



## INTENSIVE CARE UNIT *Aggressive and Critical Care*

Many patients are admitted to Shepherd Center through the Intensive Care Unit (ICU). Entry into the ICU provides the first steps in the recovery process for individuals who have experienced spinal cord injury, acquired brain injury or a neuromuscular disorder. We believe rehabilitation begins with attentive critical care and early mobilization.

### PROVIDING EXCELLENT CRITICAL CARE

Our ICU allows patients to come to Shepherd Center immediately after an injury. It provides:

- Medical specialists in all areas of care, including multi-trauma, neurosurgery, cardiology, pulmonary, gastroenterology and internal medicine.
- 24 hours of critical care per day from specially trained nurses.
- Arterial, cardiac, respiratory and hemodynamic monitoring.
- Ten beds in the ICU and focused care to each patient.
- A full team of rehabilitation specialists including physicians, physical therapists, occupational therapists, speech therapists, dieticians, psychologists, counselors and case managers.
- Aggressive programs to wean patients off ventilators.

All team members have the experience to prevent and/or address skin, bowel and bladder complications, which are common following a catastrophic injury. This early, aggressive care can mean fewer long-term complications, a lower cost of care and better functional outcomes.

### WHAT TO EXPECT

- The patient will be medically stabilized.
- Once recommended by the physician, the patient will get out of bed and into a custom-fit wheelchair. Therapists will then review how to operate this special wheelchair.
- The patient will receive daily physical, occupational and speech therapy if ordered by a physician.
- Once the physician believes the patient is medically stable, he or she will transfer to the appropriate rehabilitation unit.
- The ICU has an average length of stay of four to five days and offers a 2:1 patient to nurse ratio.

### SHEPHERD CENTER IS:

- The largest freestanding hospital in the country devoted to the medical care and rehabilitation of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular problems.
- A Spinal Cord Injury Model Center designated by the National Institute on Disability and Rehabilitation Research.
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

### IMPORTANT PHONE NUMBERS

Admissions: 1-800-SHEPHERD or 404-350-7345

Main Switchboard: 404-352-2020

Visit Shepherd Center online at [www.shepherd.org](http://www.shepherd.org)