

Rehab

DAY HOSPITAL



Eastern
Health

Rehab DAY HOSPITAL

This booklet was designed to provide you with basic information about this program. We encourage you to ask questions to team members throughout your time with us.



What is the Rehabilitation Day Hospital?

Located on the 1st floor of the Dr. Leonard A. Miller Centre, the Rehabilitation Day Hospital is for people of Newfoundland and Labrador who have had changes in their abilities as a result of injury or illness. The Rehabilitation Day Hospital aims to help you function at your best at home, at work or in your leisure time.

The Rehabilitation Day Hospital uses a team approach. You are the centre of this team and will take an active role in decision-making about your program.

Members of the team will help you and your family set goals for improvement in your ability to perform your everyday activities. Each person's goals will be different. Goals will focus on activities or issues that are important to you.

Occupational Therapist
Occupational Therapist

Physiotherapist

Physiotherapist

Recreation Specialist
Recreation Specialist

Psychologist

Psychologist

Doctor
Doctor



Speech-Language Pathologist

Speech-Language Pathologist

Social Worker

Social Worker

Dietitian

Dietitian

Nurse

Nurse

Prosthetics/Orthotics

Prosthetics/Orthotics

Team Members

You and your family are the centre of the rehabilitation team.

Depending on your goals and plans, the appropriate team members are involved in your therapy program.

Patient and Family

You and team members will set goals for your program. Your responsibility during your program will be:

- (1) to attend all scheduled therapy sessions;
- (2) to attend goal setting meetings where your treatment is discussed, education is provided, and plans are made for your discharge;
- (3) to attend other meetings;
- (4) to ask any questions you may have;
- (5) to inform Rehabilitation Day Hospital staff if you are cancelling your appointment; and
- (6) to complete home programming as set by therapists.

Medicine (M)

The team doctor will manage your rehab medical care at the



Rehabilitation Day Hospital. He or she will communicate with your family doctor and/or other medical specialists as appropriate. The doctor is available to talk with you and your family when needed or requested.

Occupational Therapy (OT)

Occupational Therapy will help you to reach your highest level of



function with the activities that are important to you. Therapy sessions are geared to improve your skills to do everyday tasks such as self-care, homemaking, work or leisure. If you have lost the skills needed to perform an

activity in the usual way, a therapist may be able to show you another way to do the activity or offer you special tools called assistive devices to make up for the lost skills. For example, if you have lost the use of one of your arms, you can use a rocker knife to cut your meat. The therapist will assess your home, work or school setting and suggest equipment or changes needed to make access easier.

The Occupational Therapist may also assess your memory and thinking skills. Therapy is aimed at improving or making up for any problems you have which affect everyday activities.

Physiotherapy (PT)



Physiotherapy will work with you to improve and maintain your physical abilities. You will be helped to manage and prevent physical impairments.

Physiotherapists will help you take part in your self-care, leisure and work activities. Physiotherapy promotes fitness, health and wellness.

Therapeutic Recreation (TR)



Therapeutic Recreation can help you develop and use your leisure time in ways that improve your health, independence and quality of life.

Psychology (Psych)



Psychology can help you to better cope with the stress that may come with your health changes. We can assess changes that may have occurred in your concentration, thinking and memory, and work with you to improve these skills. We can also teach you ways to better deal with your life changes.

Clinical Nutrition(CN)



Clinical Nutrition will assess your nutritional intake and needs. We will help teach you to manage your eating and nutrition issues, as needed. We will suggest ways to change your food texture if you have swallowing problems.

Nursing (N)



Nursing will help you with any nursing care needs. For example, we will address any issues with bowel care and bladder care. We will address skin care and foot care problems. We will also go over your medications with you if you have any questions.

Social Work (SW)



Social Work will help you and your family adjust to changes in your life, as a result of your health issues. We will build on your present strengths and resources. Where needed, we will advocate for community-based support services to improve your quality of life in the community.

Speech-Language Pathology (S-LP)



Speech-Language Pathology will assess and treat communication problems such as difficulties with speech, language, reading, or writing. The therapist will also help you if you have problems swallowing. Your treatment program will include one-on-one sessions with your therapist as well as home exercises. The Speech-Language Pathologist will also teach your family and team members how to make communicating with you easier.

What to Expect

You will be assessed by team members during the first week. An individualized program will be developed to help you achieve your personal goals. The length of stay at Rehabilitation Day Hospital varies from client to client, depending on your situation and needs. Your progress will be monitored regularly and a discharge date set during your goal setting meeting.

Meetings

- Goal Setting Meetings - a meeting will be arranged within the first 2 weeks. Family members are strongly encouraged to attend. During this meeting you and your family will be encouraged to discuss your goals. A written copy of the goals will be provided to you.
- Family Meetings - Family meetings to discuss progress or to plan discharge can be requested by you, your family or therapists.

Scheduling

- Your therapies will generally be scheduled back to back. Special requests for therapy times will be considered, however, may not always be possible.
- Your weekly therapy schedules will be available at the nursing station. These **must** be picked up after your last appointment of the week. If for some reason you do not receive your schedule, please call 777-6531.

What to bring

- any medications that you might need to take during your day
- eye glasses, if necessary
- hearing aids, if necessary
- any equipment you currently use (e.g. walking aids, wheelchairs, braces, etc.)

What to wear

Please wear comfortable clothing and footwear (sneakers or walking shoes). Your therapist will advise as necessary.

Cancellation Policy

- If you need to cancel your appointments for illness or other reasons, please call 777-6531. Patients must give 48 hours notice to cancel an appointment.
- If patients do not call to cancel, they will be considered a “no show” and will be discharged.
- Discharge for poor attendance is at the discretion of the team. Regular attendance is important for you to improve your abilities.
- During adverse weather conditions, attendance at Rehabilitation Day Hospital is at *your discretion*. Please contact us at 777-6531 to cancel your appointments.

Other

- You are responsible for your own transportation to and from Rehabilitation Day Hospital. A wheelchair accessible van (GO BUS) can be booked by calling 368-8887.
- The cafeteria at the Miller Centre is located on the 1st Floor. The hours of operation are Monday to Friday from 8:00 a.m. - 2:30 p.m.
- Blood work and X-rays can be completed at the Miller Centre, if necessary.
- If you need someone to be with you at all times while attending therapies, a family member or friend will need to stay. One-on-one supervision will not be provided by staff. Assistance to the bathroom, however, can be provided by nursing staff.

Scent Free Policy

Eastern Health strives to be as scent free as possible and advises all patients to use fragrant free personal care products. Eastern Health is committed to using environmentally friendly products. Scented products contain chemicals that can cause severe problems for many people, especially those with asthma, allergies and chemical sensitivities.

All patients and staff are expected to adhere to this policy.

1. Perfume, aftershave or scented products, i.e. scented lotions, soap, hair spray, deodorants and powder should not be worn when coming to any Eastern Health facility.
2. Cleaning products used by Environmental Services will be environmentally friendly, and low scent and/or scent free where possible. Cleaning in major cleaning jobs shall be scheduled during low traffic times to decrease exposure. If low scent products are not available, Environmental Services will inform staff in the area before the products are used.
3. Clothing that has been dry cleaned should be aired two to three days before being worn.

Smoke Free

It is the policy of Eastern Health to provide a tobacco and smoke-free workplace and environment. Eastern Health prohibits the use of all tobacco products and products that mimic tobacco use (e.g. electronic cigarettes also known as e-cigarettes) on properties owned and leased by Eastern Health, including the buildings, grounds and parking lots (including all vehicles parked therein). All must comply with the Smoke-Free Environment Policy and have a shared responsibility for supporting the policy.

Cell Phone/Photographs

Cell phone use/photographs is **not** permitted during therapy sessions.

Where to from here

- Your therapists will discuss the appropriate time to move from Rehabilitation Day Hospital to the next phase of rehabilitation.
- You may require follow-up by one or more therapists following discharge. Referrals for further outpatient therapies will be made by your team, as needed.
- You may receive a follow-up call from nursing staff three months after finishing at Rehabilitation Day Hospital. The purpose of this phone call is to see how you are doing with your everyday life.
- You may receive an Eastern Health Satisfaction Questionnaire in the mail. We value your feedback so please take the time to complete and return it.



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Telephone: 777-6531 or 777-6862