



## Spinal Cord Injury Program

### *Experience Counts*

Each year Shepherd Center treats more than 300 people who sustained a spinal cord injury. Last year 315 patients with spinal cord injury were admitted for inpatient rehabilitation. From the time of acute admission through outpatient follow-up, our Spinal Cord Injury (SCI) program provides a full continuum of care to those who have sustained any level of spinal cord injury—paraplegia, tetraplegia (including those who are ventilator dependent) or dual diagnosis (spinal cord and brain injury).

Our expertise has carried over into the development of specialized treatment teams dedicated to adolescent patients (age 12-18), adults, seniors (age 50 and older), dual diagnosis (SCI and ABI) intensive care unit patients and those with neuromuscular disorders. In fact, Shepherd Center receives enough patients to maintain ten full-time teams devoted to spinal cord injury alone.

Shepherd Center is one of the 14 rehabilitation hospitals in the nation designated by the federal government as a “Model System” for care of people with SCI. Hospitals that receive this designation have demonstrated exemplary care and serve as a model for other service providers.

### ACUTE CARE AND ACUTE REHABILITATION

- Eight bed intensive care unit
- Medical/Surgical services for secondary complications
- Full team of rehabilitation and medical professionals, including three physicians (attending orthopedist or physiatrist, an internist and urologist). Consulting specialists in all areas are available, depending on the patient’s needs.
- Arterial, cardiac, respiratory, and hemodynamic monitoring; skin, bowel and bladder care; nutritional assessment; and preventive treatment for secondary complications such as pressure ulcers, stress ulcers and blood clots

- Therapy staff that assesses patients for the earliest opportunity to get out of bed, be mobile in a wheelchair, be able to communicate/swallow, and begin the rehabilitation process
- A ventilator-weaning program for patients with high tetraplegia

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*Patients with catastrophic spinal cord injuries and illnesses who seek treatment at hospitals specializing in SCI are more likely to have fewer medical complications and achieve more independence*

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### INPATIENT REHABILITATION PROGRAM

Long-term, successful community reintegration begins with the most comprehensive and experienced rehabilitation program. Our rehabilitation program includes:

- A comprehensive, interdisciplinary approach that benefits high-risk patients with more than one medical problem
- Functional training by therapy four to six hours each day, five days per week. One to two hours of therapy on Saturdays
- Activity based interventions:
  - (1)Locomotor training through body weight supported treadmill training for motor incomplete injuries
  - (2)Electrical stimulation cycling for patients who meet the criteria
  - (3)Aquatic program for patients who meet the criteria

- Specialized care teams include respiratory therapists, speech language pathologists, occupational therapists, physical therapists, nutritionists, psychologists, counselors and therapeutic recreation specialists.
- Case managers coordinate care and provide utilization review
- Three full days of intensive family training and education to facilitate family caregiver participation
- Psychological counseling to help provide the emotional support patients need to cope with a variety of issues
- One-on-one and group peer counseling
- Technology consults that focus on maximizing independence
- Return to school programs for patients in high school

## DAY REHABILITATION PROGRAM

For patients who no longer need 24-hour medical supervision, but need at least two coordinated services, Shepherd Center's Day Program is ideal. Our core team consists of a physiatrist, nurses, physical therapists, occupational therapists, therapeutic recreation therapists, counseling, educators, case managers, and speech language pathologists. Other services are consulted if needed on an individual basis.

Our services for Day Program patients also include:

- Housing for out-of-town patients
- Transportation assistance
- Lunch daily Monday – Friday

This lower-cost transition to home and community program provides two to five days of therapy per week for a minimum of three hours of treatment focusing on community reintegration.

## OUTPATIENT THERAPY SERVICES

Single or multiple service follow-up care is available five days a week in Shepherd Center's dedicated outpatient department. Our outpatient therapy team includes physical therapy, occupational therapy, speech language pathology, case management and other services as needed. We offer specialized programs/clinics for outpatients with spinal cord injury, including:

- Upper extremity clinic
- Lower extremity brace clinic
- Locomotor training through body weight supported treadmill training
- Swallowing Disorders Clinic

## BEYOND THERAPY

The Beyond Therapy Program is a rigorous activity-based therapy program designed to help people with spinal cord injuries improve their life-long health, minimize secondary complications and get the most out of any new neural links to their muscles. The staff consists of therapists and exercise specialists to integrate programs focusing on life-long wellness and maximizing muscle and neural return.

## 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), and its spinal cord and brain injury programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

## IMPORTANT PHONE NUMBERS

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|---------------------|-----------------------------------|
| Main switchboard:   | 404-352-2020                      |
| Admissions:         | 1-800-SHEPHERD<br>or 404-350-7345 |
| Day Program:        | 404-350-7523                      |
| Outpatient Therapy: | 404-350-7355                      |
| Beyond Therapy:     | 404-350-3112                      |

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