

reConnections

2014 JOURNAL FOR WAKEMED REHAB

BEYOND WAKEMED WALLS

CONNECTING
WITH PATIENTS
WHERE THEY
LIVE & WORK

// PLUS //

PHYSICAL
THERAPY FOR
INCONTINENCE

PATIENTS WHO
BEAT THE ODDS

WakeMed 
Rehab

reConnections

JOURNAL FOR WAKEMED REHAB

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from the mailing list may be sent
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Raleigh, NC 27610

WakeMed Rehabilitation Locations

Inpatient Location

WakeMed Rehabilitation Hospital

3000 New Bern Avenue
Raleigh, NC 27610
919-350-7876

Outpatient Locations

WakeMed Raleigh Campus

Outpatient Rehab Program

3000 New Bern Avenue
Raleigh, NC 27610

WakeMed Healthworks

3000 New Bern Avenue
Raleigh, NC 27610

WakeMed Clayton Medical Park

555 Medical Park Place
Clayton, NC 27520

Alexander Family YMCA

1603 Hillsborough Street
Raleigh, NC 27605

Banks D. Kerr Family YMCA

2500 Wakefield Pines Drive
Raleigh, NC 27614

Cary Family YMCA

101 YMCA Drive
Cary, NC 27513

Kraft Family YMCA

8921 Holly Springs Road
Apex, NC 27539

WakeMed Wake Forest Road

Outpatient Rehab Center

3701 Wake Forest Road
Raleigh, NC 27609

Home Health

WakeMed Home Health

2920 Highwoods Boulevard
Raleigh, NC 27604

Wound Care

WakeMed Wound Care

3000 New Bern Avenue
Raleigh, NC 27610
919-350-4515

WakeMed Physician Practices

Physical Therapy

10010 Falls of Neuse Road
Suite 015
Raleigh, NC 27614
919-350-1508

To Make a Referral to WakeMed Rehab

Inpatient: 919-350-7876

Outpatient: 919-350-7000

Supporting WakeMed Rehab

The WakeMed Foundation welcomes contributions to benefit the programs and services of WakeMed Rehab. Please call 919-350-7656 or visit www.wakemed.org for information.



ReCONNECTIONS // 2014

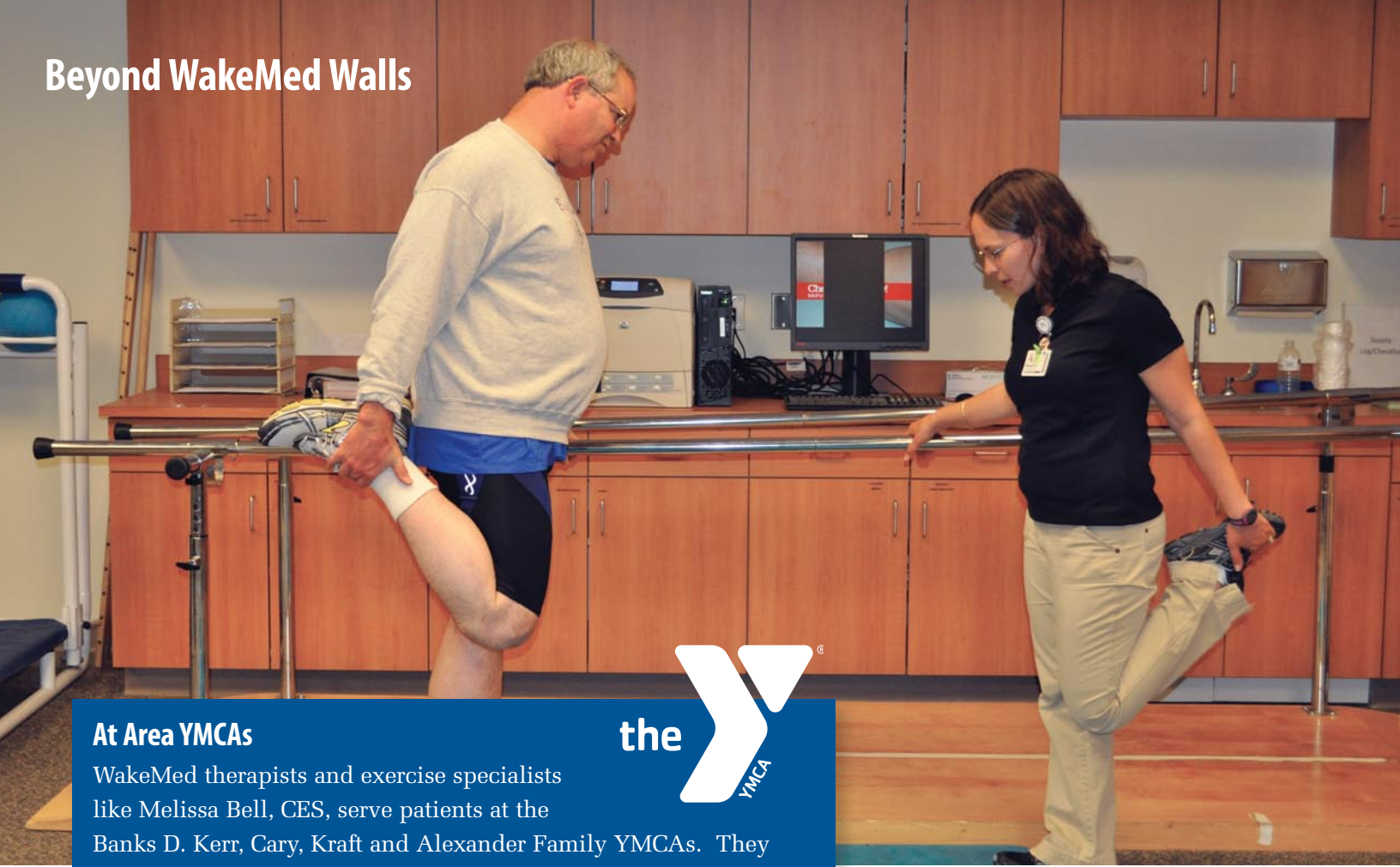
Beyond WakeMed Walls

On the Farm

WakeMed Rehab speech & language pathologist Marcia Rodriguez, MSP-CCC, visits her patient Larry Boyette on his farm to determine how she can best help him communicate with his employees.

Whether they are partnering with area organizations or simply visiting patients in their work and home environments, WakeMed Rehabilitation’s speech, occupational, physical and recreational therapists are taking their skills outside WakeMed facilities to tailor their services to better meet the real-life needs of patients. By seeing patients in their “world”, therapists can have an even greater influence on their safe, successful return to life.

Beyond WakeMed Walls



At Area YMCAs

WakeMed therapists and exercise specialists like Melissa Bell, CES, serve patients at the Banks D. Kerr, Cary, Kraft and Alexander Family YMCAs. They recently joined forces with Fleet Feet, Capital Run Walk and Raleigh Running Outfitters to offer free running/walking clinics. It's part of their work to help boost community wellness.



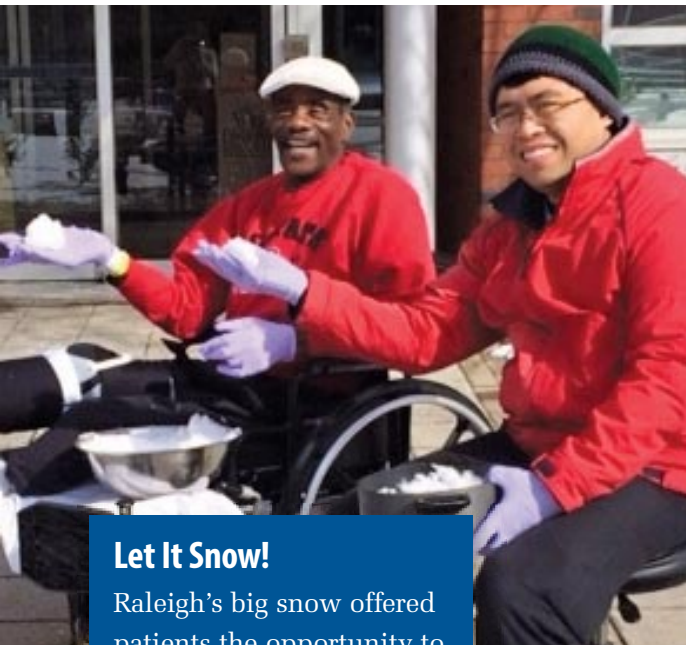
A Special Trip to the Bank

WakeMed's Lisa Wehofer, OT, turned a patient's worries into a positive, calming learning experience, when she took the patient in the rain to have his soon-to-expire check cashed.



At the Park with NCSCIA

WakeMed Rehab's Kelly Peterson, OT, and Cheryl Bennett, PT, join their former colleague Katie Bigarel, PT, in helping Brandon McLain gear up at the North Carolina Spinal Cord Injury Association hand cycle clinic.



Let It Snow!

Raleigh's big snow offered patients the opportunity to exercise their hands by making snow balls.



Pizza, Anyone?

WakeMed Rehab occupational and recreational therapists help patient Eric Norville enjoy lunch at Pizza Hut with his girlfriend and parents.

WakeMed Rehabilitation & Learning Services



WakeMed Rehabilitation is pleased to help support Learning Service's outstanding 25+-year mission of high-quality care for acquired brain injury patients in Raleigh, Durham and Creedmoor, NC. A national organization, Learning Services' three local facilities and staff provide post-acute neuro-rehabilitation, neurobehavioral rehabilitation, day treatment and supported living services in residential environments. WakeMed Rehabilitation physical, occupational and speech therapists provide services to patients and participate in weekly care team meetings to help ensure efficiency and coordination of care.

"The Learning Services/WakeMed Rehab partnership is a great experience," says Leila Wheeler, program manager of Learning Services-Creedmoor and financial coordinator for therapy services. "WakeMed's therapists provide impeccable service to our clients with both vigor and grace. All of our clients who have worked with WakeMed Rehab therapists have made progress."

The support and therapy provided by WakeMed therapists and Learning Services professionals are also much appreciated by family members and guardians of clients. "The quality of life and the safety of patients with traumatic brain injuries are so dependent on the physical and mental therapies they receive," says Fran Ladd, guardian of a Learning Services client. "It has been almost three years since Jon's accident. The case manager and staff at Learning Services recognized that Jon needed to continue therapy. The therapists working with Jon are from WakeMed. I have already seen much improvement in his balance and gait. Jon is a fall risk and I now feel much more comfortable walking with him. His speech is improving and that adds to the quality of our visits and less frustration when he can't make himself understood. I am so thankful for all they are doing. Their compassion as they work with Jon makes him feel really good about himself!"



A Focus on the Future

STRATEGIC PLANNING

At WakeMed Rehabilitation, our focus is to continuously enhance the high-quality care and service we provide to our patients and their families. Planning for the future is vital to our efforts. Each year, the rehabilitation leadership team considers the needs of our patients, factors impacting the communities we serve, our strengths and our areas of opportunity. Through the process, we identify key strategic priorities for the coming year and beyond.

During our 2014 strategic planning process, we identified a number of projects to further strengthen our care continuum and reach. Here are two examples of our current efforts.

Rehabilitation Hospital: A 24-hour Therapy Continuum

In the Rehab Hospital, therapy cannot end when patients leave the gym and return to their rooms. It is critical that staff, patients and families continue to focus on rehabilitation 24 hours a day to achieve the best possible patient outcome and readiness to return to the community.

With this in mind, WakeMed Rehabilitation Hospital nurses and nurse techs are working to reinforce the skills patients learn in therapy during the evenings and weekends. Patient transfers are a good example of this therapy-beyond-the-gym concept. When a therapist determines that a patient is able to perform a transfer using a specific technique or certain piece of equipment, the therapist will inform the nursing staff. Nurses will then strive to “carry over” this technique when the patient is not in therapy.

We want our patients to feel strong and confident when they are discharged from the WakeMed Rehabilitation Hospital. Our patients’ family members also need to feel confident about their loved one’s abilities and understand how to best support them after hospital discharge. A strong focus on therapy throughout a patient’s entire stay with us will benefit patients and families in terms of outcomes and independence.

Outpatient Rehabilitation: Empowerment through Education

Today, there are many resources for outpatient rehabilitation patients and their families. At WakeMed Outpatient Rehabilitation, we are striving to ensure that our patients and families have access to the right education and resources – those that help them successfully manage their condition and take responsibility for their own health and well-being.

We know that, in many ways, our patients can continue to improve their overall functional status, independence and participation in the community even in the face of obstacles such as limited outpatient therapy visits, higher out-of-pocket cost and coverage limitations. It is our responsibility to equip our patients and their families with information and links to support groups, post-rehab programs, advocacy venues and wellness/fitness centers; with knowledge about how to search the internet for reliable information on impairments; and with the confidence to seek out and actively participate in health fairs/screening opportunities.

We believe that education is truly empowering. We hope our efforts give our patients and their families with the tools they need for successful, independent, and overall happy lives.

WakeMed Outpatient Rehab Offers Non-surgical Help for Women with Urinary Incontinence & Pelvic Pain Issues

Long-time physical therapist Miriam Loughry now offers therapies to help women manage conditions associated with the lower abdomen/pelvic floor. Some of the conditions she treats include:

- Urinary incontinence
- Overactive bladder
- Strong, sudden need to urinate
- Prolapse
- Pelvic pain during or after pregnancy
- Decreased mobility due to scarring

Depending on patient needs, Miriam uses a combination of services to relieve pain and decrease incontinence. Patient education is an important part of all patients' treatment plans. Pain management



techniques, biofeedback, manual therapy, targeted exercise, bladder retraining and electrical stimulation are among the services Miriam provides.

Outpatient rehabilitation for pelvic pain and incontinence is typically covered by insurance plans.

Miriam sees patients at WakeMed Wake Forest

Road Outpatient Rehabilitation, 3701 Wake Forest Road in Raleigh. To schedule an initial consultation with Miriam, please call 919-350-4199.

Have you ever considered participating in a clinical trial?

Some benefits of participating in a clinical trial:

- Access to new treatments that are not yet available to the public
- Expert medical care at a leading health care facility
- Playing an active role in your own health
- Helping others by contributing to medical research

Participating in clinical trials may also have risks and drawbacks such as:

- Unpleasant, serious or even life-threatening side effects
- Ineffective treatment
- The study may require a lot of time. You may need to travel a long way to the study site or stay in the hospital.

Source: www.nlm.nih.gov/services/ctbenefits.html

Visit the following websites to learn about available clinical trials

- Registry and results database of clinical studies, U.S. National Institutes of Health www.clinicaltrials.gov
- CenterWatch, Jobson Medical Information www.centerwatch.com
- National Institutes of Health (ClinicalTrials.gov): clinicaltrials.gov/ct2/about-studies/learn
- Patient Advocate Foundation: www.patientadvocate.org/resources.php?p=42



Beating the Odds

Li Chen and the Gift of Hope

By his mid-30s, Dr. Li Chen had earned his doctorate degree, coauthored several papers that were published in academic journals and had his research findings featured at conferences. He was driven.

A couple years later, after a harrowing car accident, Chen continues to demonstrate that drive as he rebuilds his new life from a wheelchair.

“I was driving home from Raleigh...and that’s all I remember. I woke up in the hospital,” says Chen. That was March 9, 2013. Chen was told he hit a tree, but he has no recollection of it.

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When Chen arrived at the WakeMed Emergency Department, his journey through the entire WakeMed Spinal Cord Injury Program began. Chen’s spine was broken in two places at the C3 and C4 vertebrae. The surgeon implanted seven rods in his back and he later awoke in the intensive care unit (ICU).

People who suffer C3 vertebra injuries often do not survive due to significant breathing difficulties. Not so for Chen. “I was on a ventilator for a long time in ICU,” says Chen. “I thought I was going to be on it for the rest of my life.” Beginning with just a few minutes, the nurses and physicians slowly began to wean Chen off the ventilator until he was breathing through a tracheostomy tube.

As members of the WakeMed Spinal Cord Injury team continued to work with Chen, he, in turn, continued to reach new milestones – new levels of hope – that he hadn’t thought possible.

After a month in the ICU, Chen graduated to the Rehabilitation Hospital’s acute care unit, where his healing and therapy continued. “I still had the trach tube which was uncomfortable,” says Chen. Like the ventilator, Chen thought he would have the trach tube for life. But again, Chen beat the odds. Patrick O’Brien, MD, the medical director of the WakeMed Rehabilitation Hospital and Spinal Cord Injury Program, who followed Chen’s progress, decided that Chen no longer needed the trach tube. “Dr. O’Brien

helped me pull out the trach in my throat,” explains Chen, who was so pleased to reach this milestone. Later in his stay, a physician assistant helped Chen remove his stomach (feeding) tube and nurses and therapists worked with him to sit up in a chair for two hours at a time – a feat for someone who has been lying in a bed for close to two months.

During his inpatient therapy, Chen learned to operate a wheelchair using sip-and-puff technology. Patients like Chen, who have little or no movement in their arms and hands, use their breath to operate devices like a wheelchair.

On June 13, three months after his accident, Chen went home. His mother had come from China to help care for him. They moved from Fayetteville to Raleigh so that Chen would be close to WakeMed for his outpatient Day Treatment therapy sessions.

Once enrolled in the WakeMed Day Treatment Program, Chen’s drive to improve coupled with the expertise and can-do attitudes of his therapists

continued to propel his abilities to new levels. “When I came to Day Treatment, I had very little movement,” explains Chen. “But Cheryl [the physical therapist] helps me stand up using a machine to help keep my muscles active.” In the beginning, Chen would get lightheaded when he was vertical. This was due to low blood pressure. Now, he can be vertical for long periods of time in the equipment.

Kelly, Chen’s occupational therapist, also puts Chen through his paces. Thanks to her therapy and encouragement and his hard work, Chen is now able to operate his wheelchair by using his hands, triceps, biceps and deltoids in a certain way. “I didn’t like the sip-and-puff. It was tiring,” says Chen. “Now, I’m stronger and know how to use my upper body to operate my wheelchair.”

At home, Chen uses Dragon software, which WakeMed’s recreational therapist introduced to him. Dragon software allows Chen to operate his computer with his voice. This makes it possible for

him to continue to do his research and to communicate via email. He also downloads novels, music and listens to the radio to stay current. Looking ahead, Chen hopes to return to his work and teach online courses.

Chen’s progress (Yes, his progress continues!) and his accomplishments are amazing for a person who suffered such traumatic injuries. He is quick to give his therapy team the lion’s share of the credit for his accomplishments. “I felt very dark at first, but now I feel I have hope. I really appreciate the people here who have given me my hope,” he says and adds. “I encourage everyone [who has had a spinal cord injury] to continue working after leaving the hospital. Go back to rehab. The people here make me feel like I can still have a life.”



A Rock-solid Recovery

At age 43, Tyler Clark, a geology instructor at Wake Tech, was helping a friend remodel her bathroom. After sanding sheetrock and getting covered in dust, he came home and immediately took a shower.

While in the shower, Tyler got a sudden, splitting headache – a sign of a stroke. “I thought I should sit down but I ended up leaning on the wall. I then remember sliding down the wall. When I woke up, I was coughing because I had water in my mouth. The water was rising because I was blocking the drain,” recalls Tyler. He stood up but could tell he couldn’t move well. When he shifted to his left leg, he fell on the floor. “When I woke up, I felt something under my stomach. It was my arm, but it didn’t have any feeling in it,” he says.

A friend came to Tyler’s rescue and called 911. “I heard myself trying to give her the address to the house and I sounded drunk,” Tyler recalls. On the way to the hospital, Tyler passed out. He woke up two days later in WakeMed’s intensive care unit (ICU). A nurse told Tyler, “You had a very large stroke, and you are lucky to be alive.”

Tyler had a hemorrhagic stroke, which results when a weakened blood vessel in the brain ruptures. Hemorrhagic strokes are less common but more deadly than ischemic strokes, which are caused by blood clots.

Tyler was paralyzed on his left side. Only time and therapy would tell how well he would recover. Like most stroke patients, Tyler worried about his future. As a geologist and outdoor enthusiast, Tyler spends a lot of time outside working, hiking and camping. He wondered if he could return to his life.

When it was time to move to the WakeMed Rehabilitation Hospital, Tyler was pleasantly surprised. “It was such a positive experience,” Tyler recalls. He is very thankful for the top-notch team of physical and occupational therapists, who made him

work. Hard. “For me, things returned quickly,” says Tyler. Patrick O’Brien, MD, the medical director of WakeMed Rehabilitation Hospital, would come by and tell Tyler that he could go home once he could make the NC State wolf sign with his fingers. By mid-March he could and was on his way home. Tyler had no speech deficiencies or problems with his legs. He continues to have some problems with dexterity in his fingers and is working to bring that back.





When he was in physical therapy, Tyler used an elliptical trainer and a treadmill, which made him think he should continue with activity after leaving the hospital. He decided to join a gym.

One day while on the treadmill at the gym, Tyler decided to burn off some frustration, so he started running. “After a while, the treadmill was squeaking,” he says. “I looked down and saw my foot was dragging. Then I looked at the odometer and I had gone five kilometers!” That was six months after Tyler’s stroke. Now, you will see Tyler on Raleigh’s Greenway and other running spots he finds on www.mapmyrun.com.

At the request of one of his physical therapists, Tyler also came to WakeMed to talk to some recent, young stroke survivors. “Kelly Kucin, a WakeMed occupational therapist, contacted me. She said she was working with a couple of guys who were young like me and struggling with their recovery. I knew exactly where these guys were in their heads,” explains Tyler. Like Dr. Li Chen, Tyler offered them and all those recovering from stroke the following advice: “There is hope, but you have to work hard for it.”



WakeMed Earns National Recognition for Stroke Care Quality

Congratulations to all the members of the stroke teams at WakeMed Raleigh Campus and WakeMed Cary Hospital for earning the Get With the Guidelines® – Stroke GOLD PLUS Achievement Award from the American Heart Association and the American Stroke Association.



Lisa Lysik, OTR/L

*WakeMed Physician Practices –
Physical Therapy*

Throughout her 13 years with WakeMed, Lisa Lysik has been teaching and “re-teaching” the skills of daily life to children as young as 3 and adults as old as 82. She brought more than 12 years of occupational therapy (OT) experience with her when she moved to the Triangle from Connecticut.

Today, Lisa specializes in helping orthopaedic patients rehabilitate after surgery or injury. Part of that therapy may require creating a splint for her patients. From creating the pattern, to molding the plastic, to even adding elastics or pulleys for an extra stretch, Lisa can make most splints onsite.

Lisa’s approach to successful rehabilitation includes both education and fun. She believes that the more knowledge her patients have about their condition and how they can recover, the better overall outcome they will have and the more likely they will be to keep up their therapy at home. “I can only help them an hour or two a week,” explains Lisa. “Patients need to feel empowered and safe while continuing their rehabilitation during daily life.”

For more information about Lisa and the occupational and physical therapists at WPP – Physical Therapy, please call the practice at 919-350-1508. Free screenings to see if you can benefit from physical therapy are available.

Chuck LaMothe, MEd, BSN, RN

*WakeMed Rehabilitation Admissions
& Referral Development*

As WakeMed Rehabilitation's Admissions & Referral Development representative, Chuck LaMothe helps patients of all ages and their families who have experienced a life-changing brain injury or spinal cord injury understand their options as they begin their journey through recovery and rehabilitation.

Chuck is a nurse, an educator, a listener and a "Mr. Fix-it". Because of Chuck's passion and expertise for navigating the complexities of the health care continuum, referral and admissions criteria, and the insurance authorization process, his patients and their families can focus on one thing: recovery. He appreciates the unique feature of WakeMed's care continuum for patients in need of intensive rehab. "Our rehabilitation hospital and our acute care hospital work together, Chuck explains. "This means patients who are able can begin therapy much earlier in their stay than at other hospitals. The more rehabilitation a patient has, the quicker they can return home safely and with greater functional independence."

On a personal level, Chuck also relates to patients in the rehab setting. In 1974 his parents adopted his 4-year-old sister, Christine, who had experienced a severe anoxic brain injury secondary to a grand-mal seizure. "Growing up around Christine kind of set the course for what I do today," says Chuck.

If you would like to discuss the referral and admissions process, tour any of WakeMed's Rehabilitation facilities or learn about our programs, feel free to call Chuck at 919-350-5108 or email him at clamothe@wakemed.org.



WakeMed Rehabilitation Inpatient & Outpatient Data

The entire WakeMed Rehabilitation team thanks the providers, patients and families who support our efforts to provide high-quality care and service across our care continuum. The following data is derived from WakeMed Outpatient Rehabilitation admission and discharge information from October 1, 2012 through September 30, 2013, and WakeMed Rehabilitation Hospital data from January 1, 2013 through December 31, 2013.

Outpatient Rehabilitation

Day Treatment

Total Day Treatment Discharges	142
Total Visits	7,247
Overall Patient Satisfaction	98%

Admission Diagnosis

Cerebrovascular Accident (CVA)	58%
Brain Injury	19%
Spinal Cord Injury	16%
Other Neuro Conditions	6%
Other	1%

Our Spinal Cord Injury Patients

Total Discharges	23
Average Age	39
Average Length of Service	134 days

Our Brain Injury Patients

Total Discharges	27
Average Age	45
Average Length of Service	88 days

Pediatric Neuro Rehab Patients

(ages 4-17)	
Total Number	4
Average Age	12
Average Length of Service	88 days

For additional information about the WakeMed Day Treatment Program, please call 919-350-1711.

Rehabilitation Hospital

Admission Diagnosis

Cerebrovascular Accident (CVA)	27%
Orthopaedic	21%
Spinal Cord Injury	11%
Brain Injury	10%
Debility	7%
Multiple Trauma	5%
Amputee	4%

Our CVA Patients

Total Discharges	408
Average Age	65
Average Length of Stay	21 days

Our Orthopaedic Patients

Total Discharges	314
Average Age	68
Average Length of Stay	14 days

Our Spinal Cord Injury Patients

Total Discharges	161
Average Age	58
Average Length of Stay	23 days

Our Brain Injury Patients

Total Discharges	147
Average Age	56
Average Length of Stay	20 days

Our Debility Patients

Total Discharges	107
Average Age	68
Average Length of Stay	16 days

Our Multiple Trauma Patients

Total Discharges	82
Average Age	46
Average Length of Stay	16 days

Our Amputee Patients

Total Discharges	61
Average Age	62
Average Length of Stay	15 days

Pediatric Patients (ages 4-17)

Total Number	17
Average Age	12
Average Length of Stay	20 days

[calendar]

Support Groups

WakeMed Amputee Support Group

4 to 5 pm

Third Tuesday of each month

WakeMed Raleigh Campus

Rehabilitation Hospital

3000 New Bern Avenue, Raleigh

For information, call 919-350-8903

Spinal Cord Injury or Disease (SCI/D) Support Group

WakeMed Raleigh Campus

Rehabilitation Hospital

3000 New Bern Avenue, Raleigh

For information, call 919-350-8137 or

e-mail kvasquez@wakemed.org

Triangle Brain Injury Support Group

7 pm

Third Tuesday of each month

A separate caregiver support group meets at the same time

WakeMed Raleigh Campus

Conference Dining

3000 New Bern Avenue, Raleigh

For information, call 1-800-377-1464

or 919-618-3003

Cary Brain Injury Support Group

6:30 to 8 pm

First Monday of each month

WakeMed Cary Hospital

Conference Center

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

WakeMed Rehabilitation Hospital Health Park

Noon to 1 pm

Second Tuesday of each month

WakeMed Raleigh Campus

3000 New Bern Avenue, Raleigh

For information, call 919-350-4163

WakeMed Cary Hospital Conference Center

6:30 to 8 pm

First Monday of each month

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

WakeMed Clayton Medical Park

Noon to 1 pm

Third Wednesday of each month

555 Medical Park Place, Clayton

(off Highway 70 West between

Guy & Shotwell roads)

For information, call 919-350-4174

Fundraising Event

Save the Date:

A Wine Event at the Angus Barn

Thursday, October 9 at 6:30 pm

Angus Barn Pavillion, Raleigh

Proceeds benefit the North Carolina Spinal Cord

Injury Association (NCSCIA). For information

about sponsorships and reservations, visit

www.ncscia.org or call 919-234-4171.

HEALTHWAYS
SilverSneakers[®]
FITNESS

WakeMed Healthworks Fitness & Wellness Welcomes Healthways SilverSneakers[®] Program Members

Many SilverSneakers members are enjoying the WakeMed Healthworks facilities, which are open from 6 am to 7 pm weekdays. Healthworks is located in the WakeMed Rehabilitation Hospital on the WakeMed Raleigh Campus, 3000 New Bern Avenue.

To learn more about SilverSneakers, visit

www.silversneakers.com or call 1-888-423-4632 (TTY: 711).

Call 919-350-8602 for information about WakeMed Healthworks Fitness & Wellness.



Rehabilitation

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WakeMed congratulates Stacy Wilson, OTR/L, who was selected as an American Occupational Therapy Association's (AOTA's) Emerging Leader. One of the prerequisites of being an Emerging Leader is the completion of a research project.

Stacy chose "Diversity in the Workplace" as the title and topic of his project, which he completed with other Emerging Leaders from South Carolina, California and Missouri. The team's initial findings were presented at the AOTA's national conference in Baltimore, Md. The team continues to research their topic and will present further findings at the AOTA's national conference in 2015. Stacy and his team members are also writing articles which will be published in national trade publications. Stacy is an OT in the WakeMed Spinal Cord Injury Unit.

EMPLOYEE RECOGNIZED

WakeMed OT on the National Stage

