



MedStar National Rehabilitation Network

Spinal Cord Injury Day Treatment Program

The SCI Day Program is an alternative for those persons who are medically stable and no longer require around the clock nursing care but who can benefit from intensive treatment within a daily routine with minimal nursing support.

Services available

Day program participants receive individual and group Occupational and Physical therapies, as well as Social Work services. Depending on your needs, your day program treatment plan may also include:

- Aquatic Therapy
- Community outings
- Driver's training
- Fertility services Available
- Medical rehabilitation management
- Participation in research studies
- Psychotherapy
- Rehabilitation Engineering consultations
- Reiki Therapy for relaxation
- SCI education classes
- SCI support groups
- Spasticity Clinic
- Speech Therapy
- Spiritual Care services
- Therapeutic Recreation
- Urology services available
- Vocational Rehabilitation
- Wheelchair Seating and Mobility Clinic
- Wound Clinic

Therapeutic technology available

Therapy areas include state of the art equipment including weight training, electrical stimulation and FES Bikes, Bioness®, ZeroG 3D dynamic body weight support system, standing frames, gliders, and Lokomat®.

What you can expect

Most services are delivered in the outpatient therapy gym, Independence Square, the therapeutic garden, and as needed, the pool, the Seating and Mobility Clinic, and the community for outings. In addition, you can expect the following:

- Interdisciplinary team conferences, twice monthly.
- Average cost of \$500.00-\$600.00 daily.
- Average length of stay of 60 therapy days (approximately 2-4 months of therapy).
- At least three hours of therapy daily.
- Lunch is provided.
- Interpreter Services are not provided for those with limited English proficiency, but are available for patients who are hearing impaired.

more

How we measure quality

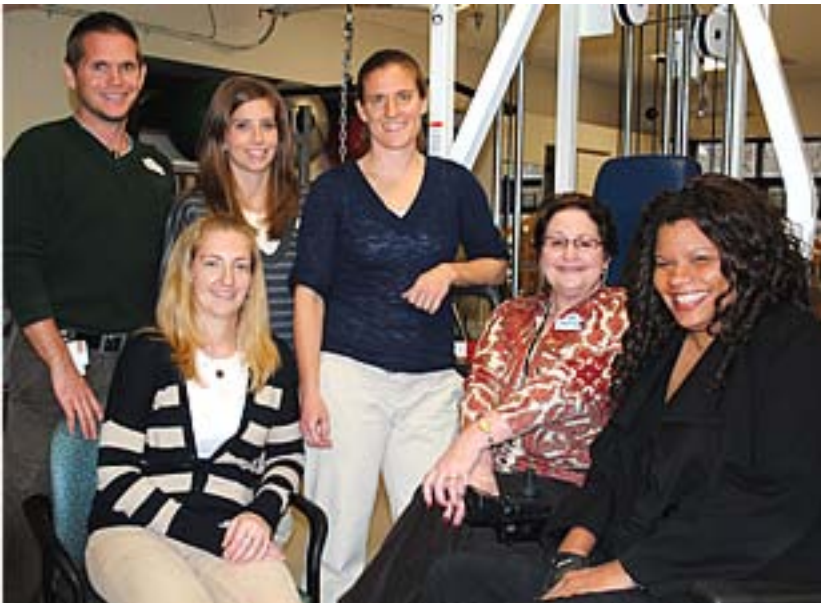
- The Spinal Cord Injury Day Treatment Program initiated a telephone survey in August 2009 to assess patients' satisfaction with the program as well as patients' community participation following their involvement in the program. IT HealthTrack, a company that provides IRF-PAI allied services, conducts the survey on behalf of MedStar NRH throughout the year. Patient satisfaction survey items cover all aspects of the program, including patient overall satisfaction with the MedStar NRH Network; patient involvement and progress in therapy; patient ability to care for themselves and participate in the community after therapy; and patient experiences with their therapists.
- The MedStar NRH Network requests that patients complete a Satisfaction Survey at the beginning and end of their stay in the Day Program to provide us with confidential information by which we can improve the program. The Day Program Coordinator will provide you with the survey, and you may return it confidentially in a marked box in the reception area.

Your opinion about the care you receive while here is very important. The information you provide about your experience is extremely valuable. It will help us improve our future care for you, your family and friends. We will listen. Your honest opinions, suggestions, and comments will remain confidential. Your responses are grouped into data / numbers that the hospital uses to determine where we need to improve.

Spinal Cord Day Program Outcomes

For the time period of August 2009 to June 2011, there were 21 participants in the SCI Day Program, and 17 responded to the Patient Satisfaction and Community Integration Survey.

- Would recommend our services to friends and family: 100%
- Overall Patient Satisfaction: 82% Excellent or Very Good; 94% Good or better
- Participation in Community: 94% Satisfied with their present level of participation
- Patient's ability to care for themselves: 88% Satisfied - program improved their ability to care for themselves
- Patient involvement with decision making regarding their rehab: 94%



The Spinal Cord Day Program Team

(standing from left) Judson Richardson, LICSW; Lara McAteer, OT; Katie Seward, PT (seated from left) Kate O'Boyle, PT; Angelique Moran, Program Coordinator; Shannon Minnick, SCI Patient Advocate

For more information, please contact:

Dr. Pamela Ballard, Medical Director, 202-877-1750
Cathy Ellis, PT, Clinical Co-Director, 202-877-1515
Angelique Moran, M.S., Program Coordinator, 202-877-1945