

# ASANTE REHABILITATION SERVICES

*Inpatient Rehabilitation Center*



ROGUE VALLEY  
MEDICAL CENTER





## **INPATIENT REHABILITATION CENTER SERVICES**

Sometimes we take for granted our ability to walk, talk, take care of ourselves, and perform everyday tasks at home or work. When our abilities become impaired, we look for a trusted place to turn to for help.

If you have had an accident, injury, or illness that is limiting your activities, you want an experienced team to help you heal and enjoy life to the fullest. At Asante Rehabilitation Services, we answer your questions and accurately assess your individual needs. Our staff works with you, your doctor, and your family to address your unique situation, with education, hands-on treatment, and support.

Rehabilitation—often just called “rehab”—is a specialty that focuses on helping people who have muscle, bone, joint, or neurological problems. These problems could be the result of a recent injury, a developmental disability, or a chronic condition. To help you regain lost abilities, your doctor may suggest rehab along with other treatments, such as medicine or surgery.



## INPATIENT REHABILITATION CENTER: THE FIRST STEPS TOWARD RECOVERY

If your accident, injury, or illness is recent and severe, your doctor may recommend the Inpatient Rehabilitation Center (IRC) at Rogue Valley Medical Center (RVMC) as a part of your recovery.

*The IRC is different!*

### **Here's what sets it apart:**

**Our environment is healing.** Let's start with the architecture. The IRC occupies the sixth floor of the RVMC patient tower, which has 360-degree views of the valley and the surrounding mountains. The hallways are wide, and the all-private rooms are spacious and designed specifically for people with physical limitations. We have a dining room, a well-equipped gym, and therapy areas designed to be similar to your home; there is a kitchen, a bedroom, and bathrooms—so you can practice daily tasks in a realistic setting. Overall the environment is uplifting and contributes to an atmosphere of progress.

**We focus on your goals.** By combining our experience with your desire to have more independence (or to return to prior levels of independence), rehab helps you work toward your goals. You will find that your hard work is more likely to pay off with success. We're here to help you restore ability and hope!

**We work closely as a team.** Leading the team is a doctor specializing in rehabilitation medicine—a physiatrist. Also on the rehab team are nurses and nurse's aids specially trained in rehab. There are also physical therapists, occupational therapists, speech/language pathologists, case managers, social workers, orthotists/prosthetists, and neuropsychologists. The team members work together closely and meet as a group at least weekly to adjust your treatment plan as needed. You and your family are a part of that team. In fact, your therapy schedules are on monitors around the unit so that everyone can see the times that you are free for rest and visiting between therapy sessions.





**We put you at ease.** From the day that you arrive, the focus is on overcoming, or adapting to, the impairments that brought you to the IRC. Normally, you will wear street clothes, eat in a dining room, and be encouraged to move about the unit. There are several areas where you can relax and enjoy the view between therapies. We also have therapeutic recreation to assist you with leisure activities.

**Our facilities are state-of-the-art.** The IRC is backed by the full array of diagnostic, therapeutic, and emergency services within Rogue Valley Medical Center. For nearly every patient, everything you might need medically is right here.

**We know that your loved ones are part of your recovery.** Families have access to low- or no-cost rooms at the Francis Cheney Family Place, and there is an RV Park on campus.

**Our track record is good.** Compared with average statistics for units like the IRC in the Pacific region:

- Lengths of stay in the IRC are shorter.
- Our patients have higher gains in functional progress.
- The rate of our patients who return to a home environment is higher.

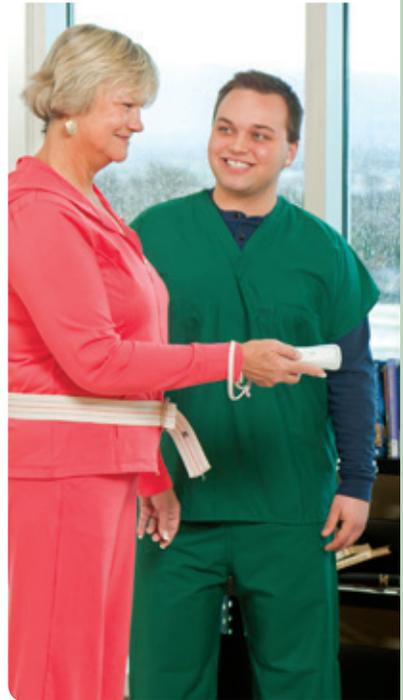
## Setting Goals for Your Progress

After you are admitted to the IRC, you will undergo a complete evaluation. The rehab team will then work with you and your family to set specific goals. Together we will create a realistic plan for how long you will need to be in the IRC to achieve those goals. The average length of stay is 11 days, but how long you stay will depend on your specific diagnosis and degree of impairment. Your team will track your progress, meet regularly, and make adjustments to your treatment plan as needed.



## Providing Individualized Therapy

Your nurses and therapists will establish a daily schedule to help you progress toward your goals. A typical daytime schedule in the IRC begins at 7 a.m., ends at 4:30 p.m., and includes three hours of therapy. You will receive therapy from multiple specialties as well as education or training for both you and your caregiver—all in a safe, healing environment.



## Introducing Our Team

A **physiatrist** is a doctor who specializes in physical medicine and rehabilitation. He or she is trained to restore function you may have lost due to your accident, injury, or illness. A physiatrist will lead your IRC rehab team.



A **rehab nurse** provides care that focuses on your comfort, daily nutritional needs, bodily functions, skin care, medications, and sleeping habits. In addition, he or she provides emotional support to you and your family members.

A **physical therapist (PT)** works to reduce pain, maximize movement, and improve your strength, balance, range of motion, coordination, and posture. He or she may use manual techniques or targeted exercises to help you become more independent.

An **occupational therapist (OT)** helps you improve your ability to perform common tasks in your living and working environments. He or she will focus on such activities of daily living as grooming, hygiene, bathing, dressing, meal preparation, and hobbies and will teach you to use adaptive devices as needed. OTs also focus on hand function.

A **speech/language pathologist** treats patients who have difficulties with communication or swallowing. This may include cognitive aspects of communication such as attention and memory. He or she works on such activities as talking, reading, writing, and listening. If necessary, he or she makes recommendations about what foods and liquids are best for you.

A **case manager** coordinates your care with the rehab team. He or she also works with your insurance company to access the benefits available to you. He or she will also coordinate the resources you'll need for a safe and successful discharge from the IRC.

A **social worker** will assist you and your family in addressing psychosocial issues that affect your ability to achieve your rehabilitation goals.

**Orthotists/prosthetists** specialize in fitting artificial limbs and braces.

**Neuropsychologists** specialize in identifying the sources of cognitive difficulty, and they guide the team in strategies to address those problems.

## Your Discharge from the IRC

An important part of a successful stay in the IRC is a coordinated discharge plan. The case manager, with input from your doctor and rehab team, will work with you to order any equipment you may need at home, such as a wheelchair or walker. He or she will also determine if any changes to your living or working environment need to be made. These modifications will help you achieve the most success.



## **OUTPATIENT THERAPY: A PRESCRIPTION FOR CONTINUED PROGRESS**

If your doctor decides that you need further therapy after discharge, the case manager will coordinate follow-up services for you, such as continued physical, occupational, or speech therapy. You would receive these services as an outpatient or through a home health agency.

Asante Health System provides a full array of outpatient services to allow you to continue your progress after discharge. We have outpatient clinics at the following locations:

RVMC Rehabilitation Services  
781 Black Oak Drive, Suite 101  
Medford, OR 97504  
**(541) 789-4255**

RVMC Physical Therapy at Central Point  
619 S 2nd Street  
Central Point, OR 97502  
**(541) 789-4032**

Three Rivers Community Hospital Rehabilitation Services  
1596 NW Washington Blvd.  
Grants Pass, OR 97526  
**(541) 956-6225**

*Your doctor or case manager can assist in finding the appropriate site, depending on where you live.*





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**Rehabilitation Services**

2825 East Barnett Road, Medford, Oregon 97504  
(541) 789-7600 • [www.rvmc.org](http://www.rvmc.org)

Rogue Valley Medical Center is a part of Asante Health System—a mission-driven, tax-exempt health system created by and for the people of Southern Oregon and Northern California. To support the work of Rogue Valley Medical Center, to honor someone, or to learn about planned gifts, contact the Asante Foundation in Medford at (541) 789-5025 or online at [www.asantefoundation.org](http://www.asantefoundation.org).