



## PREP: PRE-REHABILITATION AND EDUCATION PROGRAM *For Brain Injury Patients who are Semi-Comatose or Minimally-Conscious*

Patients who are in a reduced or minimally-conscious state following a traumatic brain injury are often not ready to begin an active rehabilitation program. However, Shepherd Center believes it is critical to begin educating family members, while they are waiting for the patient to emerge, in order to help them care for their loved one.

For these patients (Rancho I-III), Shepherd Center offers a specialized program called **PREP**, which stands for **Pre-Rehabilitation and Education Program**. PREP is a short-term, three-to-five-week program, with approximately 1½ hours of therapy daily, that takes into account a patient's slow response to therapeutic intervention.

PREP focuses on preventing medical complications and continually measuring arousal and attention to the environment. Other key components are:

- Nutrition
- Positioning and seating systems
- Cognition and communication
- Maximizing mobility
- Family education
- Telehealth services

Shepherd Center's specially-trained staff use the Coma Recovery Scale to assess the patient's rate of emergence and response to his or her environment. The interdisciplinary team works closely to facilitate the patient's recovery by offering an individualized plan of care that balances medication management, therapies, environmental stimu-

lation and rest.

Following discharge from PREP, the patient will have regular telehealth appointments with Shepherd staff members for several weeks. During these visits, the staff address any concerns and questions the family has as they adjust to providing care in the home. The Coma Recovery Scale is also re-administered during these appointments.

### 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.
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), and its spinal cord and brain injury programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

### IMPORTANT PHONE NUMBERS

Main switchboard: 404-352-2020

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

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