



# reConnections

JOURNAL FOR WAKEMED REHAB

**Complementary  
Therapies Help  
Rehab Patients  
Thrive**

// PLUS //

Introducing InMotionARM™

WakeMed Wound Care

COVID Comeback

WakeMed Neuro Care

WakeMed   
Rehabilitation

Reconnections is published periodically for referring physicians and case managers as well as patients associated with WakeMed Rehabilitation.

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## To Make a Referral to WakeMed Rehab

**Inpatient: 919-350-7876**

**Outpatient: 919-350-7000**

## WakeMed Rehabilitation Locations

### Inpatient Location

#### WakeMed Rehabilitation Hospital

3000 New Bern Avenue

Raleigh, NC 27610

919-350-7876

### Outpatient Locations

Unless otherwise noted, please call 919-350-7000 for WakeMed Outpatient Rehab locations.

#### WakeMed Outpatient Rehab - Raleigh

3000 New Bern Avenue

Raleigh, NC 27610

#### WakeMed Outpatient Rehab - Clayton

104 Medspring Drive, Suite 210

Clayton, NC 27520

#### WakeMed Outpatient Rehab - Wake Forest Road

3701 Wake Forest Road, Suite 120

Raleigh, NC 27609

#### WakeMed Physical Therapy Cambridge Village

10000 Cambridge Village Loop

Apex, NC 27502

919-350-1508

#### WakeMed Physical Therapy North Raleigh

10010 Falls of Neuse Road, Suite 009

Raleigh, NC 27614

919-350-1508

#### WakeMed Outpatient Rehab - Raleigh Medical Park

23 Sunnybrook Road, Suite 300

Raleigh, NC 27610

#### WakeMed Outpatient Specialty Rehab - Cary Hospital

1900 Kildaire Farm Road

Cary, NC 27518

*(urinary incontinence, pelvic dysfunction, lymphedema & breast cancer rehab)*

#### WakeMed Outpatient Rehab - Cary

300 Ashville Avenue, Suite 220

Cary, NC 27518

#### WakeMed Outpatient Rehab - North Hospital

10000 Falls of Neuse Road

Raleigh, NC 27614

### Cardiac Rehab

*WakeMed Raleigh Campus and  
Ashville Avenue outpatient rehab sites*

### Pulmonary Rehab

*WakeMed Raleigh Campus outpatient  
rehab site*

### Wound Care

#### WakeMed Wound Care

3000 New Bern Avenue

Raleigh, NC 27610

919-350-4515

### Fitness & Wellness

#### WakeMed Healthworks

3000 New Bern Avenue

Raleigh, NC 27610

### Home Health

#### WakeMed Home Health

2920 Highwoods Boulevard

Raleigh, NC 27604

919-350-7990

## 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](http://www.wakemed.org) for information.

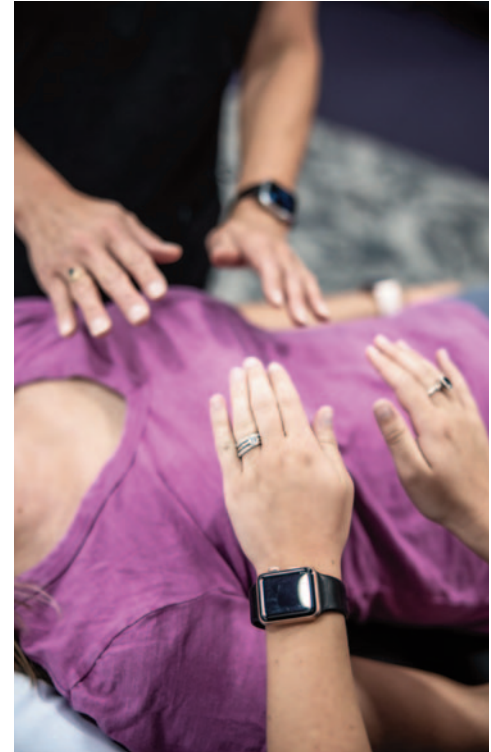


## COMPLEMENTARY THERAPIES Help Rehab Patients Thrive

**R**ehab patients are no stranger to pain, stress, anxiety, depression and sleep problems – and while medication can often help, there are a myriad of other ways to tackle these problems that don't come with unwanted side effects. That's why WakeMed Rehabilitation has added a wide range of holistic, complementary methods to address common challenges impacting patients throughout their hospital stay.

Techniques such as aromatherapy, energy-based therapies, tapping, biofeedback and more are now available to help patients be as comfortable as possible while in the Rehab Hospital. These therapies are offered in conjunction with and as a complement to each patient's comprehensive plan of care, which may also include rehab psychology, medications and other procedures as indicated by the care team to relieve or manage symptoms.

“Problems like pain, stress, feelings of anxiousness and lack of sleep can hinder a patient's ability to participate in the intense therapy offered at the Rehab Hospital,” explains Recreational Therapist Elizabeth Penny, LRT/CTRS, RYT, CCA. “We not only want our patients to be able to focus on their healing and recovery while they're here, we want them to feel as comfortable as possible. Offering these complementary therapies enables us to support our patients in new ways and allows them to experience techniques that can be continued at home as they remain on their rehab journey.”



**Here is an overview of these innovative techniques and how they're used to support our rehab patients during their hospital stay.**

### Aromatherapy

The use of natural plant (essential) oils as a method for maintaining or regaining overall well-being has been in practice for more than 5,000 years. During the past decade, aromatherapy has become more mainstream and has been shown to help patients balance the body, mind and spirit. At WakeMed Rehab, aromatherapy is often offered to patients by their nursing or therapy staff to help calm anxious feelings, encourage a restful night's sleep, support relaxation, decrease feelings of queasiness or even to help lift a patient's mood. While lavender is a patient favorite, we offer several other options, including peppermint, lemon, orange, and blends specifically designed to improve mood and reduce stress. Patients are responding favorably to our aromatherapy service – with the most common feedback we hear being that it helps calm them down or rest better.

### Healing Touch

Energy therapies are used with intention and compassion to improve the patient's sense of well-being. They include light touch with heart-centered intentions to restore the harmony in a patient's body. The goal is to support the body's natural ability to balance and heal – and many people find that the technique is calming and helps clear the mind. At WakeMed, it's often used to help patients who have recently undergone an amputation to manage residual limb pain. Healing touch is also used for pain management in spinal cord injury patients, or for any rehab patient trying to cope with feelings of anxiousness or stress. Most patients prefer healing touch following their therapy so they can relax or focus on a good night's rest. Eleven WakeMed staff members are trained in healing touch and the service is offered for Rehab Hospital patients as well as for Rehab outpatients.



“We’re thrilled to continue expanding our knowledge and training of complementary therapies here at WakeMed Rehab,” explains Recreational Therapist Portia Walton, LRT/CTRS.

## Tapping

Also known as emotional freedom technique (EFT), tapping is based on the combined principles of modern psychology and ancient Chinese acupuncture. Techniques teach the patient how to use their fingertips to tap on specific pressure points on the body while focusing on whatever negative emotions or feelings may be bothering them. It calms the nervous system and over time, rewires the brain to respond in a healthier way. Research published in the *Journal of Nervous and Mental Disease* demonstrated that tapping lowered cortisol significantly more than talk therapy or resting. At WakeMed, tapping is used to help decrease pain, promote relaxation or reduce stress. The great news is that patients can continue tapping on themselves once they're sent home using online tools/apps such as The Tapping Solution.

## HeartMath Biofeedback

HeartMath is a stress management system that helps patients increase their awareness of how stress can impact the body. At WakeMed, a small, handheld tool called emWave2 or a computerized program with a USB pulse sensor called emWavePro is used. The goal is to achieve coherence, which is the state when the brain, heart and nervous system are in energetic alignment. Using mindfulness and breathing techniques helps patients change or shift their thought patterns and achieve greater calmness, increase their ability to focus, sleep better and much more. The HeartMath biofeedback unit responds to the patient's heart rate by showing a color (red, blue or green), so individuals can literally see how their body is responding at any given moment. This awareness makes it easier for patients to recognize how they're feeling when they are in coherence so it is easier to achieve that state of mind in the future.

## Pet Therapy

Animals do more for rehab patients than provide furry companionship – the real health benefits of interacting with pets has been proven time and again. Health benefits such as lowering blood pressure, encouraging movement and improving mental health have all been demonstrated. In one article published in the scientific

journal *Critical Care*, researchers encouraged an approach to caring for critically ill patients that includes animal-assisted intervention (AAI) as an alternative to sedatives and pain medications. At WakeMed, Pistachio, a Labrador Retriever mix, helps rehab patients work on mobility, memory, speech and motor skills through activities such as playing fetch, grooming and petting – all of which are among the pup's favorite activities. These interactions also help educate patients about the benefits of a service dog so they can determine if one would be right for them after discharge. Plus, Pistachio is a great companion for the many rehab patients who are missing their own pets from home.

In order to bring these innovative techniques to our rehab patients, several of WakeMed's recreational therapists have undergone advanced training and/or earned the certifications needed to begin practicing their skills. Key champions of these complementary therapies at WakeMed include Elizabeth Penny, who is trained and/or certified in yoga instruction, clinical aromatherapy and healing touch, and is the proud handler and owner of Pistachio, who is a trained facility dog through Canine Companions for Independence; Portia Walton, who is trained in healing touch, aromatherapy, Tai Chi and HeartMath mindfulness-based stress reduction; and Kristyn Yates, who is trained in healing touch, aromatherapy and mindfulness-based disciplines such as HeartMath. Much of this training was funded by generous grants from the WakeMed Foundation.

"We're thrilled to continue expanding our knowledge and training of complementary therapies here at WakeMed Rehab," explains Recreational Therapist Portia Walton, LRT/CTRS. "While we've always provided exceptional medical and physical rehabilitation here, these newer modalities allow us to focus on providing new levels of comfort to our patients as they work hard on their recovery. We've heard so much positive feedback that we hope to continue expanding into other therapies such as music and sound therapy. Our goal is to introduce techniques that can provide healthy alternatives to pain medication – while also offering tools that can be used at home."

## Highly Committed Medical Director

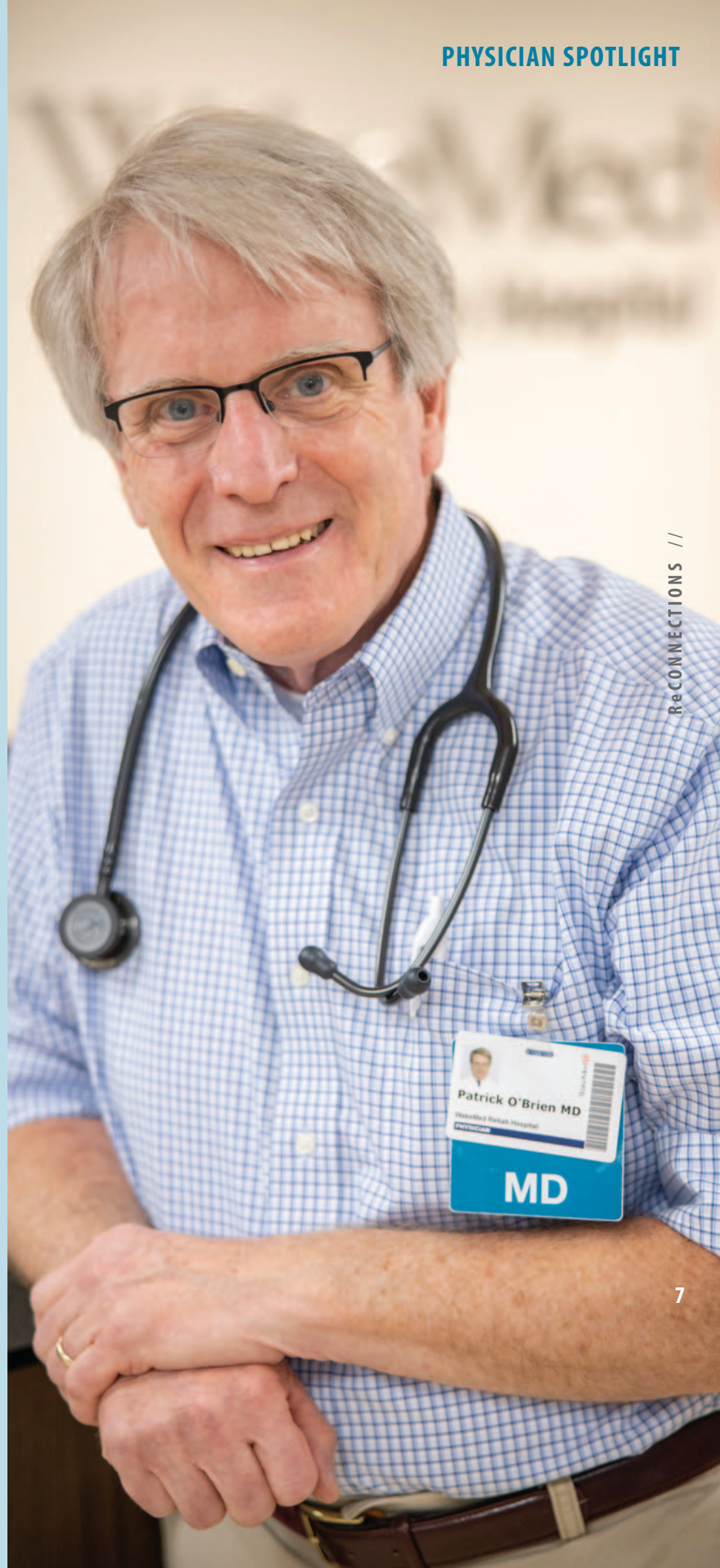
**T**he WakeMed Rehabilitation team has certainly found a dedicated friend in Physiatrist Patrick O'Brien, MD. For nearly 30 years, Dr. O'Brien has served as the medical director of WakeMed Rehabilitation, including:

- The 103-bed inpatient rehab facility (the WakeMed Rehabilitation Hospital)
- 9+ outpatient rehab sites
- Specialty programs – spinal cord injury, stroke, brain injury, amputee, etc.
- The Neuro Care unit
- Wound Care
- Cardiac Rehab Programs
- The WakeMed temporary skilled nursing facility

Dr. O'Brien has been integral to the growth of the WakeMed Rehabilitation Hospital, from its initial 29 beds, to 45, to 68, to 78, to 98, and to today's count – 103. He is a key partner in all inpatient and outpatient program development and strategic planning for WakeMed Rehab. Always excited about trying something new, Dr. O'Brien is eager to be at the table to discuss an innovative idea that will enhance the recovery process for patients.

Best of all, Dr. O'Brien is a long-term advocate for patients who come through the WakeMed Rehab continuum of care.

“Dr. O'Brien's commitment to WakeMed Rehab patients continues well beyond discharge,” explains Beth Villena, MHA, LCSW, CCM, director, WakeMed Rehabilitation. “When, for instance, a patient with a spinal cord injury, brain injury or other complex condition discharges from the rehab hospital, he does annual follow-up visits with the patient to ensure we address his or her changing needs throughout the years. He makes a lifelong commitment to our patients' health and well-being and we are very fortunate to have him on our team.”







It was mid-March 2020 and Stan Cherry, practice director of a business software consulting practice, was in New York City wrapping up meetings with prospective clients. “Broadway was closing, and I knew I had to leave quickly if I was going to get home,” recalls Stan. At the time, home was San Diego, California, but he and his wife were in the process of moving to Raleigh. “Nothing particular was keeping us in southern California, and we have lots of friends and family here, so we decided to move back to North Carolina.”

A month later – with the country fully enveloped by the COVID-19 pandemic -- Stan was getting settled in Raleigh when he began experiencing symptoms. “It was April 12, and I was visiting a friend,”

he recalls. “We were out on the driveway and social distancing, in keeping with what were the relatively new recommendations at the time. I remember the pollen was bad, and I felt really run down.”

Stan spent the next two days sleeping 14 to 16 hours a day – he just couldn’t rally. On April 15, he went to a local pharmacy for influenza and COVID-19 testing and was told he would receive his results in three to five days. Fever and chills drove Stan to seek help from the WakeMed North Hospital Emergency Department before his test results came back.

Test results revealed Stan had bilateral pneumonia. “I couldn’t believe it. I didn’t have shortness of breath; I wasn’t coughing,” he says. WakeMed caregivers, dressed in full personal protective gear, retested Stan for COVID-19 using a rapid-resulting test. Soon, the doctor confirmed what Stan had feared: he had COVID-19. At the time, in an effort to help quell the spread of the virus, patients’ family members were not allowed in WakeMed facilities. “My wife and a couple friends were in the parking lot. I called my wife from my hospital room and waved to her from the window.”

That’s one of the last memories Stan clearly recalls. Stan was moved to the COVID-19 intensive care unit at WakeMed Raleigh Campus. His fever persisted, he experienced horrible coughing spells and delirium. All in all, he was in the hospital for three weeks.

While recovering in the hospital, he received physical and occupational therapy as well as speech therapy to help with some of his executive functioning deficits.

Our executive functions include our ability to:

- Pay attention
- Organize, plan, prioritize
- Start and finish tasks
- Understand different points of view
- Manage emotions
- Keep track of what you are doing

COVID-19 can have a profound impact on brain function – a little-known fact about the virus.

Stan’s symptoms began to improve and his long-awaited discharge from the hospital was coming soon. One of his therapists suggested he may benefit from the new WakeMed Outpatient Comprehensive COVID-19 Recovery Program, which focuses on improving the specific deficits associated with the virus.

# COVID COMEBACK

**One patient’s story about beating COVID-19 with the help of WakeMed Rehab’s Outpatient Comprehensive COVID-19 Recovery Program**



“They cared about me as an individual and as a survivor.”

Stan Cherry made a successful recovery from COVID-19 with the help of WakeMed Rehabilitation.

Naomi Bauer, PT, DPT, program director, WakeMed Pulmonary Rehab & Cardiopulmonary Therapy, leads the COVID-19 Recovery Program, which involves multimodal exercise training for improved:

- Strength and endurance
- Balance, coordination and flexibility
- Energy conservation and breathing

“The comprehensive nature of WakeMed Rehab means that in addition to physical conditioning, patients recovering from COVID-19 also have access to such services as cognitive retraining, speech and swallow assessment and training, dietary recommendations, preparing to return to work, stress management, and coping skills training,” says Dr. Bauer. The program is available by physician referral.

Stan worked with physical therapists, occupational therapists and speech/language pathologists three times a week for several weeks and has made an incredible recovery. “The results of my pulmonary function tests are great and recent chest x-rays show no permanent scarring to my lungs, so I’m feeling really positive,” says Stan.

Like many business travelers, Stan is ‘grounded’ and working from home until the world situation improves. But that doesn’t stop him from enjoying daily walks and his new lease on life!

For more information about the WakeMed Outpatient Comprehensive COVID-19 Recovery Program, 919-350-8786. Referrals can be entered in Epic or faxed to 919-350-8959.

## INTRODUCING InMotionARM™

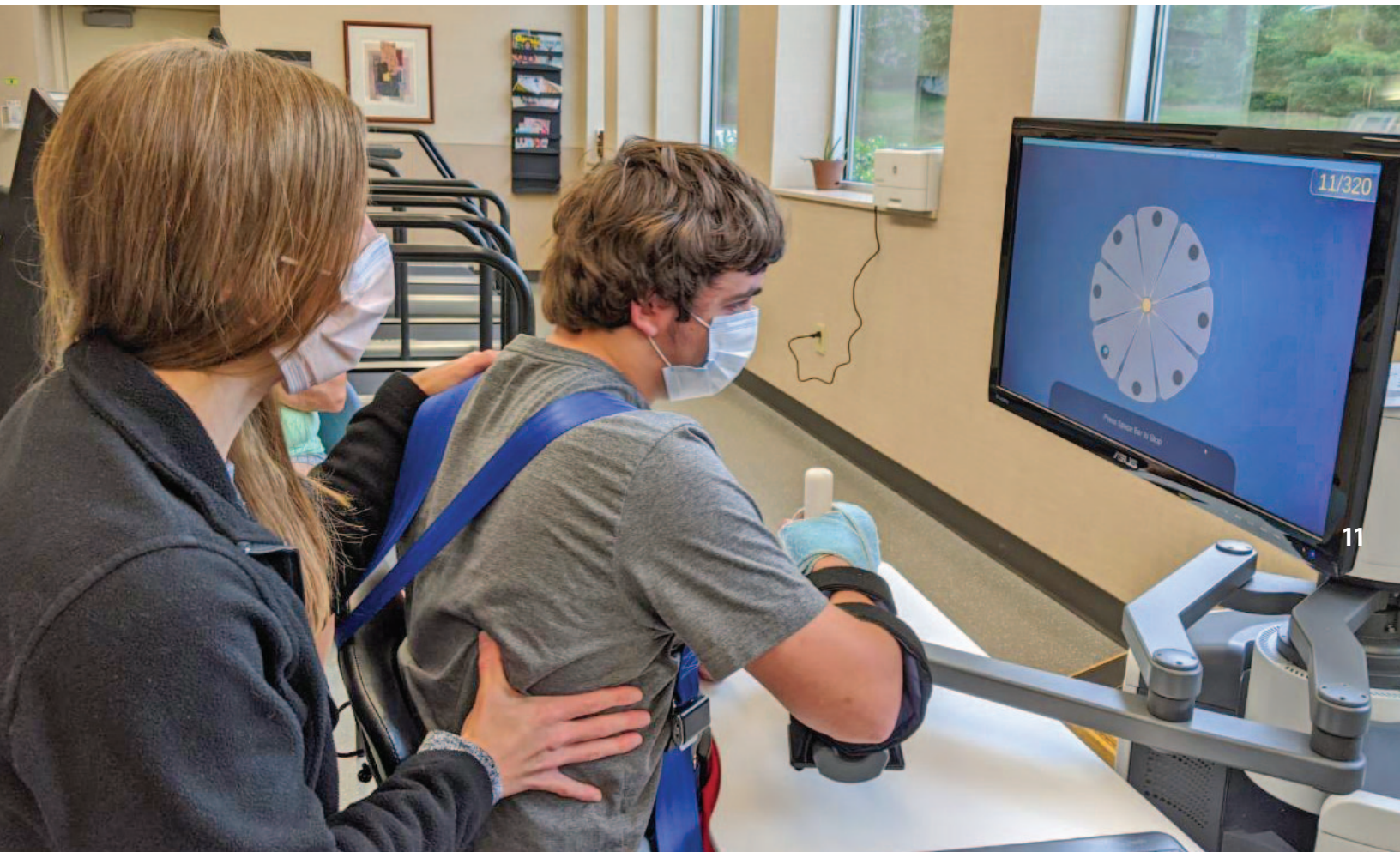
**W**akeMed Rehabilitation now offers InMotionARM™ technology and therapy to help patients regain motor function lost due to neurological injury or condition. WakeMed Rehabilitation leads the region in providing advanced therapy after neurological (brain and/or spine) illness or injury. The purchase of the technology was made possible with the support of the WakeMed Foundation.

The InMotion Arm is a robotic shoulder and elbow exoskeleton. This device enables therapists to evaluate and rehabilitate patients with a broad range of neurological impairments impacting functional mobility of the shoulder, arm and hand. The device allows clinicians to efficiently deliver intensive motor therapy to help patients regain motor function following a neurological condition or injury. This new generation InMotion ARM is an evidence-based neurorehabilitation tool that provides patients with real-time Assistance-as-Needed™. The InMotion ARM monitors the patient's movements during therapy while it gently assists where needed to help them complete various motor therapy activities.



The InMotion Robots are used for neurorehabilitation and extensive research has shown InMotion robots to be effective for a wide range of motor impairments including: stroke, cerebral palsy, spinal cord injury, multiple sclerosis, Parkinson's disease, hemiplegic shoulder pain and muscle spasticity.

**WakeMed Rehab Occupational Therapist Kelly Draucker works with 15-year-old Lucas Maynard, who suffered a stroke after an arteriovenous malformation rupture caused bleeding in his brain.**







## WakeMed Wound Care's PT/OT Advantage

**W**akeMed Rehab provides patients with an outstanding benefit: Physical therapists (PTs) and occupational therapists (OTs) who specialize in wound healing.

WakeMed Wound Care's PTs round out traditional treatments to help patients successfully heal. WakeMed Wound Care specialists treat diabetic, venous/arterial (post-radiation/surgery), pressure and necrotic wounds; edema; and venous insufficiency. Hyperbaric oxygen therapy is also available in our wound care center, located at WakeMed Raleigh Campus.

WakeMed OTs specialize in wound healing of the hand and arm. These professionals use therapeutic, technology-assisted treatments to:

- jumpstart healing
- debride wounds
- increase circulation
- decrease swelling.

They implement:

- exercise plans
- soft-tissue work for scars
- fibrosis and adhesions
- decongestive therapy

Services are available by physician referral. New patient appointments are readily available – often the same week as the referral. Please call 919-350-4515 for information.

# Neuro Care

ReCONNECTIONS //



# WakeMed Neuro Care

## What's the Prognosis after Severe TBI?

**H**ealth care providers can give patients an accurate prognosis for many illnesses and injuries. Severe traumatic brain injury (TBI) isn't one of them. Outcomes for patients who suffer severe TBIs vary widely, making it difficult for providers to offer more than "hard work and time will tell" as a prognosis. The WakeMed Neuro Care team of long-time therapists, physicians, case managers, and neuropsychologists want the ability to give patients and families a better answer. That's why they have launched a research project aimed at studying the outcomes of WakeMed Neuro Care Unit patients. The team is collecting data on patient outcomes from a four-year period, taking into account such factors as location of injury, age, education, medical issues and current level of function.



The Neuro Care team hopes that a better understanding of long-term outcomes can help improve the care patients receive on Neuro Care but also help to guide early care decisions that families are often faced with to promote the message that there is hope after severe brain injury. "The road to recovery from severe traumatic brain injury is long and uncertain," explains Carolyn Gregg, MSOT, OTR/L, one of the Neuro Care team members. "We hope to provide a more accurate map for families to guide them along their unexpected journey, as well as to have a way for us to monitor and improve our program.

The five-bed WakeMed Neuro Care Unit is one of the very few disorders of consciousness units in the United States. Patients with severe brain injuries receive care from medical, rehabilitation and neuropsychology providers until they can move to the next level of care or discharge.

For WakeMed Neuro Care Unit information, please call 919-350-7876.

## Have You Considered Participating in a Research Study or Clinical Trial?

There are benefits to participating in a clinical trial:

- Access to new treatments that are not 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

There may also be risks and drawbacks associated with participating in a clinical trial:

- Unpleasant, serious or even life-threatening side effects
- Ineffective treatment
- Time-commitment. You may need to travel a long way to the study site or stay in the hospital.

**Visit the following websites to learn more about available clinical trials:**

- Registry and results database of clinical studies, U.S. National Institutes of Health [www.clinicaltrials.gov](http://www.clinicaltrials.gov)
- Center Watch, Jobson Medical Information [www.centerwatch.com](http://www.centerwatch.com)
- Patient Advocate Foundation [www.patientadvocate.org/resources.php?p=42](http://www.patientadvocate.org/resources.php?p=42)



## STRATEGIC DIRECTION IN THE FACE OF COVID-19

Every year the WakeMed Rehab leadership team engages in strategic planning to consider ways to grow and improve programs for the future and to set the course for the coming year. We believe that organizations don't grow to greatness by happenstance. Instead, careful planning is needed to identify the vision and develop a strategy for the journey. With that said, a strategic plan is simply a road map, built thoughtfully and with our best efforts to guard against any variables that might attempt to derail it.

After considering the market, gathering input from patients, families, staff and others and brainstorming new and exciting approaches to meet the needs of our community, the Rehab Hospital and Day Treatment programs began 2020 with a great plan. Enter the novel coronavirus. No matter how well-conceived a plan might be, leadership must be nimble to respond when something like the COVID-19 pandemic comes along. This proved to be an unforeseeable variable that resulted in a need to shift our focus and adapt our plans to address the most important thing in front of us.

### Inpatient

The WakeMed Rehabilitation Hospital became laser-focused on ensuring access to rehab care for anyone with a need. Not only did we want to be certain to be able to provide safe care for those with typical rehab needs such as a stroke, spinal cord injury or brain injury, but we also wanted to put in place plans to care for those who would find their lives disrupted by COVID-19. This involved creating opportunities for therapy services in spaces that allow for social distancing as well as

establishing policies and protocols to ensure the safety of both the patients we serve and the staff who care for them.

Seeing that the access to skilled nursing facility (SNF) beds was becoming a concern due to outbreaks in several facilities in our community, the WakeMed leadership team repurposed unused evaluation unit to stand up a temporary SNF on the Raleigh Campus. Now medically stable patients can move out of acute care and rehab hospital beds to the SNF where they receive safe and appropriate post-acute care.

### Outpatient

Due to the COVID-19 pandemic, WakeMed Outpatient (OP) Rehabilitation quickly assessed how to care for patients by balancing risks versus benefits of in-person care. OP rehab programs are essential services; however, many people we serve are at high risk for COVID-19. Knowing this, our programs demonstrated agility and creativity in care delivery options. In concert with voluntary OP rehab cancellations, WakeMed and other local hospitals decided to cancel all non-urgent surgeries to control the number of elective hospitalizations. This created rapid declines in OP rehab volume. With the stay at home order in place, WakeMed OP Rehab implemented strategies to manage care while keeping patients, staff and visitors safe.

Lower risk patients could self-select continued in-person care or virtual visits when appropriate. Clinicians assessed which patients would be appropriate for home health under the new home bound rules or virtual visits versus those who could safely continue in-person care. High risk

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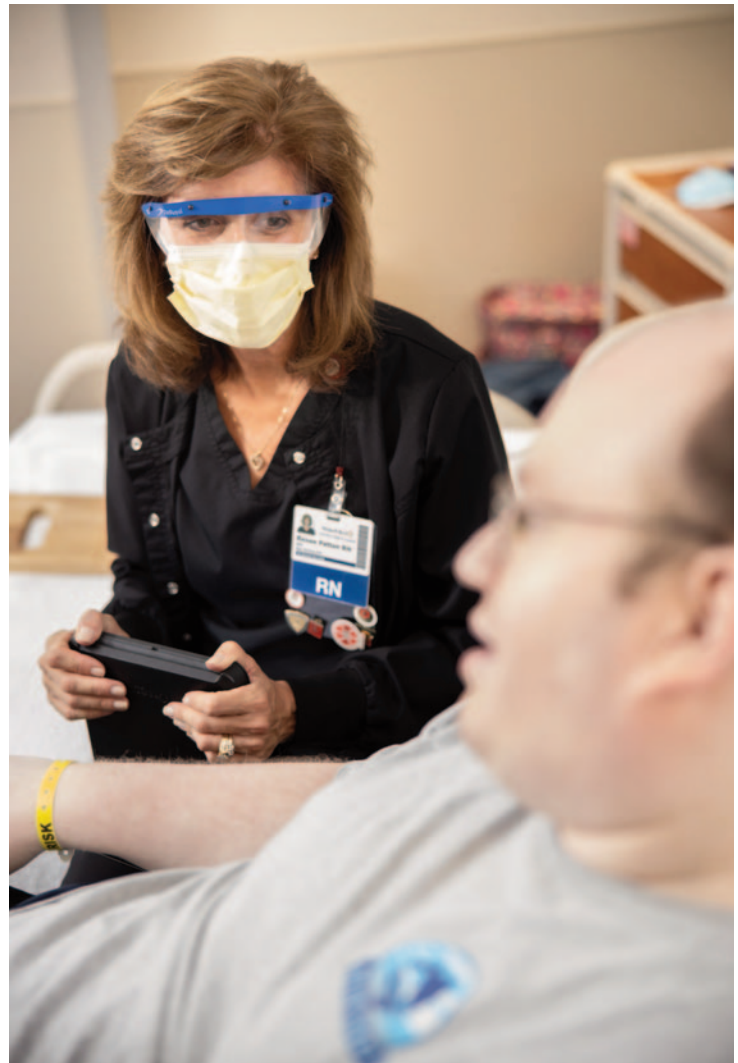


## Making Rounds into Relationships

*“The Magnet Recognition Program® designates organizations worldwide where nursing leaders successfully align their nursing strategic goals to improve the organization’s patient outcomes.” – from [www.nursingworld.org/organizational-programs/magnet](http://www.nursingworld.org/organizational-programs/magnet)*

**W**akeMed Health & Hospitals is a Magnet-recognized health system. As part of our commitment to upholding our prestigious level of quality nursing care, WakeMed’s nursing leaders conduct regular patient rounds. “It’s a joy in your day!” says Renee Patton, RN, manager, 3C Spinal Cord Injury unit and WakeMed Children’s Rehab unit.

Patton and other WakeMed Rehab nursing leaders visit with patients daily to gain insights into how they experience and perceive their care. They focus on patients’ preferences and values to better understand their needs and goals. “Patients in our rehab hospital are often with us longer than patients in our acute care hospital, so we have the opportunity to build relationships with them and their families,” explains Patton.



### STRATEGIC DIRECTION IN THE FACE OF COVID-19 *continued*

patients were directly contacted by their therapists with options and recommendations. We quickly learned that some high-risk patients were adamant about in-person care. When there was a question on safety, high-risk patients reached out to their physicians for advice to determine risk versus benefit if they wanted to continue in-person care.

Early in the pandemic, WakeMed Rehabilitation closed Healthworks Fitness and Wellness Center. Group classes for Cardiac and Pulmonary Rehab that would potentially place our most vulnerable patients at risk for COVID-19 were suspended; however, as processes, knowledge and confidence increased, we were able to resume with program modifications. The WakeMed Outpatient

Comprehensive COVID-19 Recovery program, a product of our Cardiopulmonary Therapy & Pulmonary Rehab program, has been a gamechanger for post-COVID patients, filling a need for our community.

Little by little, we have been able to shift our focus from exclusively managing COVID-19 to giving time and attention to the priorities we identified prior to onset of the pandemic. While 2020 will be remembered as an unprecedented time in history, at WakeMed Rehab, we have every intention of reestablishing focus on the plans that will grow our programs to be the rehabilitation provider of choice for years to come.

# WakeMed Rehabilitation Inpatient & Outpatient Data

The entire WakeMed Rehab 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 admission and discharge information from October 1, 2018 through September 30, 2019.

## Rehabilitation Hospital

### Admission Diagnosis

Cerebrovascular Accident (Stroke)	29%
Orthopaedic	18%
Spinal Cord Injury	11%
Brain Injury	11%
Debility	7%
Multiple Trauma	7%
Amputee	6%

### Our Patients with Stroke

Total Number	460
Average Age	67
Average Length of Stay	20 days

### Our Patients with Orthopaedic Conditions

Total Number	274
Average Age	66
Average Length of Stay	14 days

### Our Patients with Spinal Cord Injury

Total Number	169
Average Age	62
Average Length of Stay	21 days

### Our Patients with Brain Injury

Total Number	170
Average Age	60
Average Length of Stay	17 days

### Our Patients with Debility

Total Number	108
Average Age	67
Average Length of Stay	14 days

### Our Patients with Multiple Trauma

Total Number	108
Average Age	46
Average Length of Stay	20 days

### Our Patients with Amputations

Total Number	100
Average Age	60
Average Length of Stay	18 days

### Pediatric Patients (ages 4-17)

Total Number	20
Average Age	14
Average Length of Stay	16 days

## Outpatient Day Treatment Program

### Day Treatment

Total Day Treatment Number	160
Total Visits	10,118
Overall Patient Satisfaction	98%

### Admission Diagnosis

Cerebrovascular Accident (Stroke)	63%
Brain Injury	25%
Spinal Cord Injury	10%
Other Neuro Conditions	1%
Multiple Trauma	1%

### Our Patients with Stroke

Total Number	101
Average Age	64
Average Length of Service	116 days

### Our Patients with Spinal Cord Injury

Total Number	16
Average Age	46
Average Length of Service	205 days

### Our Patients with Brain Injury

Total Number	40
Average Age	46
Average Length of Service	101 days

### Pediatric Rehab Patients

(ages 4-17)	
Total Number	4
Average Age	16
Average Length of Service	47 days

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

# [support groups]

Due to COVID-19, many support groups are not meeting in person at this time. If you are interested in learning about a support group, please call the number provided. Some are meeting virtually.

## **WakeMed Amputee Support Group**

For information, call 919-350-8903.

## **Triangle Brain Injury Support Group**

For information, call 919-618-3003

## **Spinal Cord Injury Support Group**

For information, call 919-350-8137 or email [kvasquez@wakemed.org](mailto:kvasquez@wakemed.org).

## **Cary Brain Injury Support Group**

For information, call 919-244-6221.

## **Raleigh Stroke Support Group**

For information, call 919-350-4163.

## **Cary Stroke Support Group**

For information, call 919-244-6221.

## **Clayton Stroke Support Group**

For information, call 919-350-4174.



ReCONNECTIONS //

## **Coming to Cary in November!**

**WakeMed Physical Therapy – Pelvic Health**, an independent practice, will open inside the WakeMed Urogynecology practice in the new WakeMed Medical Park of Cary in early November. Specialty services for pelvic dysfunction will be offered for women, men, and children. This is WakeMed Rehab's third outpatient location serving the needs of pelvic health patients in Wake County. For information, call 919-350-7000.



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to WakeMed Rehab**

Inpatient: 919-350-7876  
Outpatient: 919-350-7000

*Please note: Some photos in this issue were taken before COVID-19 mask requirements were in place.*

## Bedside Tablets Are Patient Pleasers!

Inpatients throughout WakeMed's rehabilitation hospital and three acute-care hospitals have access to Bedside iPads. WakeMed Rehab patients use them more than any other patients in the health system!

"We introduce patients to Bedside tablets during the admission process," says Renee Patton, RN, manager, 3C Spinal Cord Injury unit and WakeMed Children's Rehab unit. "Our patients have a wide variety of abilities. We were pleased to see how patients, families and staff make the tablets work for them based on their needs and preferences."

The tablets give patients the ability to do many things, such as:

- See their daily schedules
- Review test results and vital signs
- Complete assigned patient education modules
- View menus
- Communicate with family members
- Learn about medications and their medication schedule
- Access facility maps
- See care team members

Also, therapists help patients who have limited hand function connect with smart home devices such as Alexa or Amazon Echo.

