

# CarolinaEast Rehabilitation Hospital

## SCOPE OF SERVICES

### Department Narrative

CarolinaEast Rehabilitation Hospital is a CARF Certified Comprehensive Inpatient Category Hospital (Adult) located on the first floor of CarolinaEast Medical Center. The Center has a capacity for 20 patient beds. On August 17, 1993, the unit opened providing inpatient medical rehabilitation services to the area.

The unit provides inpatient care and education 24 hours a day, 7 days a week for adult male/female patients 18 years of age and older. CarolinaEast Rehabilitation's goal is to provide services to patients who can make significant gains in functioning to reduce the level of care required after discharge.

Nursing care and therapy are provided for inpatients with strokes, fractures, amputations, multiple trauma, congenital deformities, degenerative neurological disorders, total joint replacement, cardiopulmonary issues, cancer, traumatic brain injury (Rancho Los Amigos VI and above,) spinal cord injury and burns. Specific exclusions include pediatrics, ventilator dependence, and SCI Level C-4 and above, for which referrals may be made to another agency or facility. Patients admitted to CarolinaEast Rehabilitation Hospital must be able to tolerate at least three hours of physical therapy and occupational therapy or speech per day. Also available as indicated is recreational therapy.

Discharge will occur when patient has met his/her functional goals, or it is no longer necessary or appropriate to remain in the program. Further information regarding discharge is available upon request.

CarolinaEast Rehabilitation Hospital offers the following rehabilitative services:

### Rehabilitation Nursing

Nursing care is provided 24 hours a day by specially trained rehabilitation nurses. They will provide support and comfort measures to help patients recover and participate in their individualized program. They will teach about medications, new diagnoses, activity limitations and personal care. Nurses work closely with the physician regarding any medical issues. Most importantly the nurses reinforce what is learned in therapy and assist patients to become as independent as possible.

### Physical Therapy

The physical therapy department provides evaluation and treatment of patients in acute care, inpatient rehab, outpatient and home health. Services provided include gait training, exercises, wound care, wheelchair evaluation, patient and family education.

### Occupational Therapy

The occupational therapy department provides evaluation and treatment of patients in acute care, inpatient rehab, outpatient and home health. Services provided include ADL retraining, evaluation for assistive devices, upper extremity strengthening, patient and family education and training with functional mobility.

### Speech Pathology

The speech therapy department provides evaluation and treatment of patients in acute care, inpatient rehab, outpatient and home health. Services provided include comprehensive evaluation and treatment planning of speech, voice, language, cognition and swallowing problems. Complete programs for restoring lost abilities or teaching alternative methods of communication are prescribed.

### Recreational Therapy

The recreational therapy department provides evaluation and treatment of patients in inpatient rehab. Services provided include community integration, community reentry outings, community resources, leisure skills, smoking cessation, and education for patients and their families.

### Orthotics and Prosthetics

Our Orthotics/Prosthetics department offers braces and limbs individually designed by a certified Orthotist/Prosthetist to increase mobility and strength or limit movement. An Orthotist/ Prosthetist teaches people who have had strokes, amputations, deformities, pain or other physical problems how to use their braces or limbs effectively.

CRH has a full Orthotics/Prosthetics lab on campus where braces and limbs are custom fabricated for our customers. Services are offered to all patients throughout the continuum.

### Social Work / Case Manager

The social worker/case manager is the liaison among the patient, family and rehabilitation team. S/he keeps the family informed of the patient's progress throughout the rehabilitation stay. The social worker/case manager begins work on discharge planning from the time of admission. Referrals will be made for community services; outpatient therapy; financial assistance, if eligible; durable medical equipment; Orthotics; disability determination and long term care placement when needed.

### Psychology

The rehabilitation psychologist uses psychological knowledge and understanding to help patients achieve their optimal individual and social functioning. Services provided by the rehabilitation psychologist include the assessment, diagnosis, and treatment of patients

presenting with neurological, medical, developmental, and psychiatric conditions, as well as other cognitive and learning disorders.

Recovering from a serious medical condition can be very challenging and may involve a variety of life changes. As such, the rehabilitation psychologist also provides services to help patients cope with any emotional difficulties that may arise during the rehabilitation process. At times, such services may involve the participation of patients' significant others and/or caregivers.

### Other Services Provided

Interdisciplinary team planning  
Bowel and Bladder training  
Wheelchair clinic  
Case Management  
Home assessments  
Therapeutic outings  
Amputee Support Group  
Aphasia Support Group  
Brain Injury Support Group  
Ostomy Support group  
Training in daily activities with realistic environment

Professional Academic training is provided for the following degree programs:

RN	PT	Speech
LPN	PTA	Rec Therapy
OTA	OT	Social Work

### Basic Staff Competencies

#### RN Competencies

Current NC RN Licensure  
Current BCLS-C Certification

#### LPN Competencies

Current NC LPN Licensure  
Current BCLS-C Certification

#### NAI Competencies

Current NAI Certificate listing with the NC Division of Facility Services  
Current NAI listed with the NC Board of Nursing  
Current BCLS-C Certification

#### Therapy Care Tech – NAI

Current NAI listing with the NC Division of Facility Services and/or  
Physical Therapy Aide course  
Current BCLS-C Certification

Physical Therapist

Current NC PT Licensure  
Current BCLS-C Certification

Physical Therapist Assistant

Current NC PTA Licensure  
Current BCLS-C Certification

Occupational Therapist

Current NC OT Licensure  
Registered with American OT Association  
Current BCLS-C Certification

Certified Occupational Therapy Assistant

Current NC OTA Licensure  
Current BCLS-C Certification

Speech-Language Pathologist

Current NC SLP Licensure  
Certification of Clinical Competency  
Current BCLS-C Certification

Social Worker/Case Manager

MSW (Masters in Social Work) or BSN

Recreational Therapist

Current Certification from National Council for Therapeutic Recreation Certification  
Current Licensure from NCBRTL (North Carolina Board of Recreational Therapy Licensure)  
Current BCLS-C Certification

Certified Orthotist/Prosthetist

Current Certification in Orthotics and Prosthetics (ABC or BOC)

Psychologist

Psy.D. or Ph.D. from an APA (American Psychological Association) Accredited Program in Psychology

An internship, or its equivalent, in a clinically relevant area of professional psychology.

Completing the equivalent of two (fulltime) years of experience and specialized training, at least one of which is at the post-doctoral level, in the study and practice of clinical psychology. These two years include supervision by a clinical psychologist.

Current NC License in Psychology or Current NC Provisional License with Supervision by Licensed Psychologist or in Process of Applying for NC Licensure with Supervision by a Licensed Psychologist

\*Annual required inservices for infection control, fire and electrical safety are provided through Human Resources and each employee is required to attend.

\*All staff is expected to follow OSHA guidelines (especially in regard to general safety and infection control issues) and adhere to policies and procedures of CMC.

### Care Delivery Design

Rehabilitation management and medical management are overseen and directed by the medical Director. In his/her absence, medical management is provided by CarolinaEast Health System Hospitalists who are available 24 hours per day, 7 days per week, 365 days per year.

Each patient will receive services from staff members serving as an interdisciplinary team. This team meets for rounds each weekday and weekly for a more in depth Care Conference, to discuss the progress that has been made toward the patient's goals. The professional staff on the team is based on individual patient needs and may include: social worker/case manager, rehabilitation physician, physical therapist, occupational therapist, speech therapist, licensed nurses, recreational therapist, orthotist/prosthetist, psychologist and dietician.

The Nurse Manager has 24 hour accountability. In her absence, the charge nurse or therapy manager is accountable as designated by the Program Director. A registered nurse is assigned to charge for each shift. Assignments are made by the charge nurse based on the acuity of the patient, experience and skill of the staff and the geography of the unit.

Therapy services are delivered under the direction of the Medical Director or a Rehabilitation Physician based on individual patient needs. Patients will receive a minimum of three hours of therapy a day for at least five out of seven days. Therapy will include Physical Therapy, Occupational Therapy and/or Speech Therapy.

### Minimal Staffing Plan

Refer to Master Staffing Plan.

CarolinaEast Rehabilitation Hospital's Scope of Service has been reviewed and approved prior to placing on line by the Director of Rehabilitation Services.

Original: 9/93

Revised: 8/11/15, 6/28/17, 3/20/18, 1/31/20, 5/15/20