



St. Mary's Acute Rehabilitation Center

Committed to getting you home.

Your road to recovery starts here

If you have this booklet in your hands, it's likely to mean that your hospital care team believes acute rehabilitation is the next step on your road to recovery. St. Mary's Acute Rehabilitation Center is here to help you make a decision that fits your needs, goals and preferences and those of your family.

We understand you may have specific questions or concerns, and encourage you to discuss these with your Admissions Coordinator.



Post-acute care continuum – which is right for you?

	Therapy setting	Do you?	
More frequent therapy	Acute/Inpatient rehabilitation St. Mary's Acute Rehabilitation Center	<ul style="list-style-type: none"> • Have a significant change in function from what you normally do (such as more difficulty walking, getting out of bed, dressing, bathing, eating, speaking or remembering) • Have a need for two or more therapy services (physical therapy, occupational therapy or speech therapy) • Require 24-hour nursing and physician care • Have the potential to return to living in the community (at your home or a friend's or relative's home) • Have the endurance and energy to participate in three or more hours of therapy per day (or 15 hours in a week) 	More like a hospital
	Sub-acute/ Skilled nursing rehabilitation	<ul style="list-style-type: none"> • Have a "skilled" nursing need (such as IV antibiotics or wound care needs) • Have a need for one or more therapy services (physical therapy, occupational therapy or speech therapy) • Have the endurance and energy to participate in up to one and a half hours of therapy per day 	
	Home health therapy	<ul style="list-style-type: none"> • Have difficulty getting in/out of home, or accessing services at other locations in the community, and • Have a need for one or more therapy services (physical therapy, occupational therapy or speech therapy) 	
Less frequent therapy	Outpatient therapy St. Mary's Outpatient Therapies	<ul style="list-style-type: none"> • Have a referral from your health care provider • Have the ability to leave your home to be transported to an outpatient setting. • No longer receive home therapy or nursing services. 	Less like a hospital

St. Mary's Acute Rehabilitation Center



St. Mary's Acute Rehabilitation Center is a 23-bed, CARF-accredited inpatient rehabilitation facility located at St. Mary's Medical Center, just one mile from UCSF Medical Center and across the street from Golden Gate Park.

We have provided excellent rehabilitation services for more than 50 years. Our team of rehabilitation professionals has a record of outstanding outcomes, leading to satisfied patients and families.

The team actively pursues education, training and research to provide you with the best care possible. Most importantly, our patients and families consistently rate our team's approach to patient-centered rehabilitation care as one they would recommend to others without hesitation.

Our Center features private rooms, with views of nearby Golden Gate Park and the surrounding area to enhance healing and recovery.

What is acute rehabilitation?

Acute, or inpatient, rehabilitation is a medically based, multidisciplinary team approach to improving function that has been lost due to illness, injury and/or disease. The goal of acute rehabilitation is to restore strength, improve physical and cognitive function, and maximize your functional safety and independence so you can return to living at home and engaging with the community.

Conditions we treat

We specialize in tailored care for patients with complex medical rehabilitation needs, including those with:

- Stroke
- Traumatic and non-traumatic brain injury
- Traumatic and non-traumatic spinal cord injury
- Neuromuscular diseases like Parkinson's, Multiple Sclerosis and Guillain-Barré Syndrome
- Complex medical rehabilitation needs, such as after bone marrow or organ transplantation
- Amputation
- Bilateral joint replacement
- Complex orthopedic injuries

We also provide rehabilitation care to people who:

- Have experienced a recent, significant change in physical and/or cognitive function.
- Have complex medical needs requiring 24/7 medical and nursing care.
- Will benefit from and can tolerate intensive skilled therapies, including those with critical illness myopathy, hip fracture and multiple trauma.



Leapfrog "A" Grade for Patient Safety

St. Mary's has received the highest grade possible for hospital safety from the Leapfrog Group, which rates how well hospitals protect patients from injury and infection.



St. Mary's has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), which means we meet national and international standards of quality patient care.

St. Mary's individualized approach

We believe our 50-plus years of positive patient experiences are driven by our commitment to expert rehabilitation practices and our capacity to tailor care to fit our patients' unique needs.

Our mission is to provide a personalized rehabilitation program that treats each patient individually, based upon their condition and needs, in order to maximize results.

Team-based, individualized care

St. Mary's provides a rehabilitation experience that is unique in San Francisco. Our philosophy is that a team-based approach results in the best outcomes.

Our Acute Rehabilitation Center is staffed by experienced physicians, certified rehabilitation nurses and specialized therapists.

Patients are assigned to a primary rehabilitation team, which allows for consistent delivery of care from admission to discharge.

St. Mary's Acute Rehabilitation's unique philosophy

At St. Mary's, we believe that our personal approach results in the best outcomes:

- You will receive an individualized care plan tailored to your exact needs.
- You'll enjoy an intimate, home-like environment.
- Small, integrated care teams create a collaborative and familiar relationship between you and our rehabilitation staff.

This also gives our team of experts the chance to know each patient individually and focus on physical rehabilitation as well as emotional well-being. The St. Mary's Acute Rehabilitation team collaborates with each patient and their families to ensure the most effective treatment possible.

Why choose St. Mary's?



St. Mary's Acute Rehabilitation Center offers an expert staff of physicians and certified therapists in an environment truly unique in the Bay Area. We emphasize an individualized, collaborative approach to rehabilitation and strongly believe this is the way for you to achieve the best possible outcomes.

Among the reasons you should feel comfortable choosing St. Mary's Acute Rehabilitation Center:

Certified Stroke Center

St. Mary's has been named a Certified Stroke Center by the Joint Commission, and our Stroke Program has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). This means the care we provide is effective in meeting the unique and specialized needs of stroke patients. It also demonstrates that St. Mary's provides the critical elements to help achieve long-term success in improving patient outcomes.

Top 100 Hospital for Stroke Care

St. Mary's is annually recognized as one of America's top hospitals for stroke care. Healthgrades, the nation's leading online health care resource, has us as one of America's 100 Best Hospitals for stroke care. This designation means we are among the top 5 percent of hospitals in the U.S. for this service.

Close-knit team

Many of our staff members have been with St. Mary's for many years, and we pride ourselves on being an extended family. This attitude facilitates extremely close collaboration as we work toward reaching your goals.

We communicate with each other frequently, paying attention to details in our formalized daily morning huddles and weekly team conferences, as well as our less formal – but just as important – interactions in the rooms and gymnasiums that take place throughout the day in our intimate setting.

Home-like environment

We take pride in providing a warm, welcoming environment, and in treating you like a member of our family. Because your care team remains consistent throughout your stay, our rehabilitation professionals deliver effective treatment to help you reach your goals.

Certified therapists

Our rehabilitation therapists are all highly trained and have completed the most current, advanced certifications.

Advanced recovery techniques

Our Center is staffed with medical experts who specialize in traumatic brain injury, stroke, spinal cord injury, neurological disorders and orthopedic disorders, and we are equipped with the latest therapeutic devices to help achieve positive outcomes.



Get With the Guidelines® Stroke Recognition

The St. Mary's Stroke Center has been recognized for implementing specific quality achievement guidelines for the rapid diagnosis and treatment of stroke patients.

Two patient gymnasiums

- One mainstream gymnasium
- One “quiet” gymnasium for patients who prefer or need a less stimulating environment

Home evaluations

Available for patients who are returning to a home environment, which may be difficult to navigate given new physical challenges.

Body-weight supported gait training

Utilizes a supportive device over a treadmill or firm ground that provides proper posture, reduces weight bearing, eliminates concerns about balance and facilitates the training of coordinated lower-extremity movement (walking).

Safely challenging our patients

Physically challenging our patients is vital to facilitating their functional improvement, but we also have to keep them safe. St. Mary’s has invested in equipment to ensure patients are physically supported during balance and gait activities so they can push their limits without fear of injury.

Focused therapeutic groups

Patients with similar conditions engage collaboratively in therapeutic activities, which helps build a sense of community and the ability to learn from shared experiences.



St. Mary’s has established itself as one of America’s best hospitals by earning the prestigious **Distinguished Hospital for Clinical Excellence Award** from Healthgrades three consecutive years.

What to expect during your stay

Rehabilitation is a dynamic process that requires active engagement throughout the day. The goal of rehabilitation is to maximize your independence. To that end, you will learn new skills to practice and build upon during your stay at St. Mary's.

Our goal for you will be three hours of therapy per day, or 15 hours per week. Your day may start as early as 7:30 a.m. and end as late as 5 p.m. Your team will discuss a schedule that works for you and tailor it to your needs. Your day will also include scheduled meals to be enjoyed in your private room or in the dining room. We encourage you to visit with your family or friends in your room or in common areas, such as the dining room or unit lobby.

In order to promote independence, the skills you learn in therapy will be practiced with other members of your care team during your stay. You will also practice them with family members or caregivers if necessary, to prepare you to be as independent as possible.

What to bring with you

Personal items can make your stay more comfortable. We encourage you to bring the following as you plan your stay with us:

- Several changes of comfortable, loose-fitting clothing that you can move in easily (pants, socks, shirts, sturdy walking shoes).
- Preferred toiletry items.
- Any personal items you may want (laptop computer, cell phone, chargers for electronic devices and family photos).

Developing your plan of care

First 24 hours	<p>You will be greeted by your nurse and assisted in settling into your private room. Your nurse will begin the initial nursing assessment and will help to address any questions or concerns you may have.</p> <p>Within the first 24 hours, you'll meet with your rehabilitation medicine physician, who will complete a thorough history and physical examination and collaborate with your internal medicine consultant. You'll be evaluated by physical therapists, occupational therapists and speech therapists based on your needs.</p> <p>During your meetings throughout your first full day, you'll have an opportunity to discuss your goals and concerns, and will begin to work with your team to personalize your rehabilitation program.</p>
By day 2	<p>You'll begin with a personalized rehab program for the day. Your physical and occupational therapists and speech-language pathologist (if needed) will begin. You'll meet with your case manager, as well as your neuropsychologist (if needed). Both work with you during your stay to support your healing and recovery.</p>
By day 4	<p>By the fourth day of your stay, your care team will have completed initial assessments and will have developed an individualized care plan for you. This plan will be discussed with you, and also with your family or caregiver (if you wish). At this time, the care team establishes an anticipated discharge day, which is the date we anticipate that you and your family will have met the goals required for you to continue your recovery at home.</p> <p>The case manager will work with you and your family to coordinate training with your care team in preparation for going home. Depending on your needs, this training may include multiple sessions with nursing and therapists to assure a smooth transition.</p>
Prior to discharge	<p>The team ensures you have the skills and training necessary to return to living at home. Your therapists, nurses and physicians review important information with you, which may include formal family training sessions or a family conference. The team answers any questions you may have, and your case manager secures any follow-up appointments you may need and reviews them with you. Finally, we all say goodbye and wish you ongoing success as you continue down your road to recovery.</p>

After discharge home

You may be set up for in-home care and support, which will eventually transition to outpatient therapies in the final stages of your recovery. If you live in the area, you may be able to attend St. Mary's Outpatient Therapies for your individualized outpatient recovery.

Admission criteria

To be considered for admission to our Acute Rehabilitation Center, a candidate must have:

- A referral for acute rehabilitation from a physician
- Sufficient medical needs to require 24-hour medical and nursing care
- A recent, significant decline in functional status that may be remedied through participation in at least two of three skilled therapies (physical therapy, occupational therapy, speech therapy)
- The capacity to participate in three hours of therapy per day, or 15 hours per week
- An anticipated discharge to home or the community after acute rehabilitation is complete

Types of insurance accepted

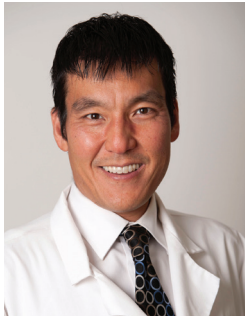
St. Mary's Acute Rehabilitation Center accepts most insurance plans, including PPOs, Medicare, workers compensation, and Hill Physicians Medical Group HMO.

We also accept Brown and Toland for inpatient rehab, and Medi-Cal may be accepted for certain in-county cases.

To find out if we are in-network with your insurance, please call us at **(415) 750-5932**.

Medical experts in rehabilitation

After your arrival at St. Mary's Acute Rehabilitation Center, you will be assigned to a team of rehabilitation professionals with the select skills to meet your individual needs. Your Rehabilitation Team includes:



Marc Wakasa, MD – Medical Director

Dr. Wakasa is the Medical Director of Rehabilitation Services and the Chief of the Department of Physical Medicine and Rehabilitation at St. Mary's Medical Center. He is a clinical instructor with the Stanford University Rehabilitation Residency Program and a member of St. Mary's Medical Executive Committee.

As medical director, Dr. Wakasa oversees all medical rehabilitation care and takes the lead role in coordinating and ensuring maximum therapeutic recovery. He assesses and reassesses patients medically and functionally throughout their stay and facilitates the individualized care given by the multiple physicians, therapists, nurses, neuropsychologist and case manager who make up the team.

Dr. Wakasa prides himself on his rehabilitation medicine expertise, warmth, accessibility and leadership. He has a direct phone line reserved for patients and family members, and encourages discussion about questions or concerns before, during and after the patient's stay.

Well known in the rehabilitation community, Dr. Wakasa is the recipient of Stanford University's James Thompson Humanitarian Award in rehabilitation medicine. He also wrote the rehabilitation chapter for cranial

trauma in the “Textbook of Neurological Surgery” and is co-author of the spinal cord injury section on the top physician-visited web site, UpToDate.com.

Dr. Wakasa received his medical degree from Stritch School of Medicine at Loyola University in Chicago and completed his residency in physical medicine and rehabilitation at Stanford University. Board certified in physical medicine and rehabilitation, Dr. Wakasa has been a practicing physiatrist at St. Mary’s Medical Center since 1997.



Kevin Carroll, Ph.D. – Neuropsychologist

Dr. Kevin Carroll is a clinical neuropsychologist and an expert in brain-behavior relationships. He assesses these issues and provides emotional and behavioral support to patients, families and caregivers.

Since coming to St. Mary’s, Dr. Carroll has been instrumental in the research and development of virtual reality games that facilitate neuro-rehabilitation. He is currently collaborating with the University of San Francisco’s Computer Science Program and has developed two video games utilizing torso movements to assist with the awareness of body in space.

Dr. Carroll completed his internship at the Harvard Medical School Psychology Consortium, and did his first residency at Dartmouth Medical School’s Department of Psychiatry. He completed a second residency at the UC Davis Medical School, and then worked at Santa Clara Valley Medical Center’s Acute Neurological Rehabilitation Unit and Spinal Cord Unit. He is an expert speaker on topics such as Traumatic Brain Injury, behavior management and stroke recovery.

Dr. Carroll has been a part of the St. Mary’s Acute Rehabilitation team since 2002.

Internal medicine and hospitalist physicians

Each St. Mary’s patient receives daily care from internal medicine and hospitalist physicians to guide management of specific medical issues.

Certified therapists and support staff

Occupational therapists

Our occupational therapists are licensed and certified health care professionals trained to maximize participation in activities of daily living, emphasizing activities you need or want to do. Occupational therapists work with you to increase independence. Our Occupational Therapists are certified in:

Clinical Education

- Neuro Developmental Treatment
- Neuro-Integrative Functional Rehabilitation and Habilitation (Neuro-IFRAH)
- Ergonomics
- Clinical educator certification
- Physical agents and modalities
- Myofascial release, kinesiotaping and home evaluations

Physical therapists

Physical therapists are licensed health care professionals trained as “movement experts” who work to restore strength, range of motion, function and mobility that has been lost due to injury, illness or disease. Our Physical Therapists are certified in:

Clinical Education

- Neuro Developmental Treatment (NDT)
- Orthopedics (Certified Strength Clinical Specialist)
- Clinical educator certification
- Balance/vestibular training
- Ergonomic certification
- Soft tissue/joint mobilization training
- Kinesiotaping, myofascial release and home evaluations

Certified therapists and support staff

Speech therapists

Our speech therapists are licensed health care professionals who specialize in assessment and treatment of communication and swallowing disorders. They will teach you strategies and techniques to improve your memory, attention and communication skills. Our Speech Therapists are certified in:

Clinical Education

- Modified Barium Swallow Impairment Profile
- Kinesiotaping
- Neuromuscular Electrical Stimulation
- Neuro Developmental Treatment
- Myofascial release and deep pharyngeal neuromuscular stimulation

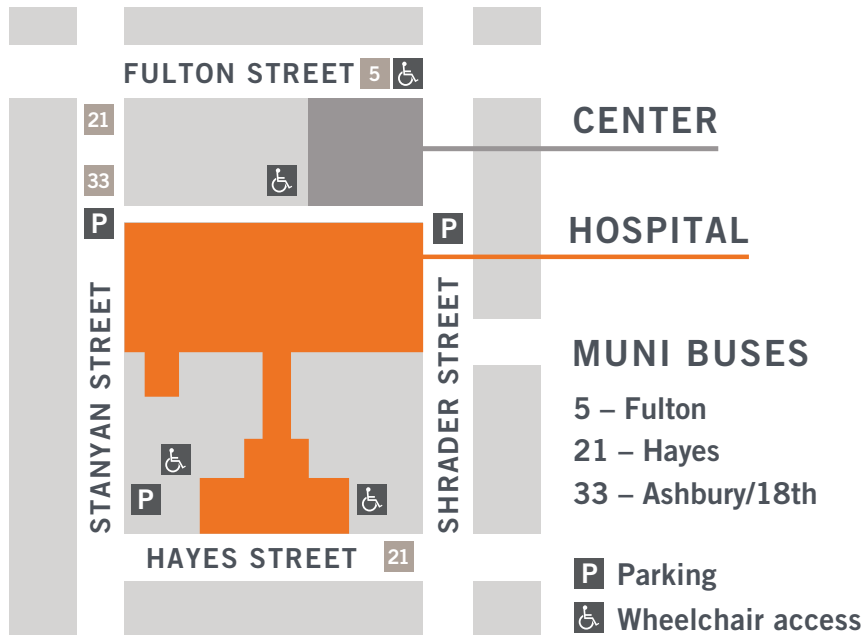
Nurses

Many of our nurses are Certified Rehabilitation Registered Nurses and have advanced training in rehabilitation services. Our rehabilitation nurses work with you to promote independence and mitigate disability resulting from injury, illness or disease.

Case managers

A case manager works with you to coordinate all aspects of care during and after your stay at St. Mary's Acute Rehabilitation Center. The case manager also addresses follow-up care needs, outpatient services, follow-up appointments and equipment needs, and addresses any concerns related to discharge.

Patient resources



Public transportation

MUNI lines 5, 21, 33

Parking at St. Mary's

Patients can park in the visitor's parking garage, located off Shrader Street between Fulton and Hayes streets.

Reduced parking fees: All patients at St. Mary's may have their parking rates reduced by visiting the Security desk,

located on the A level. A member of the Security staff will stamp your parking ticket, which will reduce the parking fee to \$5 for the duration of your visit.

Wireless internet access (Wi-Fi)

St. Mary's Medical Center is happy to provide free internet access to all patients and visitors.

Map and directions



Directions to St. Mary's Medical Center 450 Stanyan Street San Francisco, CA 94117

Via Golden Gate Bridge (US-101 South)

Take US-101 South through Marin County to the Golden Gate Bridge. Stay in the right lane so that you can exit right toward 19th Avenue immediately after the tollbooth. Pass through the MacArthur Tunnel and proceed along Park Presidio Boulevard to Cabrillo. Turn right, then left onto 15th Avenue. Turn left again on Fulton Street. Go up Fulton Street to Shrader Street; turn right on Shrader and take the first right to enter the hospital parking garage.

Via Bay Bridge (I-80 West)

Take I-80 to San Francisco over the Bay Bridge from Oakland. After you cross the bridge, look for the Golden Gate Bridge, US-101 North exit. After the interchange, go to the extreme left lane and exit to Fell Street, heading west toward Golden Gate Park. Proceed down Fell Street until you pass Shrader Street. At the next block, turn right onto Stanyan Street at Golden Gate Park, and right again at 450 Stanyan to enter the hospital parking garage.

From the South (I-280 North)

Take I-280 North. If coming north via US-101, transition to I-280 North (via I-380 West) in San Bruno. Upon the approach into San Francisco, take CA-1 North and follow the signs to 19th Avenue and the Golden Gate Bridge. Take a slight left to get onto 19th Avenue and continue straight for over three miles. Go straight through Golden Gate Park, and the road will become Crossover Drive. Take the first right outside of the park onto Fulton Street. Proceed up the hill to Stanyan Street, and turn right. Turn left at 450 Stanyan Street to enter the hospital parking garage.