

LIFE-CHANGING CARE



INPATIENT CARE

 Rehabilitation
Hospital of Indiana



HELPING PATIENTS GET THE MOST OUT OF REHAB



When a stroke, accident or other traumatic incident turns a person's world upside down, there's a place in Indiana where he or she can start the road to recovery. At Rehabilitation Hospital of Indiana (RHI), we are certified by the Commission on Accreditation of Rehabilitation Facilities (CARF) so we can help even the most serious cases make progress. **In fact, RHI is the only Traumatic Brain Injury (TBI) Model System in Indiana and one of just 16 nationwide.**

One reason we are so successful is our **translational research, which lets us apply scientific applications from evidence-based treatment to enhance patient care.** Read examples of enhanced care through translational research later in this brochure.

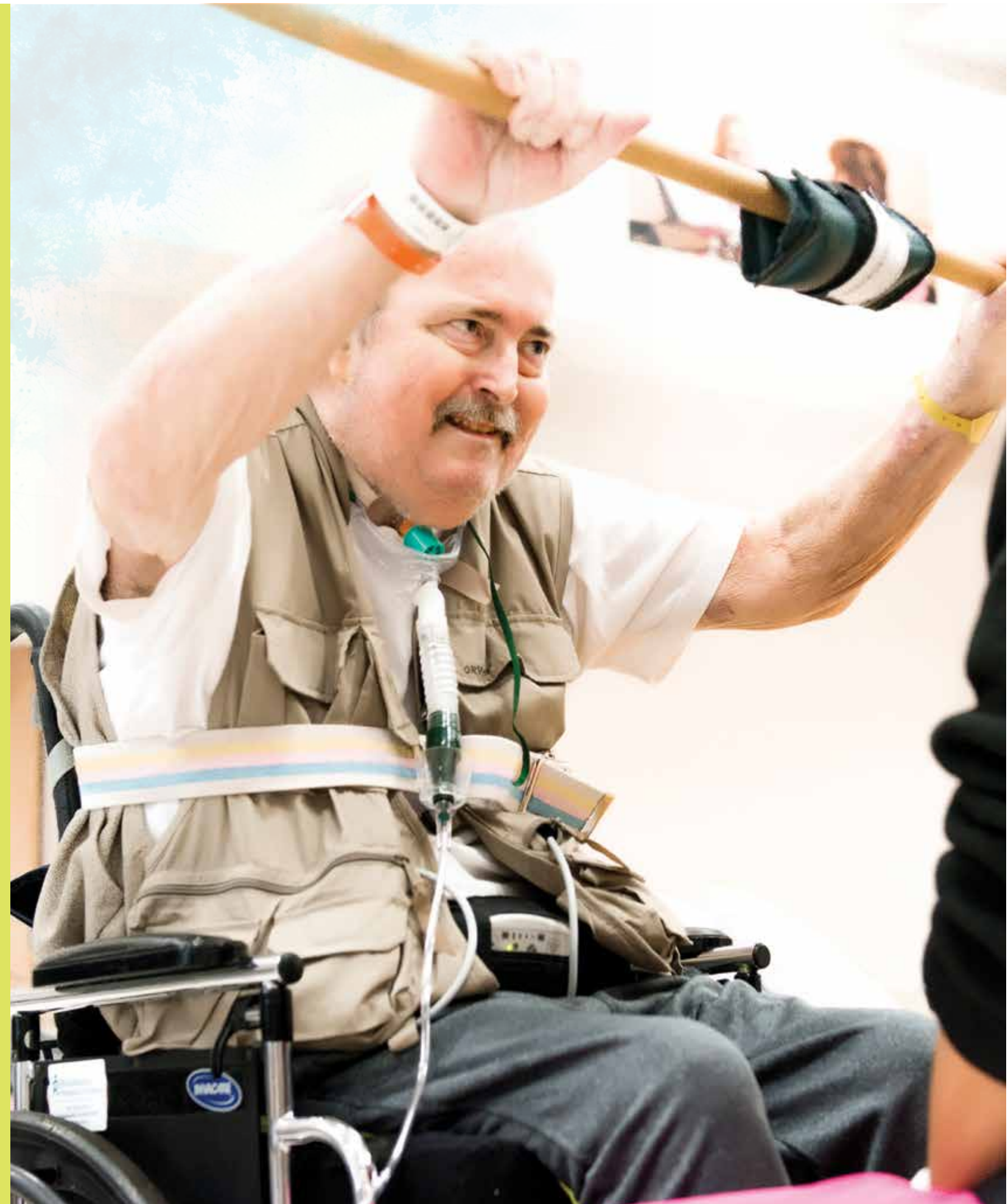
RHI's inpatient programs provide intensive rehabilitation services for patients who need physician-directed care and 24/7 nursing. Individual and group therapy is provided seven days a week, with most patients receiving three hours of therapy five days a week. Of course, RHI uses state-of-the-art equipment and technology, with rehab programs tailored specifically to each patient's case. Nearly 70% of patients safely return home after their RHI stay,

with most patients improving to a level of functional independence during an average stay of 14-17 days. For those patients needing additional therapy after discharge, **RHI also provides these and other outpatient services:**

- General Physiatry Clinic
- Rehabilitation Neuropsychology Department
- Follow-up Clinics
- Spasticity Clinics
- Vestibular and Balance Program
- Wheelchair Seating and Positioning Clinics
- Driving Program
- Vision Program
- Aquatic Program

Shorter Hospital Stays Prior to Coming to RHI

RHI provides short-term, acute inpatient rehabilitation for patients who have suffered a significant event. We treat victims who have suffered accidents or strokes or who have had major surgeries such as spinal cord or transplant surgeries. Because of our professional staff, who are experts in their fields, RHI is able to admit patients from referring hospitals sooner than other rehab facilities. In addition to having shorter hospital stays, RHI patients are also readmitted to their referring hospital at a much lower rate.





ONE OF ONLY
16 TRAUMATIC
BRAIN INJURY
MODEL SYSTEMS
IN THE
UNITED STATES



BRAIN INJURY REHABILITATION

As Indiana's only TBI Model System, RHI is the go-to for brain injuries. Patients admitted for brain injuries—trauma, tumors, infections, aneurysms or anoxia—have every aspect of their physical, emotional and cognitive abilities evaluated. Care is provided by an experienced, interdisciplinary team including a physiatrist, neuropsychologist, nurses specializing in brain injury rehabilitation, physical therapists, occupational therapists, and speech and language pathologists.

Highlights of RHI Care

- Physicians with fellowship in brain injury medicine
- Certified Brain Injury Specialist through the Brain Injury Association of America
- Neuropsychology services to address the cognitive, behavioral and emotional dynamics unique to brain injury
- Continuum of care, from inpatient acute rehabilitation to specialized outpatient and day treatment programs
- Caregiver education classes
- Resource facilitation
- Brain injury coping skills groups
- Onsite support groups by Brain Injury Association of Indiana

PATIENTS RECEIVE AT
LEAST 15 HOURS OF
THERAPY PER WEEK AND
24/7 NURSING CARE

SPINAL CORD INJURY REHABILITATION

As Indiana's only CARF-accredited rehabilitation program for spinal cord injuries, RHI is equipped to treat quadriplegia, paraplegia, simultaneous spinal cord and brain injuries, as well as vascular and infectious injuries to the spine. Our interdisciplinary team of a physiatrist, nurses, physical therapists, occupational therapists, speech and language pathologists, dieticians and care coordinators provide the education and training to best function after discharge.

Highlights of RHI Care

- Physicians with fellowship training and board certification in spinal cord injury medicine
- Patient education classes
- Assistive technology and adapted computer station
- Home, work and school evaluations
- Onsite vocational rehabilitation services
- Peer guest program
- Community outings
- Adaptive van for driver re-education
- RHI Sports Program





STROKE REHABILITATION

Because each of the 795,000 Americans who suffer a stroke each year is impacted differently, RHI customizes care to best match each patient. Our physiatrist coordinates medical care with all disciplines on the team to ensure maximum recovery while minimizing potential complication. Included in that team are speech and language pathologists to focus on activities such as swallowing, comprehension and memory, and physical therapists to work on walking, balance and community re-entry. Occupational therapists and specialized nurses round out the team.

Highlights of RHI Care

- Specialized rehabilitative nursing
- Continuum of care
- Post-stroke support group
- Care of complex cardiac patients
- Ventricular Assistive Device (VAD) trained caregivers
- Coumadin education
- Diabetic education
- Spasticity management including use of Botox

RETURN TO DRIVING
PROGRAM PROVIDES DRIVER
EVALUATIONS AND DEPENDENT
PASSENGER EVALUATIONS

COMPREHENSIVE MEDICAL REHABILITATION

In addition to the specific areas already described, RHI also provides intensive rehabilitation services to address complex medical, surgical and/or neurological injuries or illnesses. These patients tend to have conditions that affect a number of systems, including cardiac, pulmonary and renal. Our multidisciplinary team works with patients and their families so they can best function after discharge.

CARE IS ENHANCED BY
A 12,000-SQUARE-FOOT
THERAPY GYM AND WARM
WATER THERAPY POOL

Highlights of RHI Care

- Dialysis support
- Pulmonary disease and dysfunction
- Amputation education and follow-up
- Post-organ transplants
- Parkinson's disease
- Post-orthopedic surgery and trauma
- Debilitation



TRANSLATIONAL RESEARCH LEADS TO CONTINUAL IMPROVEMENT

We have made patient care better with these and other research efforts.

Indiana Traumatic Brain Injury (TBI) Model System

RHI is the only TBI Model System in Indiana and one of only 16 in the United States, as designated by the National Institute for Disability and Rehabilitation Research. Dr. Flora Hammond and her colleagues are testing new methods for reducing irritability and aggression after brain injury. Recently an article was published in the New England Journal of Medicine showing the drug Amantadine increases the rate of recovery of consciousness after brain injury.

IU InterFACE Center at RHI—Human Interactions Lab

Dr. Dawn Neumann utilizes state-of-the-art technology at the new IU InterFACE Center at RHI to study emotional and behavioral responses for the development of new treatments that improve interpersonal relationships and quality of life for patients with neurological disorders.

Spinal Cord Injury (SCI) and Weight Management

Due to an increased risk for weight gain for patients after spinal cord surgery, Dr. Katherine Stenson is testing a specially designed program of diet and exercise to help patients manage their weight.

Brain Injury Coping Skills (BICS) Group & Couples CARE Support

The Dr. Lisa Thompson Fund allowed Dr. Samantha Backhaus to develop a group treatment program to teach individuals with brain injury and their caregivers how to effectively

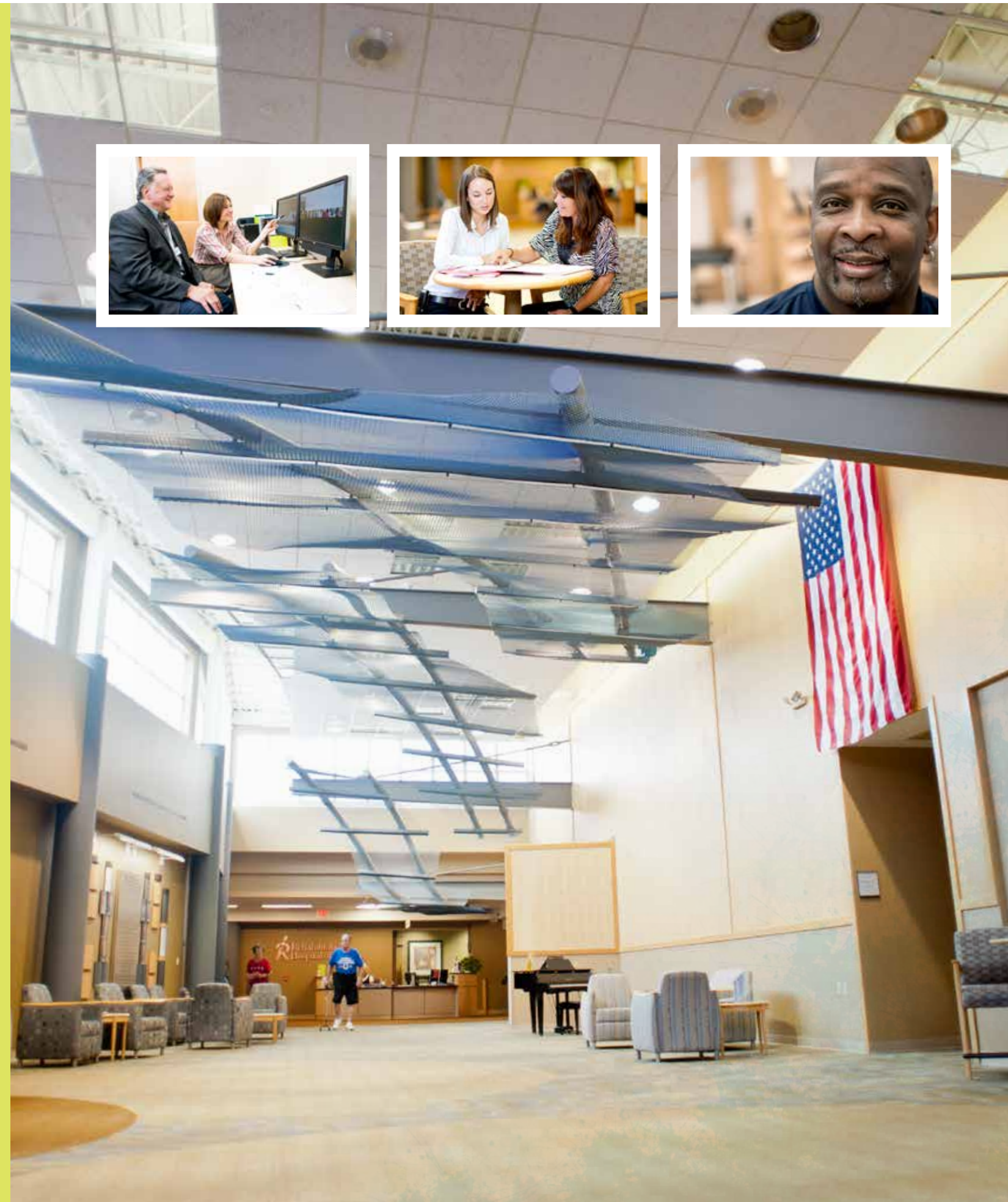
cope with life challenges. In addition, Backhaus developed Couples CARE to assist couple in learning to manage life changes and enhance their relationships.

Resource Facilitation

Dr. Lance Trexler found that Resource Facilitation provides a network of services and support, doubling the return-to-work rate after brain injury. Trexler's research led to Resource Facilitation networks, making Indiana the only state to offer this kind of assistance for brain injury disability.

Outcome Measurement

The Mayo-Portland Adaptability Inventory (MPAI-4) developed by Dr. James Malec is the most widely used tool for assessing progress and outcomes in outpatient brain injury rehabilitation. The MPAI-4 shows that the average patient at the RHI-NeuroRehabilitation Center improved in abilities, adjustment and re-engagement in family and community life. Dr. Malec received the 2015 Fürst Donersmarck Foundation research prize in neurorehabilitation for his development and research with the national MPAI-4 OutcomeInfo database.



RHI-Main Campus

Specialized Acute and Outpatient Services

4141 Shore Drive, Indianapolis, IN 46254

Main Phone: 317-329-2000 Fax: 317-329-2064

Inpatient Admissions

Phone: 317-329-2192 Fax: 317-329-2064

Outpatient Admissions

Phone: 317-329-2141 Fax: 317-329-2165

RHI-Carmel

Specialized Outpatient Services

12425 Old Meridian Street, Suite B2, Carmel, IN 46032

Phone: 317-566-3422 Fax: 317-566-9111

IU Health Ball Memorial Hospital

In partnership with Rehabilitation Hospital of Indiana

Acute Rehabilitation Center

2401 W. University Avenue, Muncie, IN 47303

Phone: 765-751-5398 Fax: 765-751-6209

RHI-NeuroRehabilitation Center

Specialized Outpatient Services

9531 Valparaiso Court, Indianapolis, IN 46268

Phone: 317-879-8940 Fax: 317-872-0914

St. Vincent Acute Rehabilitation Unit

In partnership with Rehabilitation Hospital of Indiana

Acute Rehabilitation Unit

2001 W. 86th Street, Indianapolis, IN 46260

Phone: 317-338-3355 Fax: 317-338-2112



Riley Hospital for Children

In partnership with Rehabilitation Hospital of Indiana

705 Riley Hospital Drive

Indianapolis, IN 46202

Phone: 317-944-5000



RHI is a community collaboration between Indiana University Health and St. Vincent Health