

# Inpatient Acute Rehabilitation



**A massive stroke.  
A major illness.  
A debilitating injury.**

At first, you can't imagine  
how life will ever be the same.

Affiliated with the renowned Dignity Health Neurological Institute, the Inpatient Acute Rehabilitation Program at Mercy General Hospital delivers compassionate, high-quality, cost-effective care that will help get you back to the life you love sooner.

Established in 1986, the Acute Rehabilitation program has helped over 10,000 patients develop the skills needed to regain independence. Our highly trained and experienced staff provide 24/7 nursing and physician coverage, while our affiliation with the Dignity Health Neurological Institute allows our patients access to the region's leading specialists.



**“More than just helping me, the nurses and therapists supported my family during my rehabilitation and journey home.”**

## Our Program

We are the first acute rehabilitation program in Sacramento accredited by the Commission on Accreditation of Rehabilitation Facilities. 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
- Brain injury
- Spinal cord injury
- Amputation
- Orthopedic conditions
- Major multiple trauma
- Cardiac conditions
- Parkinson's disease
- Multiple sclerosis
- Polyarthritis
- Polyneuropathies
- Guillain-Barre Syndrome

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

- Relearn how to perform daily activities
- Recover mobility and independence
- Regain vital thinking, problem-solving, and organizational skills
- Return to living in the community

In addition, patients in the Sacramento area have the opportunity to continue their post-discharge, outpatient rehabilitation with our expert physicians at their Q Street offices.



## Our Staff

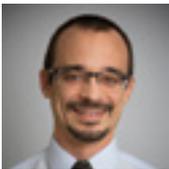
Medical Rehabilitation relies heavily on the human touch and on the partnership that forms between patient and caregiver. Our patients have the confidence of knowing their dedicated rehabilitation team offers the optimal combination of medical care, therapeutic intervention, and support. Many of our 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 and back to their lives.

Our multidisciplinary team includes:

- Board certified physical medicine and rehabilitation physicians
- Licensed nurses and care assistants specializing in rehabilitation
- Physical therapists to help regain strength, balance, and mobility
- Occupational therapists to relearn self-care skills
- Speech language pathologists to help improve swallowing, thinking, and communicating
- Respiratory therapists to monitor and enhance breathing
- Neuropsychologists to help assess changes in brain function and behavior
- Social workers to provide resources and assist with managing life changes and new challenges
- Nurse care coordinators to coordinate a smooth transition home
- Additional specialists such as dietitians, pharmacists, pet therapists, music therapists, peer mentors, support group leaders, and chaplains



**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**, our assistant medical director, 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 completed his rehabilitation residency locally at the University of California Davis Medical Center. His special interests include spinal cord injury and musculoskeletal care.

**“This team prepared me for the ‘new normal’ outside of the rehab unit. I never felt like a patient. They treated me like family.”**



## Our Facility

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

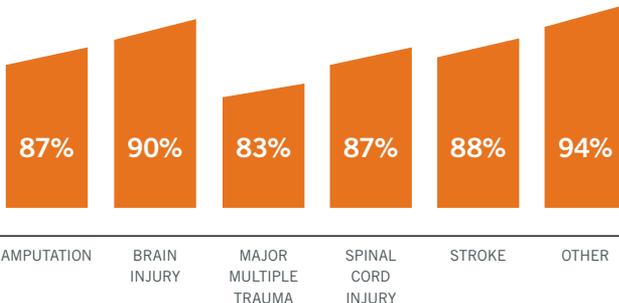
- 21 private rooms and three semi-private rooms
- Wi-Fi access throughout the hospital
- Large indoor therapy gym
- Life skills suite with a therapeutic kitchen
- Flat screen televisions with cable
- Community dining room
- Transition suite to prepare our patients and families for living at home
- Outdoor patio for dining and recreation
- Two outdoor therapy areas
- Ability to special order from the grill at the J Street Bistro (dietary restrictions may apply)
- Healing garden for patients and families to relax and restore
- Accessible transportation that allows patients the opportunity to participate in weekly outings

## Our Results

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

### Patients Discharged to Home/Board & Care

- **88%** of our patients discharge to home (national average 80.4%, regional average 84%)
- Average length of stay for all diagnoses: **12.7 days** (region 13.5 days)
- Average length of stay for stroke: **14.4 days** (region 15.5 days)
- **95%** of our patients report maintained function in the first three months post-discharge
- **Over 90%** of our patients would recommend Mercy General Acute Rehab without hesitation



## Our Accreditation

The Commission on Accreditation of Rehabilitation Facilities (CARF) 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.

Mercy General Hospital's Acute Rehabilitation program was the first in Sacramento to become CARF accredited. Since our initial accreditation, we have continued our commitment to advanced care, achieving specialty CARF certifications in both stroke and traumatic brain injury.

In addition to our CARF accreditation, the Mercy General Hospital Acute Rehabilitation team is Pro-ACT® certified. This advanced training has equipped our staff with the skills necessary to anticipate, address, and verbally de-escalate sensitive situations—ensuring all patients, regardless of ability or diagnosis, are treated with dignity and respect.



## 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 and make functional gains from three hours of daily intensive therapy for a minimum of five days per week
- Have a safe community discharge destination with appropriate assistance from identified caregivers or family members

**For a personal on-site consultation, referral, or more information, call 916.453.4566 or 800.330.4566, or visit [DignityHealth.org/SacramentoAcuteRehab](https://DignityHealth.org/SacramentoAcuteRehab).**