



Inpatient Rehabilitation

Hope, Healing and Recovery with *The Mercy Touch*[®]

Welcome

We understand that your illness or injury was likely unexpected and now you may be uncertain about what the future holds for you. We're here to guide your road to recovery. You can be assured that we are committed to helping you get back your sense of well-being and independence so you can return to the life you treasure.

Mercy's award-winning and highly-trained interdisciplinary team will utilize our new, state-of-the-art facility to provide the intensive rehabilitation care you need with a compassionate, caring approach. Together, we will work to help you regain your life outside of the hospital.

Mercy's Inpatient Rehabilitation Unit is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for Medical Rehabilitation and Stroke Specialty. Our program offers programs for patients recovering from stroke, brain injury, neurological conditions, amputation and orthopedic injury.



Rehab Amenities, Programs & Team

- ✘ 22 private patient suites
- ✘ State-of-the-art therapy gym with zero gravity lift/track
- ✘ Transitional Activities of Daily Living (ADL) apartment to practice skills of daily living
- ✘ Centralized, spacious dining with family gathering area
- ✘ Free patient Assessment
- ✘ Case Management/Discharge Planning
- ✘ Patient/Caregiver/Family education
- ✘ RehabTracker
- ✘ Complimentary Wi-Fi
- ✘ Dementia-friendly unit
- ✘ Bariatric accommodations
- ✘ Medical Director with rehab specialty training
- ✘ Nurse Practitioner
- ✘ Hospitalists
- ✘ Physiatrist and other consulting medical specialties
- ✘ Physical, Occupational and Speech therapy
- ✘ 24-hour Nursing Care
- ✘ Clinical Pharmacy
- ✘ Dietitian
- ✘ Respiratory Therapist

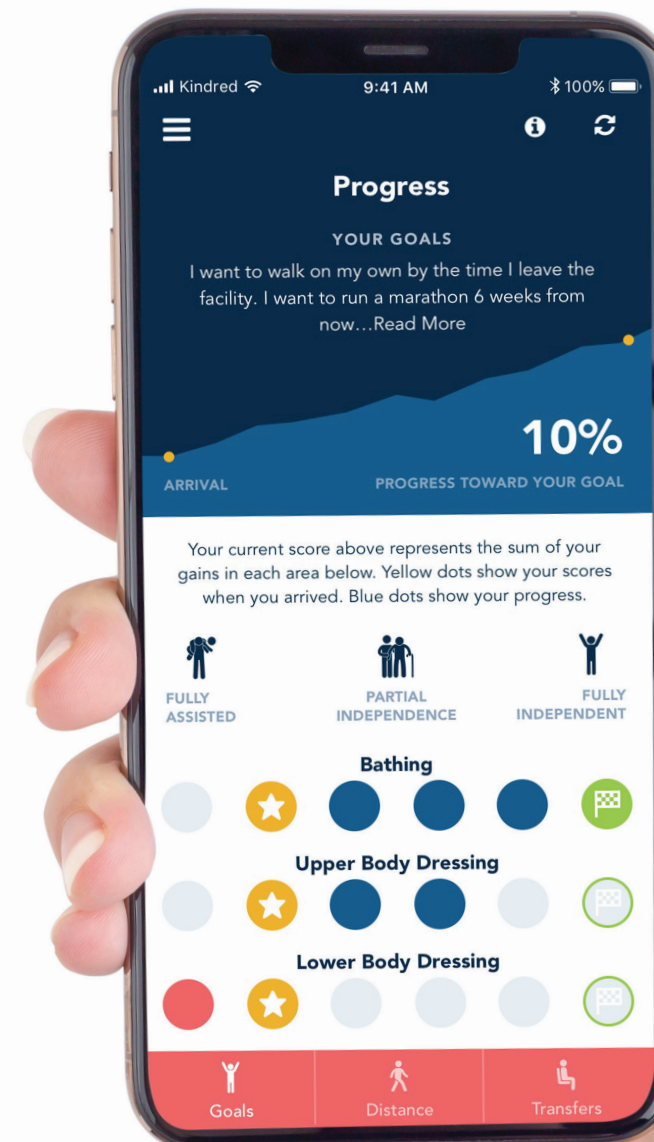
RehabTracker: Using Technology to Aid in Recovery

With **RehabTracker**, you can:

- ✘ Work with the therapy team to set personal goals and input them into the app;
- ✘ Use your cell phones or tablets to see and track progress in real time;
- ✘ Share that progress with invited family and friends; and
- ✘ Receive messages of support from loved ones – all at the palm of your hands.

It allows Mercy's team and your support system to surround you with care and engage in meaningful ways in your rehabilitation.

On average, patients using RehabTracker see increases in functional independence, discharges to the community, and efficiency in overall care.



Conditions We Treat

- | | |
|------------------------|-------------------------------|
| Amputations | Pulmonary Conditions |
| Brain Injuries | Functional Decline |
| Strokes | Arthritis Issues |
| Spinal Cord Injuries | Balance |
| Neurological Disorders | Bowel and Bladder Dysfunction |
| Orthopedic Injuries | Diabetes |
| Trauma | Wounds |
| Cardiac Conditions | |



Features of Treatment in Inpatient Rehab

Daily accessible physician

Our medical providers meet with patients daily to assess progress, attend to medical conditions and answer any questions from the patient and family.

Low nurse-to-patient ratio with Certified Rehabilitation Registered Nurses (CRRN)

Our skilled team is prepared for the specialty care required during the rehabilitation process. The low nurse-to-patient ratio ensures our care providers can be attentive and supportive during recovery.

Individualized, intensive therapy with short lengths of stay

Our goal is to prepare the patient as quickly and safely as possible to return to normal life activity.

Minimum of 3 or more hours of therapy each day, at least five days a week

Weekly Care Conference and Patient/Family Conference

Communication with the patient and family is vital to the recovery process. Our collaborative approach allows open communication and clear understanding of the care plan and progress.

RehabTracker

Mercy's Rehab staff uses RehabTracker, a mobile app that enhances the way we engage with patients and their families during their rehab stay.

Our care transition may include a home visit

Depending on the condition and severity, we may include a home visit to see how the patient is reacclimating to daily life.

Going home/ discharge planning

Part of our care plan will ensure the patient and family are prepared to continue recovery, as necessary, at home with clear information for a successful transition.



Aftercare: The patient will receive a follow-up call after discharge within the first two weeks and then again in three months

We encourage family involvement

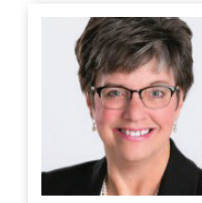
Through communication and engagement, our staff will arrange training when family is able. They can see progress and be prepared to support the patient however necessary.



The focus of your time in Inpatient Rehab will largely be on therapy, with a minimum of 3 or more hours of therapy each day, at least five days a week, depending on the patient's condition.



Medical Director Carla Schulz, MD, FAAFP



Dr. Schulz has been a fixture within the community as a family practice provider for 30 years. She received her Bachelor of Arts degree from Wartburg College and her

Doctor of Medicine degree from the University of Iowa; she has been practicing since 1990 after completing her residency with the Cedar Rapids Family Medicine Residency Program. As Medical Director for Inpatient Rehabilitation, she oversees the development and progress of the patient care plan during their stay. Other specialties available as consultation include psychiatry, cardiology, pulmonology, orthopedics, infectious disease, neurology, palliative care, neuropsychology, interventional radiology, nephrology and hospitalist.

Morning

- ✘ Your nurse will start your day by ensuring all team members involved in your care have treatment information necessary, including medications and schedules, as needed
- ✘ Therapy or nursing will help you with bathing, dressing and toileting
- ✘ The breakfast you order, within the recommendations of your doctor and dietitian, will be served in the dining room.
- ✘ Your physician may "round" on you, and other care team members – such as a case manager – will visit.
- ✘ Continue with therapy either in-room, the gym, or other areas.

Afternoon

- ✘ Lunch will be served in the dining room
- ✘ Your nurse will administer medication
- ✘ Continue with therapy
- ✘ Nursing staff will continue to visit you to ensure your needs are met
- ✘ Your physician or other providers may visit you

Evening/Night

- ✘ Dinner is served in the dining area and snacks are available later in the evening
- ✘ Your nursing team will continue to assist you
- ✘ You will have an opportunity to visit with friends and rest for the next day
- ✘ This is a good time to think about questions for your care team providers



What to Bring:

- **PERSONAL ITEMS:**
 - ✘ Glasses
 - ✘ Hearing aids
 - ✘ Cosmetics
 - ✘ Toiletries
 - ✘ cPap
- **JACKET/SWEATER**
- **NON-SLIP SLIPPERS**
- **NON-SLIP SHOES**
- **PAJAMAS**
- **SHIRTS**
- **PANTS/SWEATPANTS**
- **UNDERGARMENTS/SOCKS**
- **ROBE**
- **PROSTHESIS**

Most often, patients will wear regular street clothes during their stay in Inpatient Rehab.



The Inpatient Rehabilitation Unit is on the 7th floor and is accessible from Elevator B near the 10th Street Entrance.



Contact Us

We look forward to welcoming you.

Thank you for choosing **The Mercy Touch** to help you on your road to recovery.
The Inpatient Rehabilitation Unit is on the 7th floor of:



701 10th Street SE | Cedar Rapids, IA 52403

mercyare.org



To ask a question, make a referral or reach our team please call (319) 398-6804.