

# reConnections

JOURNAL FOR WAKEMED REHAB

## NEW! Inpatient Children's Rehab Unit

Raleigh, NC

// PLUS //

StepForward: Prosthesis  
Training for Success

How Can You Recover Faster  
after Joint Replacement?

WakeMed   
Rehabilitation

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

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**Editor:** Rebecca G. Scolio,  
Senior Specialist  
WakeMed Marketing &  
Communications

**Contributor:** Coleen Hanson Smith  
A publication of WakeMed  
Health & Hospitals

**President & CEO:**  
Donald Gintzig

**Executive Director,**

**WakeMed Rehabilitation Services:**  
Elaine Rohlik, PhD

Comments or request for removal from the mailing list may be sent to:  
WakeMed Marketing &  
Communications  
3000 New Bern Avenue  
Raleigh, NC 27610

## 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

Clayton, NC 27520

#### WakeMed Outpatient Rehab - Wake Forest Road

3701 Wake Forest Road

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 09

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 pain,  
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*

### Home Health

#### WakeMed Home Health

2920 Highwoods Boulevard

Raleigh, NC 27604

919-350-7990

### 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

## 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.



## WakeMed Children’s Rehab Expands to the Children’s Hospital

Now Inpatient Pediatric Rehab Patients Can Be with Other Kids as They Recover from Traumatic Injury

**W**akeMed Rehab is proud to introduce a new, dedicated pediatric rehabilitation unit in the WakeMed Children’s Hospital located on the Raleigh Campus. This kid-friendly inpatient rehabilitation unit is designed exclusively for children and adolescents. It includes private patient rooms, a dining room and a pediatric rehab therapy gym – and provides kids and their families with access to all the unique support services and spaces included in WakeMed Children’s Hospital.

Serving children and young adults between the ages of 4 and 21 with traumatic injuries, including brain and/or spinal cord injuries, orthopedic injuries, stroke and others, our new Children’s Rehab unit offers specialized, interdisciplinary care for children who need inpatient rehab. Our care team includes physicians from Carolina Rehabilitation & Surgical Associates, WakeMed’s pediatric hospitalist group, and a full team of nurses, therapists, case managers, child life specialists and other support service professionals – all with expertise working with younger patients.



“While WakeMed’s Rehab Hospital has served children and their families for many years, we very much needed a space that was dedicated to this unique patient population with an environment that will put kids and their

families at ease during a very difficult time,” explains Beth Villena, director, WakeMed Rehab Hospital. “From the colors on the wall to the size of the equipment – nearly every item on this unit was made exclusively to meet the needs of our pediatric patients and their families. This, combined with the specialized support services and family-friendly resources available in our Children’s Hospital will allow us to provide the highest level of care to our younger patients.”

WakeMed Rehabilitation nursing team members, who now care for pediatric rehab patients in the main WakeMed Rehabilitation Hospital, are excited about the move. “I am really looking forward to having a kid-friendly space where we can continue to provide the highest level of inpatient care to pediatric patients and their families, right here in Wake County. Before now,



many families would travel across the state to get care for their children. I’m passionate about building and growing this program, and to serving more children with rehab needs in our community,” says Diane

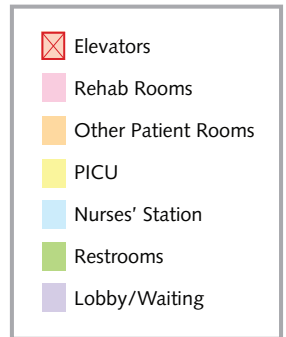
Gilewicz, MSN, RN, CRRN, director of nursing, WakeMed Rehab & Neuro Care.

### TAKE A LOOK INSIDE The Children’s Hospital & 4E Children’s Rehab



- 1 Main Lobby/Waiting Room:** This inviting area features numerous kid-friendly features to ease kids’ anxiety about being in the hospital. A gigantic bubble wall catches kids’ eyes and changes colors just as they get off the elevator. Also, a 450-gallon fish tank features a customized pirate ship just for kids!
- 2 Pediatric Therapy Gym:** Designed specifically for pediatric patients, this area allows kids to work with therapy staff to build the strength they need to recover from injury or illnesses.
- 3 Children’s Rehab Unit:** Featuring five patient rooms, this new unit is dedicated to serving the rehabilitation needs of children and adolescents.
- 4 Rehab Dining/Treatment Room:** This room allows kids to eat with their families outside of their rooms. The space is also used for one-on-one or small group treatment with speech therapy, neuropsychology and case management.
- 5 Teen Room:** Designed for our teen patients, this room features a Wii and Playstation, computer and activities to keep teens busy and entertained.

- 6 Children’s Playroom:** This room features toys, books and activities for our younger patients. Our Child Life Specialists staff both the Teen Room and Children’s Playroom to help kids understand their illnesses, keep up with schoolwork and participate in creative activities to keep their mind off being in the hospital.
- 7 Pediatric Intensive Care Unit (PICU):** Providing the highest level of care for our sickest children, the PICU is equipped with state-of-the art technology and advanced monitoring capabilities.
- 8 Minor Procedure Room:** This dedicated room within the PICU allows patients to have minor procedures done right on the unit to reduce anxiety and discomfort.
- 9 Ronald McDonald Family Room:** Providing families with a private place to decompress, this room allows families to temporarily “forget” they are in a hospital by providing a quiet place. It features a washer/dryer, computer, microwaveable meals, snacks and drinks for families.





## Outpatient Children's Rehab

### Rounding out the Continuum of Care for Pediatric Rehab Patients

In addition to the inpatient physical rehabilitation services provided at our Raleigh Campus, WakeMed offers rehabilitation programs dedicated to the unique needs of children at numerous outpatient locations throughout the Triangle. Offering a full range of physical therapy, occupational therapy, speech language pathology services, nutrition, and neuropsychology, we care for children of all ages – from newborn to 18 years – from all over the region.

#### Experienced Specialists Work with Children

##### Who Need Therapy Due To:

- orthopedic disorders and injuries
- sports injuries, including concussion
- language and learning disabilities
- gross and/or fine motor skills difficulties
- feeding and/or swallowing difficulties
- sensory integration and processing difficulties
- ADD/ADHD
- developmental concerns
- traumatic brain injuries
- neurological disorders
- spinal cord injuries
- spasticity
- congenital disorders
- autism
- torticollis
- speech difficulties
- cancer
- multi-trauma injuries
- amputation
- scoliosis
- pelvic pain/incontinence

#### Pediatric Outpatient Rehab Locations

- Apex - Cambridge Village
- Cary - Ashville Avenue
- Cary - Cary Hospital
- Clayton
- Raleigh - North Hospital
- Raleigh - North Hospital Physicians Office Pavilion
- Raleigh - Raleigh Campus
- Raleigh - Wake Forest Road
- Raleigh - WakeMed Raleigh Medical Park

Hospital-based and independent practice models are available. Free screenings are available for pre-writing readiness, speech/language skills and developmental concerns. To learn more, call 919-350-7000.

#### Learn More about WakeMed Children's Rehab

Want to take a tour of 4E Children's Rehab or learn more about our pediatric rehabilitation programs? Contact Denny Powell, Rehab Administration at (919) 350-5108 or [dpowell@wakemed.org](mailto:dpowell@wakemed.org).

## Meet Mike Bitzenhofer, BA, BSN, RN, SFPN\*

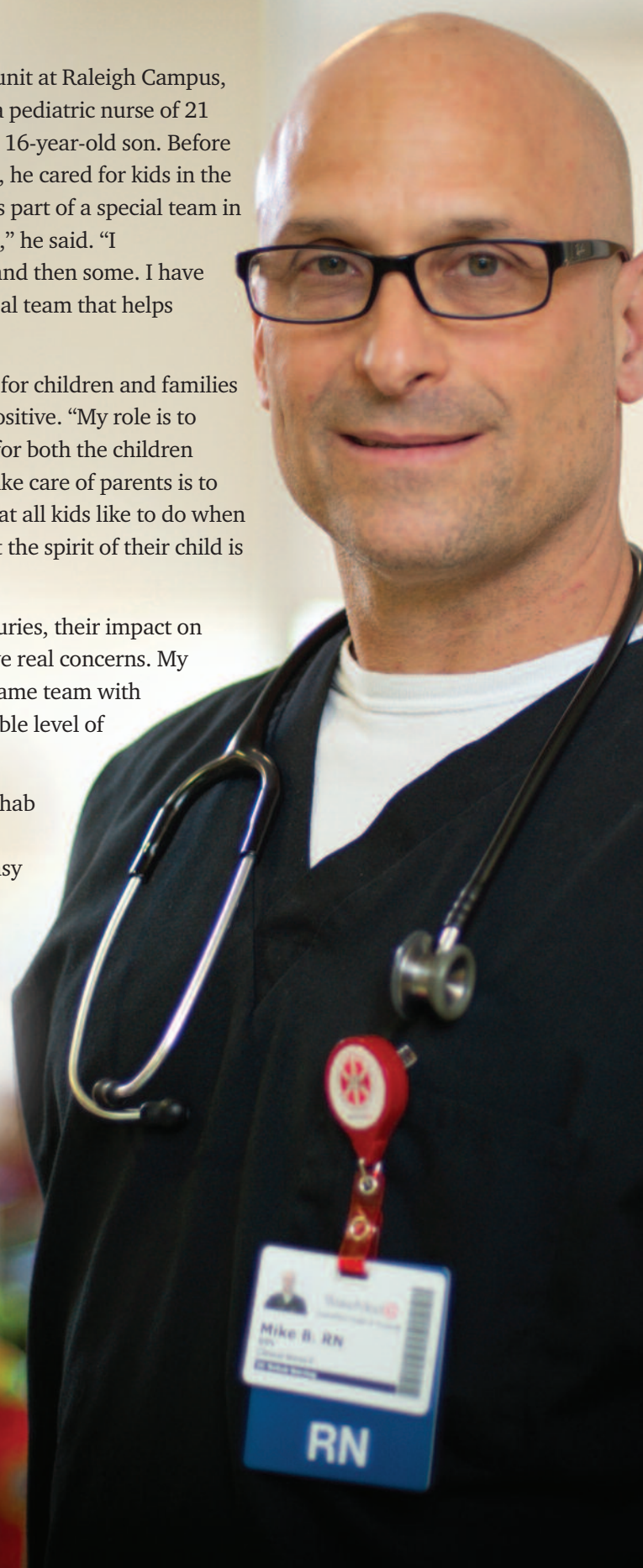
(\*SUPER FUN PEDIATRIC NURSE!)

If a child is a patient in the new WakeMed Children's Rehab unit at Raleigh Campus, it's likely they will get to meet Mike Bitzenhofer, RN. Mike, a pediatric nurse of 21 years, is also the proud father of a 12-year-old daughter and 16-year-old son. Before Mike came to the WakeMed Rehabilitation Hospital in 2012, he cared for kids in the WakeMed Children's Emergency Department for 14 years. "I was part of a special team in the Children's ED that helped children survive their emergencies," he said. "I saw every possible way imaginable for children to get injured – and then some. I have also seen some very sick children. Now, I'm part of another special team that helps children finish their journey and go home."

When asked about his role as a pediatric rehab nurse and caring for children and families facing often lifechanging circumstances, Mike accentuates the positive. "My role is to make being in the hospital as positive an experience as possible for both the children I work with and their parents," he explained. "The best way to take care of parents is to make sure their children receive excellent care. The one thing that all kids like to do when they feel better is laugh and have fun. When parents can see that the spirit of their child is still there after an accident or illness, it helps!"

Mike also recognizes the seriousness of brain and spinal cord injuries, their impact on families and the need to serve as a family advocate. "Parents have real concerns. My role is to make sure their concerns are heard. We are all on the same team with the same purpose – to help their child return to the highest possible level of independence."

Finally, what does Mike think about the WakeMed Children's Rehab move to the Children's Hospital? "It's awesome. Kids need to be around other kids in a kid-friendly environment. Plus, there is easy access to what kids want and need the most in the hospital – pediatric rehab specialists, pediatricians, pediatric respiratory therapists, child life specialists and even a playroom. Play is extremely important for a child. It's essential for their well-being, and it's a great distraction from being in the hospital. My goal is for kids to enjoy rehab so much that they don't realize they are having rehab!"





INTRODUCING

## WakeMed StepForward Prosthesis Training

Intensive Training to Help People with  
Amputations Succeed with Their New  
Prosthetic Limb

It's already considered a gamechanger for prosthetists and patients alike: The intensive prosthesis training provided by specially trained therapists through WakeMed StepForward is helping some people with lower-leg amputations, who come to WakeMed in a wheelchair, leave the hospital walking on their new prosthetic limb.

WakeMed StepForward is a comprehensive, structured program that helps people:

- Safely, confidently and consistently use their new limb
- Use their prosthesis to their fullest potential
- Care for themselves and their prosthesis
- Troubleshoot issues and identify who to call for assistance

There are three ways to participate in StepForward:

- Inpatient – Admitted patient in the WakeMed Rehabilitation Hospital (average stay is 10 days)
- Outpatient – At one of WakeMed Rehab’s outpatient practices in Wake County or Clayton
- WakeMed Home Health – At home

Please note that not all patients qualify for inpatient StepForward. An evaluation with a WakeMed physical therapist (PT) and occupational therapist (OT) as well as an insurance plan review will help WakeMed Rehab determine which setting is most appropriate.

## Ready to Take That Step Forward?

The WakeMed PT/OT evaluation can be scheduled when the patient receives their prosthesis. A physician referral is needed for evaluations. Call 919-350-7876 to discuss the StepForward evaluation process. Physician practices can enter referrals for a StepForward evaluation into Epic or fax the referral to 919-350-8791.

## Tom Daley Steps Forward to Help Others

“Once it got in my system, there was no stopping me.” This is how Thomas Daley felt after his first deployment as a Red Cross disaster relief volunteer in the aftermath of Hurricane Andrew. Tom has actually stepped up to help communities and families in need as a result of more than 30 natural disasters and he plans to keep it up. “Growing up as an Indiana farm boy, we always shared with neighbors and friends when they had a need,” said Tom. “Giving is just a part of my personality.”

Unfortunately, a lower-leg amputation due to a blood clot from an old injury put Tom’s volunteerism on hold. Lucky for Tom, the WakeMed StepForward program was just getting underway when he was having his surgery at WakeMed.

Tom’s curious mind and positive spirit got him wondering: What’s next after surgery? “I started asking doctors, nurses – everybody – questions,” he said. Tom’s questions led him to WakeMed StepForward – an intensive prosthesis training program to help people with amputations successfully care for and use their prosthetic limb.

After his amputation, Tom left WakeMed in a wheelchair. The amputated leg needs to heal before prosthetics fittings and training can begin. During these weeks, Tom kept his sights set on prosthetics training.

After working with a prosthetist to obtain his prosthetic limb, Tom and WakeMed went to work to see if he could qualify for inpatient StepForward. He did, and, after his evaluation with a physical therapist and an occupational therapist, Tom entered the StepForward program.

“It’s not easy,” said Tom, who continues to work with therapists on an outpatient basis at WakeMed Raleigh Campus. There is some pain as a person’s leg adapts to the prosthesis. Therapists work with patients to help them walk with a cane or walker. They also troubleshoot with patients, determining if additional equipment will help or if an adjustment by a prosthetist is necessary.

Though the process to achieving full mobility takes time. StepForward helped accelerate this and Tom’s positive spirit and goal to get back to helping others fuels his progress. “Positive mental attitude: it’s what generates my engine,” said Tom.

WakeMed StepForward fills a gap in care for patients who have had upper and lower extremity amputations. The strategies patients learn can mean the difference between walking and remaining wheelchair bound due to a lack of physical training and information sharing. For more information about WakeMed StepForward, visit [www.wakemed.org](http://www.wakemed.org).





Tom Daley makes his way around the WakeMed Health Park track with the help of Leslie Humphries, PT, DPT.



# Meet Mona Sullivan

From Prehab to Feeling Fab!

**M**ona Sullivan never thought a total knee replacement with no surgical pain was possible – which is why she put it off for years. Mona finally decided to take the leap. As it turned out, her timing was great. WakeMed was launching the Prehab Program for Total Joint Replacement Surgery, and she was soon to become the first of its many success stories.

Prehab is a lot like rehab – it’s just that it occurs before surgery instead of after. A comprehensive program that includes a combination of physical therapy and patient education, WakeMed Prehab is designed to prepare patients – physically and mentally – for all that comes with a total joint replacement surgery. In most cases, following a clinically-guided prehab program will improve how patients feel leading up to, during and after surgery. It can help strengthen the body, reduce recovery time and really help ensure patients are ready for major surgery.

At age 63 and after nearly 20 years of battling debilitating arthritis – a condition that caused multiple falls, injuries and stress fractures over the years – Mona began her prehab journey just two weeks before her scheduled surgery, so she had a lot of work to do in short order.

### The Prehab Process

Depending on a patient’s condition and the amount of time prior to surgery, WakeMed’s Prehab Program will vary in duration and intensity. For Mona, the prehab journey began the same day as her pre-op visit for convenience. She watched an informative video and learned everything from what to expect before, during and after surgery to the specific durable medical equipment, devices, medications she would need after surgery – including where to get them at the best price.

“Knowing what to expect every step of the surgical journey took so much fear out of the process for me,” explains Mona. “While the surgeon did a great job of explaining the procedure, the Prehab team answered all the questions I didn’t even know I had and prepared me for every step of my recovery – it was so empowering.”

From there, Mona worked with physical therapists to identify her current physical state and strength level. Her therapy team provided education and developed a customized exercise plan for Mona to work on at home leading up to the surgery.

Mona’s plan required 30-45 minutes of stretching, conditioning and specific exercises tailored to her needs that were intended to build the strength she would need to get back on her feet just after surgery.

### On Her Feet Again

Thanks to the strength Mona built during prehab, she was up and walking just hours after surgery and was sent home by early afternoon the day after her procedure.

“I literally had no surgical pain after my procedure – I couldn’t believe it,” explains Mona. “Walking was no problem – all I experienced was some minor tightness and swelling and I was back to work in four weeks. For anyone with major knee pain, you know how hard it is to walk up and down the stairs – something I’d struggled with for decades. I’d been walking sideways up the stairs to reduce my pain for so long, I almost forgot that wasn’t normal. Less than two weeks after surgery, I was able to walk up the stairs like I could in my 40s – facing forward. I was so excited, I cried with my home health nurse.”

Today, Mona is already making plans for her second knee replacement next summer. Since her recovery, she’s been busy going ATV riding, gardening, baking with her grandchildren and spending time at the beach.

“Since my surgery, there’s nothing I’ve come across that I can’t do – it’s been so life-changing. WakeMed’s Prehab program was such an incredible gift – I’d recommend it to anyone considering a total joint replacement. I still had to put in the work, but the Prehab program taught me what to do to get the maximum gains in strength in a short time and it made all the difference in the world.”

### The Prehab Process for Providers

Once you and your patient decide it’s time for total joint replacement surgery, make an Outpatient PT – Evaluation and Treatment referral at least two to six weeks before surgery. In Epic, choose “Rehab TJR” as the reason for referral. Referrals can also be faxed to 919-350-8959. The WakeMed Rehabilitation Concierge welcomes questions at 919-350-4206. Many WakeMed Outpatient Rehab, WakeMed Physical Therapy and Wake Orthopaedics practices in Wake County and Clayton offer the program.



## Pelvic Health Rehab Expands for Men, Women & Children; Bladder & Bowel

Several WakeMed Outpatient therapists offer non-surgical therapy to help men, women and children manage bladder and bowel dysfunction and pain. For more information, call 919-350-7000. Referrals are welcome through Epic or by calling the referral phone number listed with each practice below. Patients and providers often have questions about our services for pelvic health issues. Our therapists welcome these questions. Feel free to call the practice of your choice.

### WakeMed Physical Therapy

(Located in the WakeMed North Physicians Office Pavilion)  
 10010 Falls of Neuse Road, Suite 009  
 Raleigh, NC 27614  
 Practice & Referral Phone: 919-350-1508  
 Referral Fax: 919-350-1475

### WakeMed Outpatient Rehabilitation

3701 Wake Forest Road, Suite 120  
 Raleigh, NC 27609  
 Practice Phone: 919-350-4199  
 Referral Phone: 919-350-7000  
 Referral Fax: 919-350-8959  
 Pediatric Pelvic Health services are not available at this location.

### WakeMed Outpatient Specialty Rehabilitation

(Located inside WakeMed Cary Hospital)  
 1900 Kildaire Farm Road  
 Cary, NC 27518  
 Practice Phone: 919-350-1985  
 Referral Phone: 919-350-7000  
 Referral Fax: 919-350-8959





## STRATEGIC DIRECTION

### Inpatient

The WakeMed Rehabilitation team is focused on creating programs and services designed to ensure access to care for people in need of specialized rehabilitation services. In 2019, Rehab Hospital program development initiatives have been focused on two specialty rehabilitation populations.

Patients who have experienced an amputation have always received excellent post-surgical rehabilitation at WakeMed Rehab. However, in 2019, our focus has shifted to create a program designed to serve individuals who have completed the healing process from surgery and are prepared to learn to use a prosthetic device. StepForward, a functional and mobility rehabilitation program for patients with a newly issued prosthesis was launched on October 1st, 2019 and the initial outcomes are fantastic. WakeMed Rehab has a StepForward program to meet the care and rehabilitation needs of any individual. In addition to services offered in the Rehab Hospital, patients may also receive programming at WakeMed Outpatient Rehab and WakeMed Home Health.

2019 has also been a year of focus for our youngest rehabilitation patients. While WakeMed Rehab Hospital has been serving children and adolescents for many years, services have been offered as part of our adult program. This year, we gathered the input and expertise of our pediatric specialists along with parents of children previously served to develop a new unit just for kids as part of the WakeMed Children's Hospital. Construction is drawing near completion and we hope to begin serving children as young as 4 years old in the new WakeMed Children's Rehab unit just after the first of the year.

### Outpatient

WakeMed Outpatient Rehab continues to focus on access to care in value-based models to meet the needs of our patients and the community. In 2019, in addition to enhancing our existing programs, a huge focus in Outpatient Rehab centered around creating and implementing innovative treatment options to assist in perioperative care for total joint replacement, breast cancer, and pre-surgical cardiac patients. As part of this initiative, we created three new evidence-based protocols for prehabilitation for these populations. These programs are geared towards improving clinical outcomes and decreasing length of stay for orthopedic, cancer and cardiac patients seen through our continuum.

The concept of prehab stems from consensus that patients who are more fit prior to surgery may have shorter hospital stays, faster recoveries and have increased likelihood of being discharged to outpatient rehab, rather than to a facility. Major components of these prehab programs include both physical and mental preparation for surgery. Each patient completing the program will participate in exercise and conditioning programs, caregiver identification and training, a home safety education/assessment, equipment identification and acquisition, training on use of an assistive device if indicated, education on post-op precautions, setting expectations for course of care in the hospital, and coordinating follow-up needs.

To learn more about these programs, please call our WakeMed Rehab Concierge at 919 350-4206.



## Managing Peripheral Artery Disease Pain with Exercise Therapy

Believe it or not, walking and exercise are the right things to do to relieve pain from peripheral artery disease (PAD). Patients just need to know HOW to build up their endurance. WakeMed Rehab's PAD SET program can help by improving:

- Pain & pain tolerance
- How far a patient can walk
- Strength
- Circulation

### PAD SET Information

- PAD SET is held Mondays, Wednesdays & Fridays from 8 to 9:15 am at WakeMed Healthworks on the WakeMed Raleigh Campus, 3000 New Bern Avenue.
- 3 sessions a week for 12 weeks

### Access to PAD SET

WakeMed PAD SET is available by physician referral. Patients and providers can call WakeMed Rehabilitation at 919-350-1700, x12330 for additional information and to register.



## Congratulations, Skip!

WakeMed Rehab's Skip Roy, PT celebrated 50 years of service to WakeMed on November 18! Thank you, Skip, for your incredible service to the WakeMed mission.

## EVENT FOCUSES ON PREVENTING FALLS

WakeMed Outpatient Rehabilitation hosted Ready! Steady! Go! at WakeMed Cary Hospital in October. More than 120 older adults participated in:

- Neuropsychological screenings
- Blood pressure checks
- Falls risk inventory
- Balance assessments
- Medication reviews
- Fitness/wellness education
- Special vision screenings
- Home safety/modification education

The event also included an Ask the Doctor table, stroke risk assessments, important safety information from WakeMed Trauma Services/Injury Prevention and interactive yoga and Tai Chi.



## THE 2ND ANNUAL WAKEMED REHAB REUNION

Former WakeMed Rehab patients and their family members enjoyed catching up with their therapists, case managers, neuropsychologists and nurses during the second annual WakeMed Rehabilitation Reunion. Participants also touched base with community organizations such as the North Carolina Spinal Cord Injury Association, Brain Injury Association of NC, Club REACH and more. The WakeMed Rehab team also used the event to gather feedback from former patients and their families about the care they received.

ReCONNECTIONS //

## BRAIN INJURY PANELISTS ENLIGHTEN & INSPIRE

Four individuals who experienced traumatic brain injuries and spent months with the WakeMed Neuro Care, Rehab and Neuropsychology teams – from inpatient, to intensive day treatment, to outpatient – shared their experiences during the annual WakeMed Brain Injury Survivors Panel Discussion. The audience included care providers from throughout the WakeMed continuum of care. The goal of this annual discussion is learning. WakeMed physicians, nurses, therapists and case managers learn from panelists about what they can do to improve care and processes. Their stories of overcoming obstacles, setbacks, discomforts, small successes and huge milestones also never cease to inspire. We thank our panelists for sharing their time and insights with us.



Club REACH is just one of the many programs WakeMed Rehab offers for patients who have completed therapy.



## Continuing Your Recovery after Therapy

WakeMed Outpatient Rehab offers several affordable services for patients transitioning from therapy into the community who want to improve or maintain their progress. WakeMed's post-therapy programs are led by medical-based fitness & wellness personnel, therapists, dietitians and/or rehab clinical aides and nursing assistants. Individuals who graduate from therapy at WakeMed Rehab or any other facility are welcome. Visit [www.wakemed.org](http://www.wakemed.org) and enter the name of the program that interests you in the search box for additional information.

### **ReGAIN**

People with upper extremity weakness can benefit from ReGAIN, which focuses on upper extremity recovery. The program is led by an occupational therapist. The first session is free. For details, call (919) 350-8122.

### **Club REACH**

Club REACH is a social day program for individuals and former patients who have incurred loss of some physical functioning through illness, injury or a disease process and want to engage in social activities. Sessions are led by therapeutic recreational specialists and include activities in the community such as fitness opportunities, crafts, games, sports expos, bowling, golf, fishing and more. Come join the fun! Call (919) 350-2997 for information.

### **Transitional Exercise Program**

The Transitional Exercise Program is great for people who are not comfortable exercising on their own. Certified staff members supervise participants in small groups. They assist with equipment set-up and help adults meet their fitness and wellness goals. Participants must be able to independently move to and from equipment or have a trained caregiver to assist with safe transfers. Call (919) 350-7043 for information.

### **Safeway to Fitness**

Safeway to Fitness is a supervised group exercise program for adults who like a structured, safe exercise experience. The group meets for 1 hour 3 times a week and provides an initial consultation focused on goal setting, modifying health risk factors and exercise prescription. Call (919) 350-5647 for information.





### **Spinal Cord Injury Fitness Program**

The WakeMed Spinal Cord Injury Fitness Program is the only one of its kind in the area. It is specifically designed for people with a spinal cord injury who have completed therapy and want to maintain or improve their overall fitness for life. Some of the program's features include:

- Access to specialized equipment such as the functional electrical stimulation (FES) bike if appropriate
- Upper/lower body exercises

Call (919) 350-1711 for information.



### **Personal Training Plus**

People discharged from physical therapy who want continued assistance with exercise will benefit from Personal Training Plus. Fitness specialists lead these one-on-one sessions to improve quality of life through physical conditioning or follow through with home exercise programs. Fitness specialists work directly with a person's physical therapist when necessary. Call (919) 350-7043 for information.

### **Therapeutic Aquatics**

People who have received aquatic therapy and would benefit from continuing their program on their own are great candidates for this program. Therapeutic Aquatic Group Exercise classes are for people of various fitness and ability levels whose needs are best met in water. Call (919) 350-2838 for information.



### **Nutrition & Stress Management Series**

The Nutrition & Stress Management Series includes ongoing classes and individual sessions led by registered dietitians. These programs are designed to help participants round out their wellness as it relates to weight management, high blood sugar, heart health and healthy eating. Call (919) 350-8602 for information.

### **General Group Exercise Programs**

Healthworks Fitness and Wellness offers a wide array of classes each week. Participants can pay by the class or join Healthworks for \$25 a month. Call (919) 350-8602 for information.

### **Insurance-based Fitness Programs**

WakeMed Healthworks is a participating facility with Silver Sneakers, Silver & Fit and Renew Active fitness programs. Individuals must be eligible members of a Medicare health plan, group retiree plan or Medicare Supplement carrier that offers one of the programs above. Interested individuals can call the number on their health plan ID card to see if they qualify.

# 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 WakeMed Outpatient Rehabilitation admission and discharge information from October 1, 2017 through September 30, 2018, and WakeMed Rehabilitation Hospital data from January 1, 2018 through December 31, 2018.

## Rehabilitation Hospital

### Admission Diagnosis

Cerebrovascular Accident (Stroke)	29%
Orthopaedic	19%
Spinal Cord Injury	10%
Brain Injury	9%
Debility	8%
Multiple Trauma	7%
Amputee	6%

### Our Patients with Stroke

Total Number	453
Average Age	66
Average Length of Stay	20 days

### Our Patients with Orthopaedic Conditions

Total Number	295
Average Age	66
Average Length of Stay	20 days

### Our Patients with Spinal Cord Injury

Total Number	154
Average Age	60
Average Length of Stay	20 days

### Our Patients with Brain Injury

Total Number	141
Average Age	59
Average Length of Stay	18 days

### Our Patients with Debility

Total Number	118
Average Age	67
Average Length of Stay	15 days

### Our Patients with Multiple Trauma

Total Number	112
Average Age	47
Average Length of Stay	20 days

### Our Patients with Amputations

Total Number	89
Average Age	60
Average Length of Stay	15 days

### Pediatric Patients (ages 4-17)

Total Number	18
Average Age	14
Average Length of Stay	14 days

## Outpatient Day Treatment Program

### Day Treatment

Total Day Treatment Number	141
Total Visits	9,040
Overall Patient Satisfaction	98%

### Admission Diagnosis

Cerebrovascular Accident (Stroke)	66%
Brain Injury	21%
Spinal Cord Injury	14%
Other Neuro Conditions	4%
Multiple Trauma	1%

### Our Patients with Stroke

Total Number	92
Average Age	58
Average Length of Service	125 days

### Our Patients with Spinal Cord Injury

Total Number	19
Average Age	37
Average Length of Service	180 days

### Our Patients with Brain Injury

Total Number	21
Average Age	38
Average Length of Service	93 days

### Pediatric Rehab Patients

(ages 4-17)	
Total Number	6
Average Age	15
Average Length of Service	127 days

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

# [support groups & screenings]



An opportunity to be a part of the WakeMed family

## Support Groups

### WakeMed Amputee Support Group

Third Wednesday of each month

4 to 5 pm

WakeMed Raleigh Campus

Conference Dining

3000 New Bern Avenue, Raleigh

For information, call 919-350-8903

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

First Wednesday of each month

12:30 to 1:45 pm

WakeMed Raleigh Campus

Conference Dining

3000 New Bern Avenue, Raleigh

For information, call 919-350-8137 or

e-mail [kvasquez@wakemed.org](mailto:kvasquez@wakemed.org)

### Triangle Brain Injury Support Group

Third Tuesday of each month

7 pm

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

First Monday of each month

6:30 to 8 pm

WakeMed Cary Hospital

Conference Center

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

## Stroke Support Groups

### Raleigh Stroke Support Group

Second Tuesday of each month

Noon to 1 pm

WakeMed Rehabilitation Hospital

Health Park Classroom

3000 New Bern Avenue, Raleigh

For information, call 919-350-4163

### Cary Stroke Support Group

First Monday of each month

6:30 to 8 pm

WakeMed Cary Hospital

Conference Center

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

### Clayton Stroke Support Group

Third Wednesday of each month

Noon to 1 pm

WakeMed Outpatient Rehab - Clayton

104 Medspring Drive, Suite 200, Clayton

For information, call 919-350-4174

## Screenings

### Baseline Concussion Screenings

WakeMed welcomes the opportunity to provide baseline concussion screenings at low or no cost at area schools for young athletes ages 12 and up. For information, call 919-350-5240 or send an email to [bscolio@wakemed.org](mailto:bscolio@wakemed.org).

### Memory Assessments

It can be difficult to tell the difference between forgetfulness and the early signs of dementia. WakeMed Neuropsychology offers 10-minute memory screenings to help determine if further testing is needed. Educational talks and screenings can be done at community organizations or by individual appointment. For information, please call 919-350-5240 or send an email to [bscolio@wakemed.org](mailto:bscolio@wakemed.org).

**To Make a Referral  
to WakeMed Rehab**

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



## Holocaust Survivor Shares His Story

**T**he WakeMed Rehabilitation team is committed to helping patients achieve their personal goals. So, when 90-year-old Abe Piasek asked for help to achieve his goal of sharing his unique story with patients, staff and the community, the team gave him quite an audience. In his friendly, quiet manner, Abe shared his inspiring story of survival during the Holocaust. He was in four different concentration camps between the ages of 12 and 17. After World War II, he and his family moved to the United States. Abe attracted a standing-room-only crowd as well as WRAL-TV, and we thank WRAL for helping him share his message with the community. His message? It's one that holds true for all: "Never give up!"



Abe with WakeMed occupational therapist Jocelyn Dressel, recreation therapist Elizabeth Penny and Canine Companions for Independence/ WakeMed Facility Dog Pistachio.