

# Acute Rehabilitation





**A massive stroke. A major illness. A debilitating injury. At first, you can't imagine how life will ever be the same.**

The Acute Rehabilitation program at Mercy General Hospital can help you get back to the life you love, sooner. For more than 25 years, our highly trained and experienced staff has helped patients develop the skills needed to return to a life of independence. We are located within Mercy General Hospital, a tertiary acute care hospital. Our unit provides 24-hour nursing and physician coverage along with the region's leading specialists.

## **Our Program**

We are the first acute rehabilitation program in Sacramento accredited by the Commission on Accreditation on Rehabilitation Facilities (CARF). We have achieved the highest standards specializing in the most comprehensive and complex rehabilitation programs for patients with functional loss due to disabling illness or injury. Such illnesses include:

- Stroke
- Traumatic and non-traumatic brain injury
- Spinal cord injury
- Amputation
- Orthopedic conditions
- Major multiple trauma
- Cardiac conditions
- Parkinson's disease
- Multiple sclerosis
- Polyarthrititis

Patients work toward personalized, attainable goals with the support and reinforcement of our nursing, therapy and medical staff. Our patients:

- Relearn how to perform daily activities
- Regain vital thinking, problem-solving and organizational skills
- Adapt and compensate for the effects of a medical event or injury as they transition back to community living



## **Our Accreditation**

Mercy General Hospital is renowned for its experience, dedication and hard work in providing the highest quality of care. Our rehabilitation program was the first in Sacramento to receive CARF accreditation in 2010. Since our initial accreditation, we have gone on to receive specialty CARF certifications in stroke and traumatic brain injury.

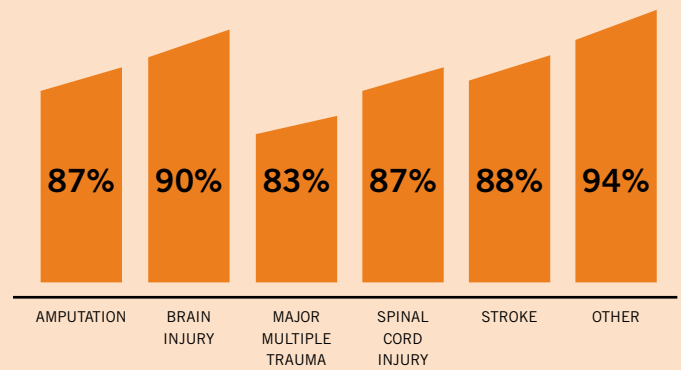
CARF International is an independent, nonprofit accrediting body whose mission is to promote quality, value and optimal outcomes of medical services through a consultative accreditation process focused on enhancing the lives of patients.

## Our Results

Our focus to help patients reach independence has led to some of the highest success rates in the region.

- Nearly 90% of our patients are discharged home, more than any other major rehabilitation program in the region.
- 96% of our patients report continued functional gains three months after discharge.

## Patients Discharged to Home/Board & Care



## Our Staff

Rehabilitation medicine relies heavily on the human touch and on the partnership that forms between patient and caregiver. Our patients have the confidence of knowing that a dedicated rehabilitation team is focused on their care. Many of our nurses and therapists have more than 20 years of experience in rehabilitation and hold specialty certifications in their areas of expertise. Our patients benefit from the coordinated efforts of an interdisciplinary rehabilitation team focused on getting patients home. Team members include:

- Physiatrists
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech therapists
- Neuropsychologists
- Dietitians
- Case managers
- Social workers
- Peer counselors

Albert Hwang, MD and Jeremy Wren, DO, our two physical medicine and rehabilitation physicians, meet with patients and the interdisciplinary team on a daily basis to coordinate care.



Albert Hwang, MD, our medical director, is a board-certified physiatrist. He graduated from The Feinberg School of Medicine at Northwestern University. He completed his rehabilitation residency at the Rehabilitation Institute of Chicago. His clinical interests include chronic pain, electrodiagnosis, stroke and spinal cord injury.



Jeremy Wren, DO, is a board-certified physiatrist. He completed a pre-doctoral fellowship in anatomy and osteopathic manipulative medicine, and later graduated from the University of New England College of Osteopathic Medicine. He recently completed his rehabilitation residency at the University of California Davis Medical Center. His special interests include spinal cord injury and musculoskeletal care.

## Our Statistics

Nursing Staff to Patient Ratio	1:5
Minimum Therapy Time	3 hrs/day
Medical Oversight	7 days/week
Average Length of Stay	13 days

## Our Facility

It's important that our patients and their families feel as comfortable as possible while undergoing the rehabilitation process. We've created a nurturing, holistic space to meet the unique needs of our rehabilitation patients.

Our amenities include:

- 22 large private rooms and three semi-private rooms
- Wi-Fi access throughout the hospital
- Flat screen televisions with cable
- Community dining room
- Transition Room to prepare our patients for living at home
- Outdoor patio for dining and recreation
- Life skills suite to engage in retraining of home management skills

We also take our patients on weekly outings to engage in community mobility and recreational activities.

## Our Guidelines

To be admitted to the Mercy General Hospital Acute Rehabilitation program, a patient must:

- Demonstrate appropriate functional and medical needs
- Demonstrate the capacity to participate in three hours of daily intensive therapy
- Have a safe discharge destination and appropriate assistance from caregivers or family members

**For a personal on-site consultation, referral or more information, call 916.453.4566 or 800.330.4566**



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