



EVERY FACE HAS
A **STORY** TO TELL

 Rehabilitation
Hospital of Indiana



**“In Rehabilitation,
Our Medicine is
our People”™**



A History of Healing

Rehabilitation Hospital of Indiana opened in January of 1992 as one of the few freestanding rehabilitation hospitals in Indiana. RHI has the backing of two of the largest and most well respected health care organizations in the state: Indiana University Health and St.Vincent Health.

RHI is a specialty based rehabilitation facility, where RHI patients work with therapists and nurses trained in the treatment of their particular diagnosis. The vast majority of our patients return to their home environment after discharge from RHI.

RHI provides continuum of care throughout the rehabilitation process. This includes inpatient, outpatient specialty services and vocational evaluation and training. RHI has three convenient locations throughout the Indianapolis area.



On the Cover...

Jay Shultz was serving as a missionary in Haiti when he suffered a traumatic spinal cord injury. The severity of his injury required Jay to be airlifted to Miami for surgery. His surgeon advised for the best outcome to find a CARF certified rehabilitation facility that specialized in spinal cord injury rehabilitation. Through research

he discovered that Rehabilitation Hospital of Indiana (RHI) was the only CARF accredited spinal cord hospital in Indiana.

Barely able to sit up right upon arrival at RHI, Jay persevered through his rehabilitation process. Upon discharge he was able to transfer out of bed by himself and function independently. Jay credits the RHI treatment team for his progress.

“RHI helped me regain my independence. The therapists worked me incredibly hard and pushed me to get stronger each day.”

Jay is grateful to the nurses, therapists and programs at RHI for providing the care and hope that will allow him to continue his dreams of helping others.

LET THE HEALING BEGIN

INTER-DISCIPLINARY INDIVIDUALIZED THERAPEUTIC TREATMENT

- Brain Injury Rehabilitation
- Spinal Cord Injury Rehabilitation

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- Stroke Rehabilitation
- Comprehensive Medical Rehabilitation

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- Specialized Rehabilitation
Outpatient Services

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- RHI Foundation
- RHI Sports Program

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Our Mission

Rehabilitation Hospital of Indiana provides personalized, compassionate care that enables individuals to regain hope and independence after life-changing injury or illness.

Our Vision

RHI leads in the practice of rehabilitative medicine through internationally-recognized translational research, innovative and patient-centered care, and holistic training.

We will achieve this vision through the following:

Our Values

- Integrity :** Treating each individual with dignity and respect
- Innovation:** Pioneering in research leading to better outcomes
- Compassion:** Providing an empathetic and healing environment
- Teamwork:** Empowering employees
- Service:** Providing community outreach and advocacy for individuals with disabilities through our staff, physicians, and the RHI Foundation.

- Achieving superior patient outcomes
- Embracing innovative treatment methods
- Recruiting outstanding clinical expertise
- Training the next generation of rehabilitation professionals
- Seeking partnerships with other community members who serve our patient population
- Providing a lifetime continuum of rehabilitation services for our patients



Want to know more?

visit RHI online @
www.rhin.com

SPECIALIZED PROGRAMS

Our inpatient programs provide intensive rehabilitation services for individuals who need physician-directed care and around-the-clock rehabilitative nursing. For these patients, individual and group therapy is offered seven days a week, with most patients receiving three hours of therapy five days a week. Patients participate in activities that utilize state-of-the-art equipment and technology, and receive individualized education regarding their comprehensive plan of care and include the following types of rehabilitation:



“My injury is life changing for me and my family. I am so pleased that I was able to do my rehabilitation at RHI. The nurses not only took excellent care of me around the clock, but were very encouraging. The physical therapy and occupational therapy I received made it possible for me to once again function independently and resume life with my family, friends and my job. When it came time for me to choose a facility to do my outpatient rehab, there was no doubt I was going to choose RHI.”

Jay Shultz
- RHI patient

MORE ▶

Brain Injury Rehabilitation

RHI provides care to survivors of traumatic brain injury as well as those with acquired brain injuries which may involve brain tumors, infections, aneurysms, or anoxia. Often these injuries can impact every system of the body. A person admitted to RHI for brain injury will have every aspect of their physical and cognitive abilities evaluated, including vision, hearing, reasoning ability, memory, language skills (speaking, writing and reading), personality, and their ability to concentrate. Additionally, each patient is screened for paralysis, seizure activity, and spasticity, which can also occur with brain injuries.

Every person with a brain injury is under the care of an experienced interdisciplinary team, including, a Physiatrist (a physician with specialized traumatic brain injury medicine training), neuropsychologist, nurses specializing in brain injury rehabilitation, physical therapists, occupational therapists, and speech therapists who all work together to develop an individualized treatment plan.

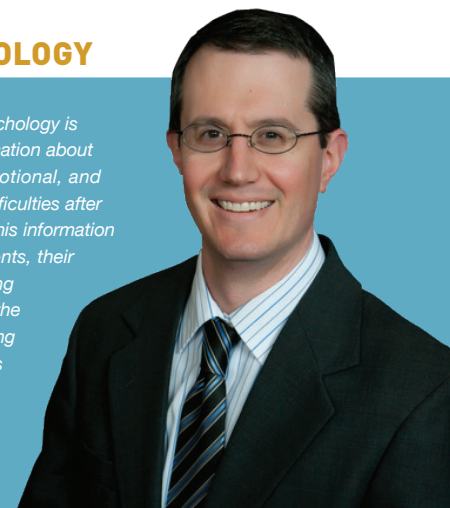
At RHI, our staff not only treat patients with traumatic brain injuries, but they also engage in research concerning traumatic brain injuries, which help uncover better treatments and better outcomes for our patients.

RHI Brain Injury Program Highlights

- Physicians with fellowship training in brain injury medicine
- Caregiver education classes
- 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 community re-entry programs
- Resource Facilitation
- Brain Injury Coping Skills groups
- On-site support groups by Brain Injury Association of Indiana

WHAT IS NEUROPSYCHOLOGY

“The purpose of Neuropsychology is to provide in-depth information about a person’s cognitive, emotional, and behavioral abilities and difficulties after a brain injury or stroke. This information can be invaluable to patients, their caregivers and their treating professionals in tracking the person’s progress, identifying ways to maximize strengths and using those strengths to compensate for any residual weaknesses.”



Bradley Hufford, PhD
-Neuropsychologist

Spinal Cord Injury Rehabilitation

Approximately 11,000 spinal cord injuries occur yearly, each requiring special care and attention. As the only certified spinal cord injury rehabilitation program in Indiana, RHI is equipped to treat quadriplegia, paraplegia, simultaneous spinal cord and brain injuries, as well as vascular and infectious injuries to the spine.

Multiple lifestyle changes can be expected depending on the level of your injury or impairment. An interdisciplinary team of professionals including your Physiatrist (physician with specialized spinal cord injury training), nurses, physical therapists, occupational therapists, speech therapists, dieticians and case managers will work with you and your family to provide the individualized education and training needed to equip you to care for yourself after discharge. In addition, rehabilitation psychologists assess your psychological readiness to cope with these changes to assist in improving your overall quality of life.

Besides one-on-one therapy sessions, weekly spinal cord education sessions address such topics as anatomy and physiology, nutrition, medical complications, driving, travel, bowel and bladder management, skin integrity, cushions and adaptive equipment.

After your inpatient stay, RHI provides multiple outpatient services to meet your ongoing needs. These include occupational, physical, and speech therapy, plus clinics dealing with the long term management and effects of aging on spinal cord injuries.

RHI Spinal Cord Injury Program Highlights

- 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

WHY I DO THIS...

“I am continuously impressed by the determination and perseverance of my patients.”



Katherine Stenson, MD
-Physiatrist
Spinal Cord Injury Medical Director



SPECIALIZED PROGRAMS (CONTINUED)



Stroke Rehabilitation

Stroke is the third leading cause of death in the United States, and more than 795,000 Americans suffer a new or subsequent stroke each year. Each single stroke is different and impacts a stroke survivor in distinctive ways. The effects of a stroke can often interfere with functions needed to carry out basic, daily activities walking, bathing, getting dressed, speaking, writing, working and leisure activities. The RHI comprehensive Stroke Rehabilitation Program includes a speech therapist focusing on swallowing, comprehension, reasoning, memory, language skills, and concentration, Physical therapist focusing on walking, balance, strengthening, improved endurance and initial community re-entry. Occupational therapists focus on home management skills, activities of daily living, strengthening, mobility, endurance and when necessary, wheelchair fitting. RHI nursing is equipped to care for complex medical conditions, coordinates family education, specific classes and assists case management with discharge planning.

The Psychiatrist (physician with specialized stroke rehabilitation training) will coordinate medical care with all disciplines to ensure maximum recovery and minimize potential complication.

RHI Stroke Rehabilitation Program Highlights

- Specialized 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



Comprehensive Medical Rehabilitation

RHI's Comprehensive Medical Services provide intensive rehabilitation for individuals with complex medical, surgical and/or neurological injuries or illnesses.

Patients on the unit tend to have a wide variety of conditions that affect a number of different systems, such as cardiac, pulmonary and renal. Common diagnoses treated in this area are Parkinson's disease, debilitation, transplants, post surgical orthopedics and multiple trauma. Traumatic and non-traumatic amputation patients are also treated and are educated on how to care for their residual limb, including shaping, wrapping and desensitization, so they can prepare for a prosthetic limb after discharge.

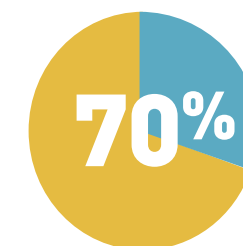
Patients needing dialysis support are also managed by the Comprehensive Medical team. Rehabilitation for all conditions centers on healing, teaching those in your support system how to assist you, and achieving realistic goals that allow you to safely return to participating in the activities you enjoyed before your injury, surgery or illness.

After your inpatient stay, RHI provides multiple outpatient services to meet your ongoing needs. These include occupational, physical and speech therapy, amputation education and follow-up, and the Parkinson's and Pain clinics.

RHI Comprehensive Medical Rehabilitation Program Highlights

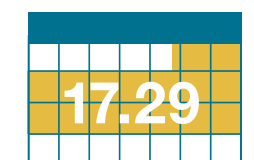
- Dialysis support
- Pulmonary disease and dysfunction
- Amputation education and follow-up
- Post-Organ Transplants
- Parkinson's Disease
- Post-Orthopedic Surgery and Trauma
- Debilitation
- Interdisciplinary Team Approach

2011
RHI OUTCOMES
FROM eREHAB DATA



Of Patients
Return
to Home

Average Length of Stay:



days



SPECIALIZED REHABILITATION OUTPATIENT SERVICES

RHI offers comprehensive outpatient services

that support and expand the core programs offered in our inpatient setting. The rehabilitation process is intended to continue following discharge from the hospital. Our program is structured to provide our patients and families with the resources and therapy needed to reach their goals. We specialize in both orthopedic and neurological treatment regimens; offering individualized treatment and one-on-one therapy. Access to state of the art equipment and technology combined with knowledgeable and compassionate therapists translates into great outcomes for our patients. Our therapists bring a wide range of experience and expertise to our practice and enhance our ability to provide evidence based rehab to individuals with a wide variety of needs.



Follow-Up Clinics

RHI has developed a comprehensive follow-up program unlike any other in the Indianapolis area. These clinics provide a structured approach for individuals for follow-up services with stroke, brain injury, and spinal cord injury survivors. These clinics are designed to ensure survivors' continued access to support and resources. We recognize that these patients' rehabilitation journey is ongoing and we always want to provide a home base for their needs.

General Physiatry Clinic

RHI is specifically designed to support the delivery of individualized programs of care for patients suffering from back pain and musculoskeletal conditions, and addresses it up-front so that they can fully participate in their recovery and be themselves again. This clinic includes spinal injections, nerve blocks, Botox injections and Electromyography (EMGs). RHI seeks to deliver programs of care for patients with pain that may be a direct result from injuries, disease, and/or surgery. Diverse conditions are treated through this clinic and it is designed for patients whose functioning has been diminished.

RHI treats the following conditions, but are not limited to:

- Lower back pain
- Biomechanical spine pain
- Muscle pain (myofascial pain and fibromyalgia)
- Neuropathic pain (pain in the nerves)
- Arthritis pain
- Pain deriving from spasticity

Spasticity Clinics

"Spasticity" can best be described as a disorder where overexcited nerves fire rapid messages to the muscles.

As a result, muscles become difficult or uncontrollable. Muscle spasticity can interfere with almost all daily living activities, such as walking, sitting, wheeling a chair, bathing, dressing, and general self-care.

RHI's Spasticity Clinic treats individuals with spasticity caused by the following conditions:

- Spinal Cord Injury
- Brain Injury
- Stroke
- Cerebral Palsy
- Multiple Sclerosis
- Spina Bifida
- Movement disorders

Rehabilitation Neuropsychology Department at RHI

RHI Neuropsychologists are internationally recognized clinicians and researchers specializing in brain injury rehabilitation. Brain injury rehabilitation is based on a careful neuropsychological assessment of different cognitive and behavioral functions, such as memory or behavioral regulation.

The RHI Neuropsychologists provide many different rehabilitation services that go beyond assessment to ensure that people with brain injury get the best recovery possible.

The RHI Rehabilitation Neuropsychologists provide:

- Individual and group treatment for behavioral and cognitive difficulties
- Brain Injury Coping Skills group for long-term family adjustment
- Assistance with return to work and driving
- Access to peer mentoring services

WHY I DO THIS...

"The NRC team specializes in brain injury and stroke. rehabilitation services at NRC provide the transition from the hospital to meaningful participation at home, in the community and return to work. We systematically study our outcomes which are some of the best in the nation."



Lance Trexler, PhD
-Neuropsychologist
Director of Rehab Neuropsychology

Vestibular and Balance

RHI also offers a vestibular and balance retraining program performed by highly trained physical therapists utilizing state of the art technology adapted from NASA. The NeuroCom® Computerized Dynamic Posturography Assessment and SMART Balance Master® programs allow the practitioner to identify the root cause of the balance disorder. This information in combination with the physical therapist's expertise results in a course of treatment that optimizes the patient's success.

The benefits of RHI's Vestibular and Balance program:

- Objective data and computerized testing
- Complete reports shared with physician
- Quicker time to functional treatment and activities of daily living
- Improved patient outcomes as a result

Wheelchair Seating and Positioning

RHI provides a comprehensive wheelchair seating and positioning clinic for new wheelchairs or seating modifications. A team approach is used coordinating the client, Occupational therapist, Physical therapist, wheelchair vendor (client's choice), and physician. RHI has therapists who are Assistive Technology Practitioners with advanced training and certification in seating and positioning. Evaluation and recommendations are completed and sent to your physician for approval of medical necessity.

Benefits of RHI wheelchair clinic

- Comprehensive evaluation to ensure wheelchair meets all needs of the client
- Follow-up care that addresses any concerns or needed modifications to wheelchair
- Communication with physician and vendor to support payment and meet requirements of medical necessity.
- Training and education provided to client and family.

Driving

RHI's Return To Driving program is dedicated to promoting safety and independence in driving. Our specially trained occupational therapists address the visual, cognitive, and physical impairments that affect an individual's ability to drive. We utilize vehicles with state of the art adaptive equipment and computer systems, that can be modified to meet the needs of the individuals we serve.

Our comprehensive driving program includes:

- State of the art van with advanced equipment and computer systems.
- Screening of vision, motor, and cognitive limitations
- Screening of judgment, safety, and knowledge of the rules of the road
- Behind the wheel evaluation with an occupational therapist and certified driving instructor
- Modified vehicles to enhance independence with driving
- Behind the wheel training as needed with an occupational therapist or certified driving instructor
- Courtesy drive at the Bureau of Motor Vehicles

Vision

Our vision rehabilitation service is comprised of a specialized occupational therapy team with expertise in pediatric and adult vision rehabilitation. Vision is a complex integration between the eyes, brain, and body. Our therapists provide restorative and compensatory training for individuals following a brain injury or stroke, in addition to low vision intervention for adults with degenerative eye diseases. We provide a comprehensive evaluation and treatment plan to help improve our patients' visual performance at home, school, work, and on the road.

This team specializes in:

- Pediatric Vision Rehabilitation
- Adult Vision Rehabilitation
- Providing restorative and compensatory training for individuals post brain injury and stroke
- Low vision intervention for adults with degenerative eye diseases
- Visual tests for driving assessments
- On-site optometrist

RHI FOUNDATION

The RHI Foundation is an essential member of the RHI caregiving team. Through the generosity of our patients, patient family members and community organizations, the Foundation enhances the RHI staff's ability to provide state of the art rehabilitation services.

Donating to RHI...

Stepping up in the past; preparing for the future

Yesterday, patients, their families and friends donated to advance RHI and helped make it a caring, healing and hope-filled organization. Gifts to RHI today will assure that we can fulfill the hospital's mission of positively changing the lives of the patients who will follow tomorrow.

The RHI Foundation receives and administers philanthropic contributions that:

- Support RHI's world class applied research endeavors such as the testing of interventions that support family coping, rejoining the community, and returning to work
- Facilitate the purchase of new therapy equipment like standing frames, treadmills and adaptive technology
- Provide staff training in new areas such as Parkinson's therapy
- Make possible facility improvements like the Healing Garden
- Supply discharging qualified patients with drugs or equipment
- Improve individuals' quality of life through support of the RHI Sports Program
- The purchase of a new van for the Return to Driving Program.



“Jerry and I feel that no amount of money nor anything we can do for RHI would ever be enough to say, “Thank you!” for what you gave with your support, rehab talents, and laughter. You have been a blessing to us and we pray we can help RHI meet the needs of others.”

Anita and Jerry Way
- LaPorte IN

RHI SPORTS PROGRAM

The RHI Sports Program (RHISP) makes recreational and competitive activities a reality again for many individuals who have endured an injury or illness and completed rehabilitation. Our program boasts over 14 sports teams and conducts approximately 25 athlete development programs each year, resulting in nearly 22,000 program hours to more than 300 individuals. We provide competitive and non-competitive opportunities for youth and adults with spinal cord, orthopedic, neuromuscular, and visual impairments to engage in challenging experiences.

RHISP Teams:

(specially designed equipment is available for many of the activities)

- Beep Baseball
- Wheelchair Racing
- Water Skiing
- Wheelchair Basketball
- Power Soccer
- Youth Track and Swimming
- Wheelchair Tennis
- Quad Rugby
- Hand Cycling
- Wheelchair Fencing
- Archery

RHISP Clinics:

- Rock Climbing
- Fishing
- Hunting
- Sailing
- Rowing
- Bocce Ball
- Kayaking
- Scuba Diving
- Snow Skiing
- Horseback Riding
- Sled Hockey
- Disc Golf
- Golf

Research Keeps RHI at the Leading Edge of Clinical Care

Research at RHI focuses on new techniques and knowledge that help our physicians and therapists provide the most advanced care for our patients. Goals of current studies range from maximizing progress during inpatient rehabilitation, testing new medical treatments for irritability and depression, and developing interventions that support family coping, rejoining the community, and return to work.

Research partnerships with colleagues at the IU School of Medicine, IU-Bloomington, Purdue and other academic centers in Indiana gives RHI access to the best minds in Indiana to advance our mission of leading edge research for the best rehabilitation today and tomorrow.



Flora Hammond, MD
-Physiatrist
Chief Medical Affairs

James Malec, PhD
-Neuropsychologist
Director of Research

 **19** Active research projects at RHI

Researchers in the Department of Physical Medicine and Rehabilitation at RHI...

-  have over \$4 million in research funding
-  published 17 professional journal articles in 2010 and 20 in the first half of 2011
-  made 43 presentations at national and international professional meetings in 2010 and 23 in the first half of 2011



WHY CHOOSE RHI?



Commission Accreditation
of Rehabilitation Facilities



The Joint Commission



Indiana State
Department of Health

- RHI is CARF accredited in brain injury, spinal cord injury and stroke!
- Rehabilitation services directed by onsite physical medicine & rehabilitation physicians
- Neuropsychologist on staff
- Frequency of physicians visits: every 1-2 days
- Physicians onsite 24/7
- Average daily nursing hours: 6-8 hours per patient/per day
- Offers specialized physical, occupational and speech therapy, psychology, and recreational therapy based on patient and family needs.
- At least 15 hours of therapy per week
- Interdisciplinary weekly team meetings with physician, therapists, nursing, and case management
- Team focus on discharge to the community
- Continuum of care from inpatient to outpatient services
- 12,000 square feet of therapy gym
- Warm Water Therapy Pool
- Transitional Care Teaching Apartment
- Comprehensive, Goal Oriented, Rehabilitation Program
- Onsite pharmacy, radiology, respiratory therapy, and laboratory
- Driving evaluations



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



Indiana University Health



St. Vincent
HEALTH



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RHI is a tobacco-free environment for the well-being of our patients, visitors and staff. RHI offers free wireless internet service at our main campus.