

SITRIN

The Help. The Hope. The Healing.

Patient Guide to Short-Term Rehabilitation at Sitrin

(Inpatient Post-Acute Care)



New Hartford, NY



Hank you for considering Sitrin
for your short-term rehabilitation.

Whether you are currently in the hospital or planning elective surgery, Sitrin's inpatient medical rehabilitation program is designed to help you meet your recovery goals so you can return home as quickly as possible. A team of physicians, therapists, nurses, and related professionals will develop a personalized plan to meet your needs, and will be your guide and support system throughout the recovery process.

Sitrin understands that choosing the right medical rehabilitation facility can be a challenge, especially if you don't know what to expect or which questions to ask. This booklet is designed to help ease your concerns, while also providing useful information about rehabilitative care at Sitrin.

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Who should go to Sitrin for inpatient rehab?

With a comprehensive selection of medical rehabilitation services, Sitrin's inpatient rehabilitation program provides a vital link between hospital and home for those needing pain management, or individuals of recuperating from:

- Elective surgery, joint replacements, back and neck surgery
- Cardiac surgery
- Stroke
- An injury from a fall or accident
- An amputation
- Illness
- A long hospital stay



Sitrin is the preeminent provider of rehabilitation services to Utica and the Mohawk Valley, and receives an increasing number of referrals from outside the geographic area.

The Care

Who will provide care for me?



Sitrin uses a comprehensive care team approach to tailor your rehabilitation to your specific needs. Members of your team may include a variety of disciplines depending on your diagnosis.

- **Physicians and a full-time Physiatrist** with extensive backgrounds in physical medicine and rehabilitation, cardiology, and internal medicine are on-staff to meet your medical needs.
- **Trained Rehabilitative Nurses and Certified Nurse Assistants** provide and coordinate a plan of care, while also taking into consideration your need for physical rehabilitation.
- **Case Managers** coordinate care, participate in treatment and discharge planning, and help you understand your recovery program so you can achieve your goals.
- **Physical Therapists** help you achieve a range of recovery goals, including strength, balance, endurance, and mobility.
- **Occupational Therapists** maximize your independence in daily activities, enhance strength and coordination, and train individuals in the use of adaptive equipment if needed.
- **Recreation Therapists** offer a variety of programs, including kitchen safety skills, functional balance, horticulture therapy, and educational and leisure activities.
- **Speech Language Pathologists** provide individualized programs to treat speech, language, memory, thought processes, swallowing, and other communication-related conditions.
- **A Psychologist** works with other team members to provide counseling and support whenever needed, and helps patients and families adjust to life-changing illnesses, injuries, or disabilities.
- **A Registered Dietician** plans therapeutic diets according to your specific needs and diagnoses.

What is the role of my family physician?

Sitrin's inpatient rehabilitation team works closely with your referring physician/surgeon to ensure continuity of care throughout your rehabilitation.

How long will I be an inpatient at Sitrin?

Every individual's case is different. The length of stay will be determined by your diagnosis and subsequent progress. On average, patients with a total knee replacement stay for about nine days, and those with a total hip replacement, stay for about 13 days. The average inpatient stay for all diagnoses is 17 days.



How long will I be in therapy every day?

Every patient at Sitrin is reviewed on an individual basis by a comprehensive team of medical professionals. This team reviews your diagnoses before determining the types of therapies you will need. Typically, each patient is in therapy two-three hours per day.



Does Sitrin offer any new technology or accommodations for individuals with special needs?

Sitrin utilizes cutting-edge technology in various areas to improve your stay and assist people of different diagnoses:

- Optimus is an electronic medical records system, which allows Sitrin's staff to access your chart from anywhere in the building. This technology is used by the multi-disciplinary team to design a plan of care, develop interventions, and communicate with one another securely - all at the touch of a button.
- Sitrin has added larger bariatric beds to accommodate individuals with health problems due to obesity, or for those who may have a condition requiring more space for comfort.
- Electronic patient lift systems are available in several rooms on the unit for individuals who require extra assistance transferring in and out of bed and to the bathroom.
- An automated medication dispensing system called Pyxis allows for immediate dosing of up to 350 different medications. Pyxis gives nursing staff access to medication based upon your needs 24 hours a day. This immediate service eliminates the wait associated with obtaining medication from a pharmacy.



- In two rooms of the unit, Sitrin has installed Environmental Control Units for use by individuals with neurological impairments. These assistive devices use infrared technology to allow individuals who cannot move their arms and legs the ability to control their own surroundings. With the use of the ECUs, individuals are able to control the door, lights, call system, phone, television, and window blinds.



How will my pain be managed?

Sitrin staff wants to be sure you are as comfortable as possible during your stay. Therefore, be sure you accurately communicate your level of pain to your nurse, and ask for medicine before the pain becomes intense. There are several types of medicines that are used at Sitrin to relieve pain, including Opioids, NASAIDS (non-steroidal anti-inflammatory drugs), Aspirin, and Acetaminophen. Medicines are administered by mouth, in a pill or liquid form, or through an injection.



Can I take a shower/bath while I'm here?

Sitrin staff will confer with your referring physician or surgeon about when you are able to take a shower or bath. Once you are approved, showers are usually scheduled every other day, with bed baths on the opposite days. The inpatient rehabilitation unit includes a large spa area with three showers and a Century tub.





The Setting

What is the setting like?

Located in a serene setting on Tilden Avenue in New Hartford, Sitrin's inpatient medical rehabilitation unit was designed with patients and visitors in mind. Its comprehensive rehabilitative program is offered in a relaxing, hotel-like environment with several amenities, including:

- Large private rooms and bathrooms
- Miniature refrigerators
- Beautiful sitting areas with fireplaces
- A large dining area and café
- A centrally-located patient/family lounge
- Flat screen televisions
- A large spa room
- VIP suites
- Wireless Internet





Will meals be provided?

Yes. Sitrin's inpatient unit features a beautiful dining area. As an inpatient, you will receive three balanced meals each day. All meals are planned by a registered dietician. If a family member or visitor would like to eat with you, he/she can purchase a meal ticket from the receptionist. For the convenience of visitors, the cafeteria located in the rehabilitation center is also available, featuring more food options.

Additionally, the cafe located on the rehabilitation unit is open between lunch and dinner, and in the evening hours, featuring complimentary coffee and snacks for patients and families.

Can my family bring in meals and snacks for me?

Family members are allowed to bring in meals and snacks during your time here as a patient. Please check with the dietician for any restrictions. A miniature refrigerator is available in each patient room for added convenience.

Can I have visitors?

Family members and friends are welcome to visit at any time; however, visitation is encouraged after 1:30 p.m. due to scheduled therapy sessions.

Can I go home and visit while I'm an inpatient?

You may go home for a day visit if you have physician and therapist approval; generally however, you are not permitted to stay home overnight.

What can I do when I am not in therapy?

Sitrin's recreational therapy program is designed to help you stay active and in good spirits. The department provides a variety of programs and activities when you are not participating in therapy. A calendar is posted on the unit with the month's scheduled events, including outings to local restaurants, ice cream socials, and holiday parties.

Is there a gift shop on campus?

For your convenience, a gift shop is located adjacent to the main entrance. The shop provides a variety of products, including cards, magazines, candy, and more.

What kind of electronic devices are available and/or allowed?

Telephone service is available at a cost of \$3.50 per day, in addition to a \$50.00 deposit to initiate service in your room. Cable television is offered in every room, free of charge.

- *Cellular phones* are allowed to be used in the facility.
- *iPods and MP3 players* are welcome.
- *Laptop computers* are welcome, and wireless Internet is available in your room, free of charge.



Is there a beauty/barber shop?

A full-service beauty shop is available by appointment.

Are laundry services available?

Sitrin will launder your clothing during your inpatient stay. We ask that you mark your clothing with your first and last name prior to admission. Laundry can also be taken home to wash by family or friends if you prefer.

Is smoking allowed on Sitrin's campus?

Smoking is allowed in designated areas.

Does Sitrin have a quiet area where I can pray?

Yes. Sitrin has a chapel for patients and family members who would like a peaceful environment where they can reflect and pray. The chapel is located on the first floor of the health care center.



Can my pet visit?

Sitrin is pet-friendly, and your furry friends are allowed to visit during your inpatient stay; however, some restrictions apply. Please see the case manager for information.

Coming to Sitrin

What do I have to do to come to Sitrin for Inpatient Rehab?

As the patient, you play a large role in the selection of an inpatient facility for your rehabilitative care. Be sure to clearly communicate this choice to your physician. He/she will need to write a referral for you prior to your admission. You are encouraged to contact Sitrin's admissions office to schedule a tour of the facility and to verify your insurance eligibility.

What should I bring to Sitrin for inpatient rehab?

It is recommended that you bring one week's worth of clothing for your inpatient stay. Please label your clothing prior to admission. The following is a list of suggested items to bring:

- Pajamas
- Undergarments
- Socks
- Sneakers or comfortable footwear with good support
- Loose fitting clothing, such as sweatshirts, sweatpants, shorts, and t-shirts
- Sweaters
- Denture care products, if applicable
- Personal care items, such as deodorant, toothbrush, and hair products
- Eyeglasses, if applicable
- Hearing aids, if applicable
- Shaving supplies

Sitrin provides basic toiletries, such as soap, shampoo, and toothpaste.

What happens after I'm discharged from Inpatient Rehab?

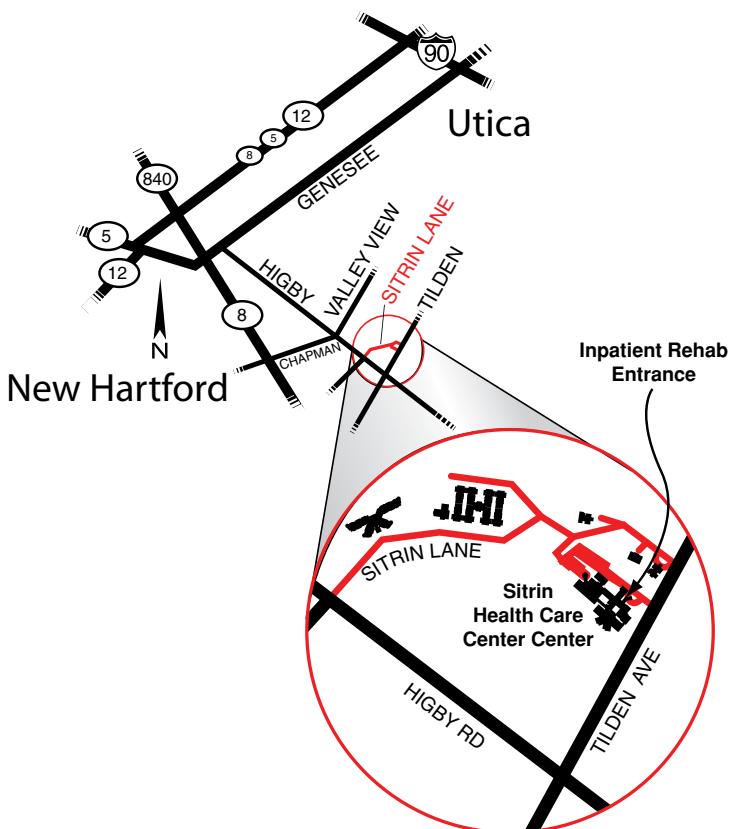
Sitrin offers a broad range of outpatient services designed to continue your progress once you have completed your inpatient stay. By opting for Sitrin's outpatient therapy, you will be able to maintain high-quality care throughout your recovery. Outpatient services include:

- Physical Therapy
- Occupational Therapy
- Speech- Language Pathology
- Audiology
- Aquatic Therapy
- Pediatric Therapy
- Anodyne Therapy
- Hand Therapy
- Fibromyalgia Therapy
- Lymphedema Treatment
- Vision Therapy
- Wellness Center Services

Contact Information

Sitrin's inpatient post-acute rehabilitation program has the tools you need to reach your recovery goals.

To learn more about short-term rehabilitation at Sitrin, or to schedule a personal tour, call (315) 737-2456. Additional information is also available online at www.sitrin.com.



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Sitrin Health Care Center

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www.sitrin.com

In accordance to federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

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