

# Stroke Rehabilitation Program

**Fast FAQs** July 1, 2012 - June 30, 2013 Rehabilitation Day/Outpatient Program

## A Madonna Miracle

Doye Miller believes his stroke was God's way of telling him to slow down. Doye, 60, runs a 2,000 acre ranch in Tryon, Neb., works as a conductor for the Union Pacific Railroad and, is a husband, father and grandfather. On Jan. 10, Doye suffered a stroke that completely paralyzed the right side of his body. No longer able to walk or talk, Doye was frustrated when he admitted to Madonna a few days later. Instead of herding cattle and switching boxcars, Doye's focus was rehabilitation.

Within a week, the rancher's calloused hands were gripping a walker as he took

his first steps. Technology, like the Madonna ICARE, restored Doye's gait and strengthened his legs. Doye learned a lot about stroke. "I never fathomed that a stroke was a brain injury," said Doye.

Doye completed his inpatient therapy in six weeks and started the Transitional Living Program (TLP), to perfect his independent living skills. He participated in recreational outings and cooked.

The stroke prompted Doye to make life-style changes - reducing stress and taking his medications. "I want to be healthy so I can be around to enjoy the next chapter."



## How much experience does Madonna Rehabilitation Hospital have treating people like me?

- Last year, 214 individuals with stroke were served in one or more of the following areas:
- Rehabilitation Day Program (RDP) – an intense, coordinated outpatient program that will combine all therapies that are needed on the same treatment team.
- Traditional Outpatient (OP) – physical, occupational, and/or speech therapy services 1-3 times per week. Rehabilitation psychology/neuropsychology is also available.
- Specialty Clinics and Assessments – specialized services focused on areas such as vision, swallowing, wheelchair mobility, communication, or long term follow-up.

## How much therapy will I have?

- Treatment plans are designed around specific individual needs and payer rules. Last year, the following was true regarding the average number of visits received:

	RDP	OP
Physical Therapy	20.5	11.2
Occupational Therapy	21.4	6.6
Speech Therapy	15.1	9.3

- Many individuals with stroke also received recreational therapy, social work, rehabilitation nursing, and/or nutrition services as part of RDP.

## How long will I be in the program?

- Last year individuals with stroke attended RDP for an average of 20.9 days.

## What kinds of improvements can I expect?

- While individual results vary, last year, most individuals with stroke were functioning at an independent level with or without using adaptive equipment at the time of discharge from outpatient services. *(continued on reverse)*

### **What do other people say about their experience at Madonna?**

- 100% of RDP/OP with stroke rated their overall experience as “Excellent” or “Good.”
- 100% agreed they would recommend Madonna TherapyPlus to family and friends.

### **Will Madonna help me get back to work and the other things that are important to me?**

- Yes! Individuals in RDP are encouraged to participate in group activities which teach and promote community re-entry, including:
- Independent Living Skills Training (learning to cook, dress, and take care of yourself)
- Adaptive Sports & Recreation Outings (examples include golf, basketball, and bowling)
- Transitions Group (skills for community living, including disability rights, self advocacy, health maintenance, and adjustment)
- Work Re-Entry (learning the skills to go back to work or succeed at another type of job)

### **What happens after I am discharged?**

- Many individuals will require intermittent outpatient therapy after their discharge from RDP. Depending upon where you live, this could occur here or in your home community. We contact the people we serve at least annually to see how they are doing, and to gather outcome information. The following is from individuals contacted at 6-12 months after inpatient discharge:
  - 95.1% reported maintaining gains
  - 14% were re-hospitalized
  - 31% had returned to work or school
  - 66% reported resuming homemaker role
  - 49.2% were driving

### **Is Madonna accredited?**

- Madonna is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) as a Stroke Specialty Program for inpatients, outpatients, adults and pediatrics. Every three years, the hospital undergoes a rigorous review of our programs to ensure they meet or exceed very high standards of care for our patients. In April 2012, Madonna once again earned the highest accreditation level possible — three years.