

Stroke Rehabilitation Program

Fast FAQs July 1, 2011 - June 30, 2012 Acute Rehabilitation (AR)

A Madonna Miracle

Mark Doak jokes that he won't ever forget his stroke date - 11/11/2011 at 11.a.m. Mark and his wife, Kathy, were visiting their Florida vacation home when he collapsed outside. Mark, 61, suffered an ischemic stroke as a result of 100 percent blockage of his carotid artery. The former athlete, who once played college and professional football, had gained weight, was a diabetic and had quit taking his blood pressure medication. "Mark was in a bit of denial," said Kathy.

Mark's Madonna team educated him and Kathy, now his primary caregiver, about adapting to life post-stroke. "I learned it's not

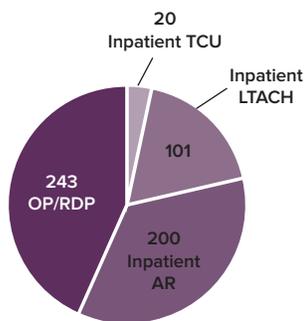
just about physical therapy," said Mark. "It's the mind, body, spirit connection."

The Doaks gained perspective as active participants in stroke recovery meetings. "When you're new to stroke, it can be overwhelming," said Kathy. Mark soon progressed to the intensive Rehabilitation Day Program. Mark made remarkable progress in his mobility — walking 350 feet using a cane and climbing stairs in his home. "The stroke made me more cognizant of physical limitations and what's important in life," said Mark. He is taking better care of himself, doesn't take things for granted and is focused on rebuilding his life.



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

- Last year, Madonna served 564 individuals with stroke.

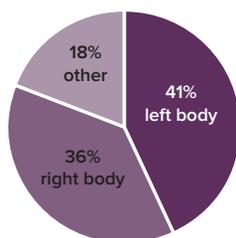


- The average age was 70.
- 33 people were 55 years old or younger, including four children and adolescents.
- Unlike any other rehabilitation setting in Nebraska, we have a dedicated rehabilitation unit, staff, and physician who care for persons who have had a stroke. You will interact daily with other people who have experienced a stroke and benefit from the care of a specialized stroke rehabilitation team.

Where do people come from?

- Hospitals throughout the Midwest refer individuals with stroke to Madonna. 35% of the individuals served on AR with stroke came from areas outside Lincoln, including 35 from Omaha.

- On the specialized stroke rehabilitation unit, we served 200 individuals with stroke who had the following impairments:



(continued on reverse)

How much therapy will I have?

- Last year, people with stroke had an average of 3.6 hours of physical, occupational, speech, psychology, and/or recreational therapy per day delivered by a licensed therapist.
- As appropriate, you may also receive respiratory and nutrition therapy.

How often will I see a doctor?

- You will be seen regularly by a physiatrist, a doctor who specializes in rehabilitation, and as needed by physicians with other medical specialties.

I have other medical problems. What happens if I get sick or have a medical emergency?

- Madonna is a hospital with clinical staff on-site 24 hours a day, 7 days per week, with Advanced Life Support certification and have the equipment and processes in place to respond to medical emergencies.
- Last year, 8%, or 16 individuals, with stroke transferred to acute care hospitals, three of them for planned procedures. This is less than other hospitals (10%) in the region and nation (11%).

How will my family be involved?

- You and your family are the most important people on the rehabilitation team. Family members will be invited to participate in treatment planning and goal setting, family meetings, and education and training sessions. Housing options, support groups, and other resources are available.

How long will I be at Madonna?

Individual results vary, but last year, on average, people in our stroke program stayed 25 days.

What kinds of improvements can I expect?

- While individual results vary, at discharge, individuals needed minimal assistance with self-care and walking or wheelchair mobility activities.
- Last year, most people (65%) were able to return to a community setting after their inpatient rehabilitation stay which is better than the other hospitals in our region (63.9%).

What do other people say about their experience at Madonna?

- We are proud to report that 97% rated their experience as “Excellent” or “Good.”
- 98% agreed they would recommend Madonna to family or friends.

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.