**The Brain Injury Rehab Program for Adolescents**

The Inpatient Brain Injury Rehab Program at Wake Forest Baptist Medical Center provides specialized, intensive rehabilitation services for patients age 13 to 17 who have traumatic and non-traumatic brain injuries resulting in cognitive deficits, behavior problems, physical limitations and problems with self-care. Brain injuries may be related to trauma from motor vehicle and other accidents, brain tumors, stroke, anoxia/hypoxia and other neurological injuries. The Program outperforms other programs across the country by returning a higher percentage of patients to home. The Program’s effectiveness is attributed to the expertise of its interdisciplinary rehabilitation care team and exceptional facilities designed for the unique needs of brain injured patients. The Program provides intensive patient and family training programs to prepare patients and their families for rehab discharge, to coordinate equipment needs and home modifications, and to provide information on lifetime health and wellness resources.

**Philosophy of Care**

Each patient is unique, with specific needs, capabilities and potential. Therefore, each patient’s treatment plan is individualized and modified as recovery progresses. The rehabilitation team, patient, and family/caregivers work together to set and achieve functional improvement goals.

**The Care Team**

The Program’s success is attributed to its comprehensive, interdisciplinary team, which includes the patient, family members/caregivers, and professionals specializing in:

|  |  |  |
| --- | --- | --- |
| Rehab Medicine | Clinical Nutrition | Social Work |
| Rehabilitation Nursing | Occupational Therapy | Recreation Therapy |
| Clinical Psychology | Physical Therapy | Hospital School Teacher |
| Neuropsychology | Speech Language Pathology | Assistive Technology\* |

\*These services are provided by team members who are not directly employed by WFBMC, but who work very collaboratively with the Wake Forest Baptist Medical Center Rehab Programs.

**Scope of Services**

* Board-certified physicians specializing in Physical Medicine and Rehabilitation (PM&R) direct the patient’s plan of care on a daily basis.
* Rehabilitation Nursing is provided 24 hours a day, 7 days a week
* Each patient receives a minimum of 15 hours of therapy each week, including a combination of physical therapy, occupational therapy, speech therapy, and/or orthotics/prosthetics training. The types of therapy, intensity of therapy, and schedule are tailored to the needs of each patient. Therapy services are provided 7AM to 5PM, Monday through Friday and on Saturdays as needed.
* Recreation therapy, clinical psychology, neuropsychology, and assistive technology services are available 5 days a week, and are provided based on the needs of each patient.
* Each patient is assigned a Care Coordinator who acts as a liaison between patient, family/caregiver, rehabilitation professionals, and third party payers.
* Wake Forest Baptist Medical Center directly provides all ancillary services including, but not limited to, Diagnostic Imaging, Laboratory, Pharmacy, Spiritual Care, and Respiratory Therapy.
* Consulting physician services for other specialties, including pediatric specialists and subspecialists, are provided by Wake Forest Baptist, as needed.
* If services not available within the Wake Forest Baptist are needed, referrals or consultations are made for these services, which may include, but are not limited to: cognitive rehab, durable medical equipment, caregiver/family services, substance abuse counseling, vocational rehabilitation, rehab engineering, and driver’s assessment and education.

**Treatment Goals and Common Interventions**

The ultimate goal is to return each patient to the highest level of independence possible, and in most cases, to return the patient to home. Specific treatment goals are individualized and may include:

* Maximizing function in:
  + Mobility
  + Activities of Daily Living (eating, grooming, dressing, bathing)
  + Communication and planning
  + Swallowing
  + Bowel and bladder management
* Improving attention span, memory, judgment, spatial orientation, and visual and perceptual deficits
* Addressing behavioral or emotional issues such as anxiety, depression, mood swings, denial, emotional

liability, egocentricity, impulsivity, disinhibition, agitation, and isolation

* Addressing sexuality and family and cultural issues
* Disability adjustment, counseling, and coping strategies
* Improving social skills
* Patient and family education for individualized needs
* Recommending healthy living practices for weight control and smoking cessation
* Optimizing community integration and life roles through community outings, recreation therapy and use of assistive technology
* Identifying and providing additional services for families/support systems (e.g., support groups)

**Specialized Facility and Services**

The Program provides an environment and services ideally suited for brain injury rehabilitation.

* Dedicated brain injury nursing unit and therapy gym, ensuring reduced stimulation and a secure therapeutic environment that allows patients to move freely throughout the unit.
* On-site school tutoring education program for adolescent patients
* Home of the Triad’s Resource Center for the Brain Injury Association of North Carolina

**Behavior Management**

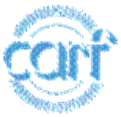
An injury to the brain can often cause changes in patient’s behavior. Sometimes these changes are subtle and adaptable. Other times, the patient’s behavior can become an obstacle to recovery and may even endanger the patient and/or others. For this reason, the Brain Injury Program staff monitors the patient’s behavior and implements formalized behavior management plans. These plans are developed by the rehab team in conjunction with the patient and/or family and serve to enhance patient participation and satisfaction while addressing individual goals.

Family members are educated on positive reinforcement for desired behaviors and response strategies for inappropriate behaviors.

These formalized plans are monitored daily and require a consistent team and family effort. Several special features of our program that focus on the patient’s behavior and recovery include:

* Keeping a consistent health care team
* Maintaining a calm approach with patients
* Reducing stimulation in the environment, such as activity and noise levels
* Providing routines for patients
* Providing a secure unit that allows for greater mobility of patients.

**Demonstrated Excellence in Rehabilitation**

The Brain Injury Rehab Program has been awarded accreditation from the Commission on Accreditation of Rehabilitation Facilities. CARF Accreditation means that Wake Forest Baptist Medical Center’s Brain Injury Rehab Program:

* + - is committed to excellence in rehabilitative care
    - meets rigorous international standards of patient care and satisfaction
    - is committed to helping each patient achieve their individualized rehabilitation goals
    - constantly works to improve services and stays on the edge of rehabilitation techniques and technology
    - surpasses communication expectations with referral and payer sources

**Admission Criteria and Referrals**

Patients admitted to the Brain Injury Rehab Program must have realistic rehabilitation goals that reflect the potential for gaining independence or achieving a higher function in self-care activities and mobility. Additionally, a patient must:

* Be 13 years of age or older
* Require and be able and willing to participate in intensive physical, occupational and/or speech therapy (if indicated) at least 3 hours a day
* Have the need for more than one type of rehab therapy and have potential for functional improvement.
* Be medically appropriate for an inpatient hospital environment and have stable vital signs.
* Have a supportive social system and a defined, expected discharge destination to home
* Have a cognitive level of three or higher on the Rancho Los Amigos scale.
* Be able to breath without the help of a mechanical ventilator at all times.

Wake Forest Baptist Health accepts payment from all major private insurance plans, worker’s compensation, Medicare and Medicaid. The Program evaluates and verifies insurance coverage for each patient prior to admission. If the patient does not have insurance coverage for the Rehabilitation Program, the patient and/or family/caregiver will be notified and alternate payment plans or treatment options will be discussed. Any estimated financial responsibilities will be communicated to the patient and/or family. A listing of prices is available at <https://www.wakehealth.edu/Patient-and-Family-Resources/Billing-and-Insurance/Your-Health-Care-Costs>.

The Program welcomes referrals from many sources, including, but not limited to, physicians, short term acute care hospitals, rehab hospitals, nursing facilities, long term acute care hospitals, and home health agencies. To make a referral, call (336) 713-8500 or (888) 605-9568.

For additional information about the program, email [Rehab4Life@wakehealth.edu](mailto:Rehab4Life@wakehealth.edu).

The Rehabilitation Programs at Wake Forest Baptist Medical Center do not discriminate against individuals of varying age, disability, race/ethnicity, religion, gender, or sexual preference and strive to understand and be sensitive to these characteristics and to patient-specific preferences.

**Brain Injury Rehab Program for Adolescents**

**Program Patients – Most Recent 3 Years**

Number of patients: 14

Patients with Traumatic Brain Injury: 9

Patients with Non-Traumatic Brain Injury: 5

64% were males

36% were females

Average Days in Program: 11.3

Average Intensity of Therapy:

3.5 Hours per day, 5 days per week

|  |  |  |
| --- | --- | --- |
| **Age Group** | **Number-Most Recent Year** | **Number-Most Recent 3 Years** |
| 13 | 0 | 1 |
| 14 | 1 | 1 |
| 15 | 1 | 4 |
| 16 | 1 | 4 |
| 17 | 0 | 4 |

**Patient Outcomes – Most Recent 3 Years**

The ability to return home is a key outcome and expectation for most Program participants. In the past three years, 100% of the Program’s patients returned home.

|  |  |  |
| --- | --- | --- |
| **Functional**  **Improvement in:** | **% Patients With Improved Function between Admission and Discharge**  Function is measured at admission, during the stay, and at discharge. The table to the left shows the percentage of patients who demonstrated improvement in function between admission and discharge from the Program. | |
| Traumatic Brain Injury | Non-Traumatic Brain Injury |
| Self-Care | 91 | 100 |
| Mobility | 100 | 100 |

Source: Uniform Data Systems for Medical Rehabilitation

|  |  |
| --- | --- |
| **Patient/Family Satisfaction** | **Average Score (Out of 100 points)** |
| Likelihood of recommending program | 100 |

Source: Press Ganey

**What to Expect in Your Rehab Program**

The information below will give you an idea of what your rehab program may include. Please keep in mind that your rehab care team will complete a thorough evaluation after admission and develop a more detailed care plan based on your needs and your family’s needs.

 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diagnosis\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rehab Physician\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expected Days in Program\_\_\_\_\_\_\_\_\_ Expected Discharge\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Coverage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rehab Intensity: Treatment will include a minimum of either three hours of therapy per day, five days per week, or fifteen hours of therapy over the seven day period. On average, patients in the Brain Injury Program receive 71 minutes physical therapy, 78 minutes occupational therapy, and 60 minutes of speech therapy per day, 5 days per week.

|  |  |  |
| --- | --- | --- |
| **Program Services** | | **Treatment Goals** |
|  | Rehabilitation  Physician Services | Manage your medical condition to ensure your safety and progress toward your goals. Nurse practitioners, physician’s assistants, medical students, and residents may work in close collaboration with your rehab physician. During your stay, physician orders will be responded to, with results, within 24 hours, unless otherwise specified. |
|  | Physical Therapy | Improve & maximize your mobility skills, safety, strength and endurance |
|  | Occupational  Therapy | Improve your ability to complete activities of daily living such as eating, dressing,  bathing, toileting and home management; address sexuality issues related to impairment |
|  | Speech Therapy | Improve your swallowing, communication and cognitive skills |
|  | Rehab Nursing | Manage your bowel and bladder control, address family issues associated with impairment, educate on care needs, including health and wellness. Our team will be asking you to assume more responsibility and independence the closer you get to discharge. This will make you and your family better prepared for your activities of daily living and resuming home life. |
|  | Nutrition Services | Educate and ensure proper nutrition during treatment |
|  | Clinical &  Neuropsychology | Help you and your family members with emotional and mental health challenges  associated with temporary or permanent disability |
|  | Recreation  Therapy | Educate you and your family on how to adapt to community environment after  discharge and how to enjoy recreational activities safely |
|  | Care  Coordination | Coordinate services with the care team, you, and your family members to ensure needs are met prior to discharge |
|  | Orthotics | Provide custom orthotic (if needed) to improve mobility and range of motion |
|  | Other | The Program is attentive to the specific cultural or other needs of each patient. Please let us know if you have any specific needs or requests. |

**What to Expect During Your Stay**

The following is a typical schedule for the first three days after admission to the Rehab Program.

**Day One**

* Arrive on the 3rd floor of the Sticht Center at assigned room.
* Nurse assesses your condition and needs upon arrival to the rehabilitation unit.
* Meet with the physician, social worker and nurses within the first 24 hours.
* Receive an assigned wheelchair for the rehab stay.
* Receive a tentative schedule for each therapy. Throughout your stay, you will receive regular updates on the scheduled times for each therapy service identified for your care plan.

**Day Two**

* Begin therapy evaluations and treatment, which could include physical therapy, occupational therapy, speech therapy and recreation therapy. You will participate approximately three hours of therapy each day and at least 15 hours per week.

**Day Three**

* Working with you and your family, the Rehab team develops an individualized Plan of Care based on your condition and determines your functional status. The Plan of Care guides your treatment program. The rehab team reviews your progress toward your goals at least weekly.

We understand that parents of teens want to be involved and may want to stay overnight.  Please talk to your Care Coordinator about your plans. We will make every effort to provide a private room in order for families to remain with adolescents 24 hours a day if desired by both the family and the adolescent and deemed appropriate by the program.

**What to Expect During and After Discharge**

Your care coordinator will work with you, your care team, and your family/caregiver to coordinate the best

discharge plan for your individual needs. Many activities must be completed prior to discharge. For example:

 Your care team will make recommendations for equipment you will need at home or modifications that you will need to make at home for your safety and continued recovery.

 Your Care Coordinator will arrange for delivery of equipment.

 Your care team will determine if you need assistance from a home health agency, which includes nursing and/or therapy at home. Another option is outpatient therapy after your discharge. If the best option for you is home health, your Care Coordinator will give you a list of agencies to choose from near your home and arrange Home Health visits. If outpatient therapy is the best option for you, the Care Coordinator will set up

appointments for outpatient therapy.

 Your care team will review all discharge instructions with you.

 The unit secretary will schedule follow-up appointments with your physician.

**After discharge from the Inpatient Rehabilitation Program:**

 Your rehabilitation journey will continue, and you may need additional resources to assist with lifestyle changes. During your stay, we will provide information about additional resources that are tailored to your individual needs. If you have additional needs or questions about community resources, please email: Rehab4Life@wakehealth.edu.

 You will receive a Press-Ganey Survey in the mail to request feedback on your satisfaction with our services. Please note that you may receive 2 surveys — one for your stay in the acute hospital and a second one for your stay in our Rehabilitation Program.

* There is a rehab follow-up survey in this folder. Please complete it 3 months after your discharge and mail it back to us in the postage paid envelop to let us know how your recovery continued after discharge. This helps us to improve our program and better prepare people for a successful return to home.

**Brain Injury Resources for Your Continued Recovery**

There are many other services within our health system and in your community that may assist in your recovery. The next two pages introduce some of the services and resources available through our organization, the local community, or national organizations. We encourage you to call or visit the websites for these organizations. However, please do not hesitate to ask us for additional information on these services or for other providers or services in your community.

The **National Institutes of Neurological Disorders and Brain Injury** provides a wealth of information on treatment, prognosis, research, and rehabilitation for traumatic brain injury.

 https://www.ninds.nih.gov/Disorders/All-Disorders/Traumatic-Brain-Injury-Information-Page

**The Brain Injury Association of NC (BIANC),** an affiliate of the Brain Injury Association of America, is dedicated to prevention, education, research, and advocacy for persons whose lives have been forever changed by brain injury. **Wake Forest Baptist Health (WFBH) is a corporate sponsor of BIANC and is proud to be the home of BIANC’s Regional Resource Center.** The Center is located just outside the Brain Injury Unit in the Sticht Center. All patients of the WFBH Brain Injury Program receive an application for free membership to BIANC. For more information, visit the BIANC resource room or:

1.800.377.1464 (Family Help Line)

 [www.bianc.net](http://www.bianc.net).

**BrainLine** is a national multimedia project offering information and resources about preventing, treating, and living with TBI. For more information:

www.brainline.org

**Peer support services** provide brain injured individuals and their families an opportunity to meet and talk with others who are successfully coping with brain injury. Peer Support services can be provided in informal one-on-one sessions or in small groups. WFBH offers family/caregiver support and information about area support groups. There are also opportunities to interact informally with other family members on the unit. To learn more, please notify your care coordinator or recreation therapist.

*After discharge,* the following Brain Injury **local support groups** are available:

Winston-Salem: *BI Support*  Hickory: *BI Support*

Contact: Kitty Barringer Contact: Travis Glass

 336.713.8582 or 336.906.9127 828.781.0778 or Email: [travis@crossroadscounseling.org](mailto:travis@crossroadscounseling.org)

facebook.com/HickoryBISG

The **ABC (Aphasia, Brain Injury, Cognition) Book Club** provides people who have experienced a brain injury the opportunity to practice skills needed for reading, verbalization, and comprehension of written materials.  It is a safe, judgement free environment where people can practice the skills needed to enjoy reading again.  Participants are encouraged to use large print books and audio books to assist in the process.  The facilitator of the group is a Licensed Recreational Therapist who is a certified brain injury specialist with 15+ years of experience in brain injury rehabilitation. This group meets every Wednesday from 1:00-2:30 at Medical Plaza Miller. For more information:

336.716.8007

**Brain Injury Resources for Your Continued Recovery**

WFBH offers ***myWakeHealth***, a patient portal that gives patients unprecedented access to their health information, without the unnecessary burden of waiting. *MyWakeHealth* allows you to get answers to your medical questions from the comfort of your own home; schedule your next appointment or view details of your past and upcoming appointments; and access test results. For more information:

[www.mywakehealth.com](http://www.mywakehealth.com)

**BestHealth** is the Piedmont Triad’s trusted source for hands-on health knowledge, classes and screenings. BestHealth is presented by Wake Forest Baptist Medical Center, one of America’s top ranked hospitals. An optional membership is also available to individuals who want to take a more active role in improving or managing their health. For more information:

336.713.BEST (336.713.2378)

 https://www.wakehealth.edu/Patient-and-Family-Resources/Health-and-Wellness/BestHealth/BestHealth-Community

**Driver Rehabilitation Services** include clinical assessments of a person’s visual, perceptual, cognitive, physical, and behavioral abilities as it relates to safe and independent driving due to aging, an illness or

injury. Two local providers of these services are:

Driver Rehabilitation Services, P.A. Forsyth Rehabilitation Center

Toll-free: 888.888.0039  336.718.5780

Office: 336.697.7841

www.@driver-rehab.com

The **Winston-Salem Mayor’s Council for Persons with Disability (MCPD)** hosts free monthly meetings that are open to the public. Meetings are at 11:30am on the second Tuesday of each month. For more information:

 336.245.5678

The **WFBH StrokeFit Exercise Class** is an evidence based exercise class specifically designed for persons who have experienced a stroke. Participants have the opportunity to improve their mobility, arm/hand function and cmmmunity reintegration. The class also provides an opportunity for social interaction and overall improvement in well-being. Classes meet Tuesdays and Thursdays at Ardmore Baptist Church. A fee is charged per class and an application must be completed by the participant and the participant’s physician prior to attending classes. For more information:

336.716.8007

The Inpatient Rehabilitation Programs are pleased to offer a **Rehabilitation** **Resource Center** on the

Comprehensive Inpatient Rehabilitation Unit. Please visit the center and let us know what you think.

If you need assistance finding additional resources in your community:

Email: Rehab4Life@wakehealth.edu.



**Map and Driving Directions to the Sticht Center**



The Rehabilitation Programs are located on the 3rd floor of the Sticht Center. Park in Patient/Visitor Deck A.

**From Interstate 40 East:** Take Business 40 toward Winston Salem. Exit Cloverdale Avenue. At the bottom of the exit ramp, continue straight through the traffic light onto Medical Center Boulevard. Proceed up the hill and around the curve. Turn left into the Main Entrance to the Medical Center. Turn into the first drive on your left. And then right to park in Deck A.

**From Interstate 40 West**: Take Business 40 toward Winston Salem. Exit Cloverdale Avenue. At the bottom of the exit ramp, turn right on Cloverdale Avenue. At the first traffic light, turn left onto Medical Center Boulevard and proceed up the hill and around the curve. Turn left into the Main Entrance to the Medical Center. Turn into the first drive on your left, and then right to park in Deck A.

**Contact Numbers**

We want to provide the best possible care and service to you and your family. If you have a problem, concern, or unmet need related to your stay on the rehab unit, please speak to your nurse or care coordinator as soon as possible. We are here to help you each step of the way.

**Rehabilitation Units**

Acquired Brain Injury (ABI) Unit-3SA Rooms-301-310 336.713.8300

General Rehabilitation Unit-3SB Rooms-351-369 336.713.8341

Patient Rooms 336.702.5(room number)

**Rehabilitation Program Management**

Nurse Manager: Jennifer Beacom 336.713.8355

Therapy Manager: Jennifer Brown 336.713.8065

Quality and Compliance Manger: Lynn Watkins 336.713.8328

**Care Coordinators**

Joy Watson 336.713.8815

Katherine Conrad 336.716.8024

**Office of Patient Experience**  336.713.2273

**Billing and Insurance**

Billing 336.716.4958 or 877.938.7497

Financial Counselor 336.716.0681

**After Discharge**

For Questions about community resources or inquiries about rehab services: email Rehab4Life@wakehealth.edu

Inpatient Rehabilitation Website: <https://www.wakehealth.edu/Specialty/p/Physical-Medicine-and-Rehabilitation/Inpatient-Rehabilitation>

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