation process. Active participation is very important to the success of your progress and helps to ensure that you receive the maximum benefit from rehabilitation. Here are some of the ways caregivers become involved:

- Providing information to the treatment team about your personality, lifestyle, preferences, and previous medical history.
- Bringing clean clothing on a regular basis.
- Providing emotional support.
- Helping you adjust to life changes that may be necessary.
- Assisting you in incorporating techniques learned during therapy into your daily routine.
- Observing therapy and participating in training to be able to assist you in meeting your needs at home.
- Participating in family education and conferences with the rehabilitation team.
- Participating in discharge planning so you can make a smooth transition out of rehabilitation and receive any services and/or equipment needed after discharge.

## **What to Bring with You to the ARU**

Below is a list of items that you should bring with you.

- Loose, comfortable clothing (enough for several days) to wear during the day. (It is recommended that you label your clothing with your name.) Personal laundry services are not available, please exchange clothing regularly
- Socks and comfortable shoes with non-skid soles
- Underwear and sleepwear
- Personal items from home that will make your hospital room less 'clinical' and help you focus on returning home (family pictures, favorite housecoat, blanket, etc.)
- Personal toiletries
- Dentures and supplies
- Eyeglasses and/or contact lenses
- Hearing aids and batteries
- Medical insurance/Medicare cards
- A copy of your Advance Directives

## General Information

**Visiting Hours:** Caregiver involvement and support is vital to your success in the rehabilitation program, your caregivers may be asked to attend therapy sessions during the day to participate in training so that they can acquire the skills necessary to assist you after discharge. However, it is important to remember that the reason you are in rehabilitation is to participate in the daily therapy and nursing treatments. We ask that your visitors be sensitive to your needs and schedule their visits after daily activities are completed.

**Valuables:** Peterson Health cannot be responsible for valuables during your stay at the Acute Rehabilitation Unit or any other part of the hospital. Valuables should be left at home or in the hospital safe to ensure their protection. Nursing staff can make arrangements to have your valuable items stored in a safe. These valuables can be accessed at any time during your stay.

**Chaplain:** Our chaplain visits all patients at Peterson Health. At your request, the Chaplain's office can contact the religious denomination of your choice to arrange for a visit, or the Chaplain will continue to visit you during your stay if you desire.

**Smoking:** Peterson Health is a smoke-free facility. Smoking is prohibited inside all buildings, including the ARU and on all Peterson Health grounds.

**Meals:** You will be provided with a menu for meal selection based on your dietary needs and possible restrictions. Visitor trays are available and can be purchased in the cafeteria.





## Our Unique Facilities

### Private Patient Rooms

The Acute Rehabilitation Unit features 26 private patient rooms. Each room is equipped with a bed, a reading chair, closet space, bathroom, and most importantly, a view of the beautiful Hill Country.



### Therapeutic Walking Path

Designed and constructed by our Medical Director, Mirelle' Foster, MD, the outdoor walking path is used to test and strengthen mobility skills. The path includes various types of even and uneven surfaces that represent the wide array of terrain found in the Hill Country community.



### Transitional Living Apartment

The apartment simulates a real home environment with living area, kitchen, laundry, bedroom, and bathroom. You and your family/caregiver may be asked to stay in the apartment overnight in order to practice skills in preparation for discharging home.



### HEB Practice Grocery Store

In partnership with HEB Grocery Store, we have created a real grocery store complete with food products, carts, and a checkout counter. Therapists will work with you to create a budget and food list, select healthy options, and maneuver through challenges of a grocery store.



## **Financial Arrangements for Inpatient Rehabilitation**

Insurance coverage will be verified prior to admission and will be reviewed with you and your family/caregiver so that all responsibility is understood. For more information concerning your specific insurance coverage, please contact your insurance provider.

If you are being admitted to the Acute Rehabilitation Unit from a facility other than Peterson Health, you will need your insurance identification cards with you during the admission process.

After your discharge from the Acute Rehabilitation Unit, you will receive a bill for your stay. This bill will be separate from the bill you received if you also had an acute care stay at Peterson Regional Medical Center (the hospital). Billing for services provided by the physicians or other health care professionals are separate and distinct from the hospital bill. Questions about these charges should be directed to the office of each provider/physician whose phone number will appear on the bill.

Discharge planning begins prior to the admission to the ARU and continues throughout your stay. The Case Manager will coordinate your post-discharge needs (i.e., continued therapy, nursing, equipment, home health care). It is essential that your family/caregivers participate in patient education and training throughout your stay, especially prior to discharge.

If a concern arises at any point during your stay at the ARU, you are encouraged to voice that concern to the Medical Director, the Director of Rehabilitation, the Clinical Nursing Manager, or any other staff member. You may also contact Peterson Health Patient Relations at 830.258.7630.

After your discharge, you will receive a patient satisfaction survey in the mail. Please take a few minutes to complete the survey and mail it in the provided envelope. Your feedback will help us continually improve our program!

After discharge, you will be contacted to ensure that all of your discharge needs have been met and to address any additional questions or concerns you may have.





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**[PetersonHealth.com/Rehabilitation](https://PetersonHealth.com/Rehabilitation)**

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