



## SPINAL CORD INJURY PROGRAM

### *Experience Counts*

Each year Shepherd Center treats hundreds of people who sustained a spinal cord injury. 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 programs dedicated to adolescent patients (age 12-17), 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 11 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

- Ten bed intensive care unit
- Medical/Surgical services for secondary complications
- Full team of rehabilitation and medical professionals. 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 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 individual, group or community based 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

(4) Specialized strength training for individualized programs

- Specialized care teams include respiratory therapists, speech language pathologists, occupational therapists, physical therapists, nutritionists, psychologists, counselors, therapeutic recreation specialists and an exercise specialist as appropriate.
- Case managers coordinate care and provide utilization review
- Three to five 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, speech language pathologists and an exercise specialist. 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<sup>®</sup>

The Beyond Therapy<sup>®</sup> 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.