

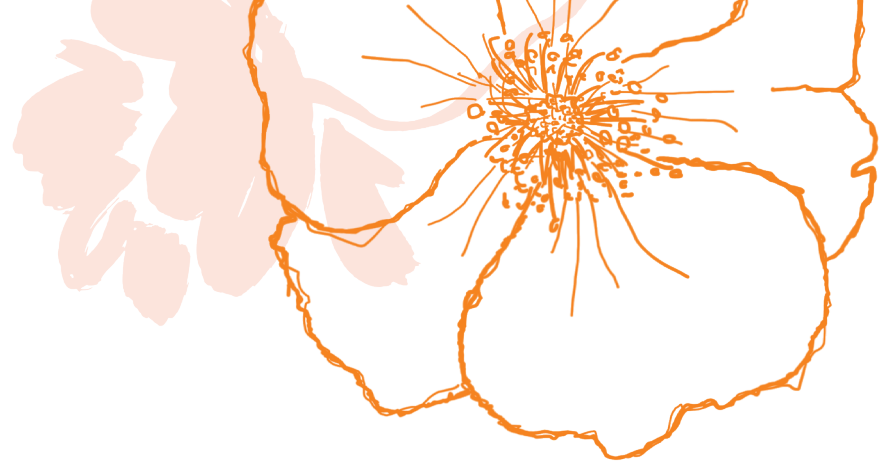
Your pathway to *healing*

Inpatient Rehabilitation Handbook



 **Piedmont**
EASTSIDE

Real change lives here



Welcome to Piedmont Eastside Medical Center

We're glad you've chosen Piedmont Eastside Medical Center for your rehabilitation needs. We look forward to exceeding your expectations on your way to recovery. We know there are many options available to patients and their families, and we're confident that our care will prove that you've made the right decision.

Everyone moves along their own path on their way to recovery, and our staff will work with you to customize your treatment to your specific needs. Some days will be tougher than others, especially at the start, but our therapists and nursing staff will be there to support you, encourage you and applaud you as you make your way through the program. We will keep working with you to make sure you get the most out of your time here.

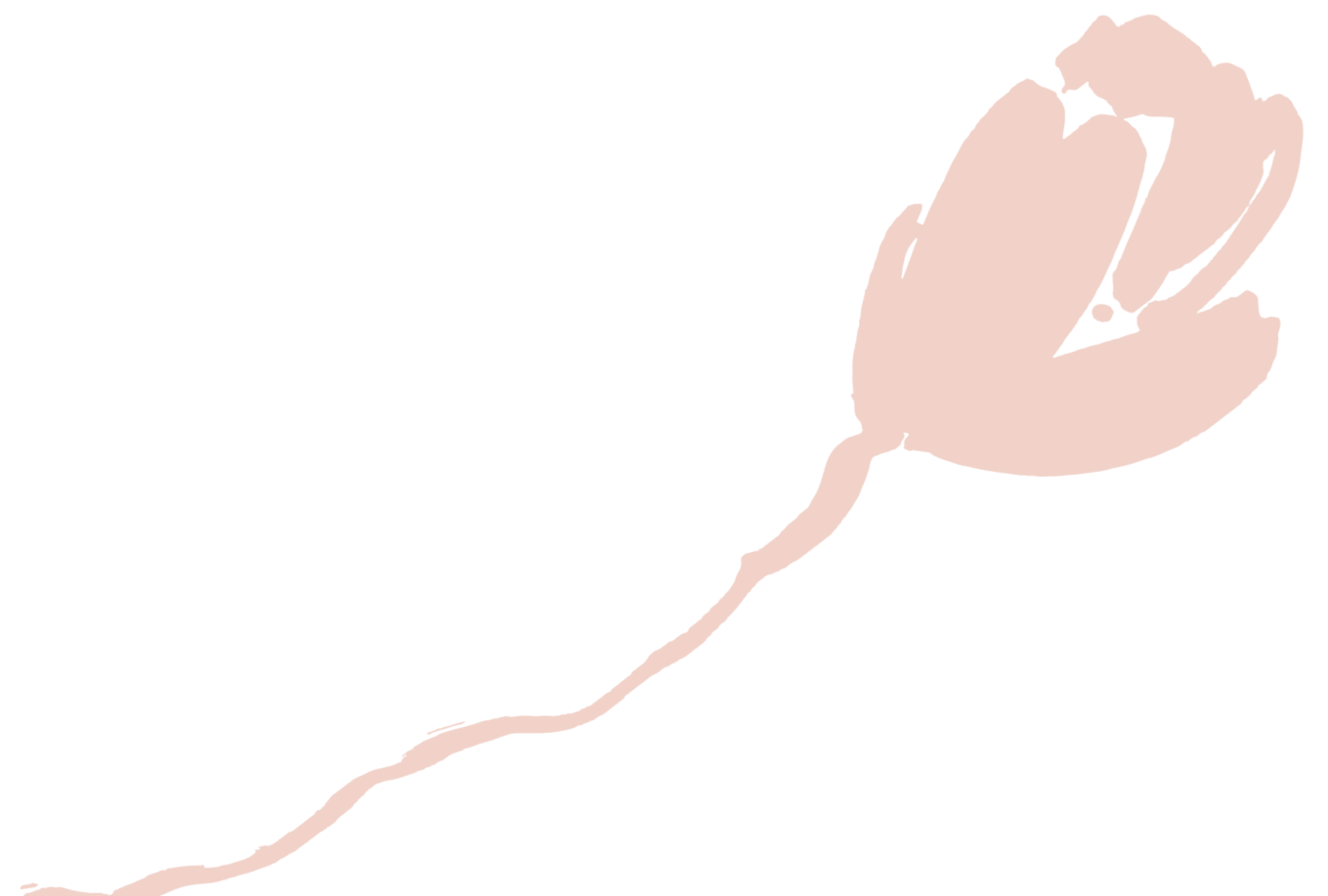
This handbook will help you understand what you will be doing during your stay at Piedmont Eastside. It will help explain some of the basics and answer questions that you or your family may have. However, we want you to feel free to ask staff members if you ever have any questions or concerns. We want to make sure that you always get the care and compassion that you deserve and expect.

The leadership team will also be available if you ever have anything that you need to talk about or any questions that you need answered. We will be rounding on you throughout the week to make sure that we are exceeding your expectations. Our phone number is 770.985.3885.

Thank you again for choosing Piedmont Eastside Medical Center Inpatient Rehabilitation. We're looking forward to taking great care of you.

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Why You Are Here

At Piedmont Eastside, the goal of inpatient rehabilitation is to improve, increase or maintain your level of functioning and quality of life by helping you achieve your maximum potential in all aspects of daily living.

In our 20-bed facility, we'll get you over the hurdles of recovery, while preparing you for your return to daily life, whether that means work, family, active retirement or independent living. We want to empower you with the tools, skills and confidence to take care of yourself after you leave our facility. While you are here, the staff will always encourage you to do as much as you are able on your own, but will still assist you as you gain those skills.

Amenities

Cardiovascular workouts and strength training are two important components of our rehabilitation programs. We will also work with you on nutritional needs, stress management, weight management and medication management.

In addition to providing three hours of intense physical, occupational, and speech therapy 5-7 days a week, we offer a number of amenities to make your stay at Piedmont Eastside Medical Center Rehabilitation as enjoyable as possible. Below is a snapshot of what you can expect when you come to our facility:

- Private patient rooms
- Four gym areas to allow for optimal comfort and mobility
- 24/7 nursing and patient care technicians
- Daily patient rounds with medical team
- Free parking
- Smoke-free facility



Amenities (continued)



Patient Rooms

All of our rooms are private, and visitors are allowed to stay with the patient throughout their time here.

Training and Rehab

Patients have access to a large gym area for training to improve balance, walking, and stairs for wide variety of diagnosis.

Our services can include dry needling, vestibular rehab, stroke rehab, and neurological rehab, to name a few.



Activities of Daily Living (ADL) Suite

Our ADL suite is for our higher level patients ready to return home. It will allow you to practice activities of daily living like meal prep, cooking, ironing, and washing/folding clothes. We want to be sure you are prepared to care for yourself.



General Information

Visiting Hours

Our unique, home-like environment has 24/7 visitation hours. The main doors lock at 9 p.m., so we ask that all visitors are here before that time. However, there is a security guard that can buzz people through in emergencies.

You are allowed one overnight visitor over the age of 18.

Visiting hours are subject to change at administrators discretion.

Guest Services

- Free parking is available at our facility
- We offer sleeper sofas or recliner chairs for overnight guests

Meals

- Breakfast: 8 to 9 a.m.
- Lunch: 12 to 12:45 p.m.
- Dinner: 5 to 6 p.m.
- Meals can be eaten in your room or in the dining room
- Food Nutrition Supervisors will visit you to discuss menu, ordering and food choices
- Visitors may bring patients food from outside the facility, but it must be cleared by our nursing staff to make sure it is within the guidelines ordered by your physician
- Additional snacks and drinks available upon request

Alcohol and Drugs

- No alcohol is allowed on the premises
- No recreational drugs are allowed
- Medications should not be brought to a patient unless requested by staff. Prescribed medications will be provided to our patients. Bring a complete list of all medications you will need during your stay.

Clothing

- We recommend you bring a one-week supply of loose, comfortable, washable, everyday clothing. Shorts, pants, jogging suits and shirts or blouses that button or zip up the front are ideal.
- You will need underclothes, socks and supportive shoes with non-slip soles
- You can bring your preferred toiletries (shampoo, body wash, toothpaste and toothbrush, hair brush, shaving equipment, deodorant), but we will provide them if necessary.

Personal Items

The facility is not responsible for lost or stolen items.

- You may bring your cell phone, tablet, laptop or other personal electronics. We provide free wi-fi as a convenience for you and your visitors.
- We encourage you to bring reading material or other activity books to help keep your mind engaged during downtime.

Laundry

Your family will be responsible for your laundry, but in emergency cases or as a part of therapy, we can assist with doing some laundry for our patients.

Linens

Your bed will be straightened and made up for you each morning. During your stay, linens will be changed every other day and more frequently as needed.

Smoking

This is a non-smoking facility

Your Typical Day

Every night

Your nursing staff will update your white board with your schedule for the next day.

Every morning

The nursing or therapy staff will get you up, bathed, and dressed for the day as therapy begins.

Every day

For a minimum of 3 hours a day, you will work with our therapists.* This may include Physical Therapy, Occupational Therapy and/or Speech Therapy.

Every afternoon

Final therapy sessions occur between 3 to 5 p.m.

**When you're not in therapy, you're welcome to spend time in your room, the dining room or any of the common areas. Our nursing staff will bring your medications when you're due and help you stay on top of pain or any other physical or medical concerns. Family members are welcome to stay and visit with you during your downtime, and we may occasionally have them assist with your therapy sessions.*

Once therapy is over for the day, you are welcome to rest, relax or enjoy any downtime activities that you do at home.

Every evening

Medications are delivered between 8–9 p.m. Staff will check on you throughout the night but will try to let you rest so that you are ready for the next day.



Bathing

- Bathing is an important part of your medical treatment. It will reduce risk of infection and help you to feel better.
- You will bathe daily while at our facility, either through therapy or with the help of our nursing staff.
- We offer sponge/bed baths, shower baths or CHG baths, based on your personal needs and situation.
- Either through therapy (bathing training) or by the nursing staff, all patients will be getting a bath daily.
- If you suffer from dry skin or another condition that requires special consideration, please let us know. We will make sure to treat your skin according to your needs.
- If you have a central line for further medical treatment, you will receive a CHG bath every day. If you have any questions, be sure to ask your nursing staff.

Safety and Fall Prevention

- All Piedmont Eastside Medical employees wear an identification badge with photo, title and unit/department clearly marked on them.
- We use a call-light system that you can activate to call for help at any time, either through the handheld, the bed or the pull-string in the restroom.
- We set the alarms on the bed and chairs for all patients. This is to help us to take better care of you. We do look at every case individually and can make exceptions in certain circumstances.
- When you are getting up and moving after lying down for a long period of time, or after having a long period of inactivity, go slowly. Sit up first and see if you become dizzy before trying to stand. At any time, if you are feeling lightheaded or dizzy let your therapist or nursing staff know.

Fire Safety

- From time to time, the facility runs fire drills to make sure that everything is done properly to ensure your safety.
- When you hear the fire alarm, if you are in your room, please stay there. A staff member will come around and close your door. If you are with a therapist, they will take you back to your room and leave you there until we have the all-clear.
- If you see a fire or something that is concerning for a fire, notify a staff member immediately.

Team Conferences

- Twice a week, the entire health care team sits down to discuss how our patients are progressing.
- We use this time to make adjustments to your overall rehabilitation plan if necessary.
- Because you are an important part of the team, during your stay you will have the opportunity to participate in these conferences. You will be able to see what we discuss and the information we share. This is also a time for you to ask the entire team specific questions about your progress and care.

Discharge Planning

Discharge planning starts when you arrive

Your case manager will meet with you within 72 hours of admission to identify any potential discharge barriers, insurance issues or ongoing needs that you might have. They'll meet with you again towards the end of your stay to finalize planning and get any equipment that is needed.

Our goal is to get you back to your normal life

Everyone here is working toward assisting you to regain function and return home safely. However, at times, alternative arrangements must be considered if there is a safety concern. These arrangements include:

- Moving in with family or friends
- Having someone move in with you
- Moving to a more accessible home (fewer steps or easier entry points)
- Moving into an assisted-living facility

Day of Discharge

We consider this a day to celebrate! Either the day you discharge or the day before, we'll hold a celebration for you to celebrate all your accomplishments and to encourage you to keep up the good work.

We will review last-minute discharge instructions with you, including your schedule of follow-up appointments.

We'll give you and your family all your prescriptions and medications. You will have to follow up with your primary care provider for refills. Our rehab physicians will not cover refills after discharge.

We will walk you out and help you get into your vehicle.

When you are discharged, your therapist may recommend that you need additional services after you leave us. We will work on making the arrangements to provide you with a smooth, hassle-free experience. Some of these services may include outpatient therapy or home health therapy.

Patient and Caregiver Training

Having family and caregiver involvement is an important part of your success when you return home. If you are not able to function as independently as we or you would like, we will bring your family or caregiver in for training as you are getting ready for discharge.

We want them comfortable with being able to help you and will give them hands-on training in how to let you do as much as possible for yourself.

Your Teammates in Recovery

YOU

The most important member of the team. You and your family provide us with input to help everyone design the program that will work best for you. By giving us feedback and letting us know how you're doing, we are better able to assist you.

Rehabilitation Medical Director

Actively manages your rehab program in collaboration with the interdisciplinary team and communicates with your primary and consulting physicians as needed.

Medical Physicians Team

The Medical Physicians Team actively manages your medical needs in conjunction with the Rehabilitation Medical Director to ensure collaborative dynamics for enhancing your health care outcome.

Manager of Rehabilitation Services

Oversees and facilitates daily operations and care of patients in the inpatient unit and outpatient setting, by ensuring clinical excellence, operating efficiency and financial strength.

Nursing Administrator

Oversees all nursing staff of inpatient unit, ensuring that our nurses have what they need to provide you with excellent service and outstanding quality of care.

Manager of Nursing

Directly manages the nursing staff and is responsible for the safety and quality of care that is delivered to you and our other patients.

Rehabilitation Nurses

Take care of your medical needs and are with you 24/7. They will assess you throughout your medical recovery and teach you about any new medications. They will carry over any therapy interventions that you are working on with your therapists during off hours.

Certified Nursing Assistants (CNAs)

Assist you with any personal care needs such as toileting, bathing and eating. Under the direction of the nurses, CNAs are responsible for vital signs,

obtaining weights, monitoring your blood sugar level, providing catheter care and monitoring for changes in condition or level of support required.

Physical Therapist

Helps you work on physical activities such as moving in bed, getting in and out of bed, wheelchair or chair, and with walking. Therapy may include strengthening exercises, activities to increase range of motion or endurance, balance activities and training in the use of a walker, cane, brace or artificial leg (if needed).

Occupational Therapist

Teaches you how to perform tasks of everyday living such as bathing, dressing, eating and homemaking, and helps you to improve the use of your arm(s) while performing these activities. The OT provides education about modifications such as adaptive device training, home safety, energy conservation and joint protection.

Speech and Language Pathologists

Treats language difficulties, swallowing issues, memory, speech and thinking. Hearing disorders will be referred to an audiologist. If you are having swallowing difficulties, the therapist may conduct swallowing evaluations and instruct you in swallowing compensatory techniques.

Case Manager

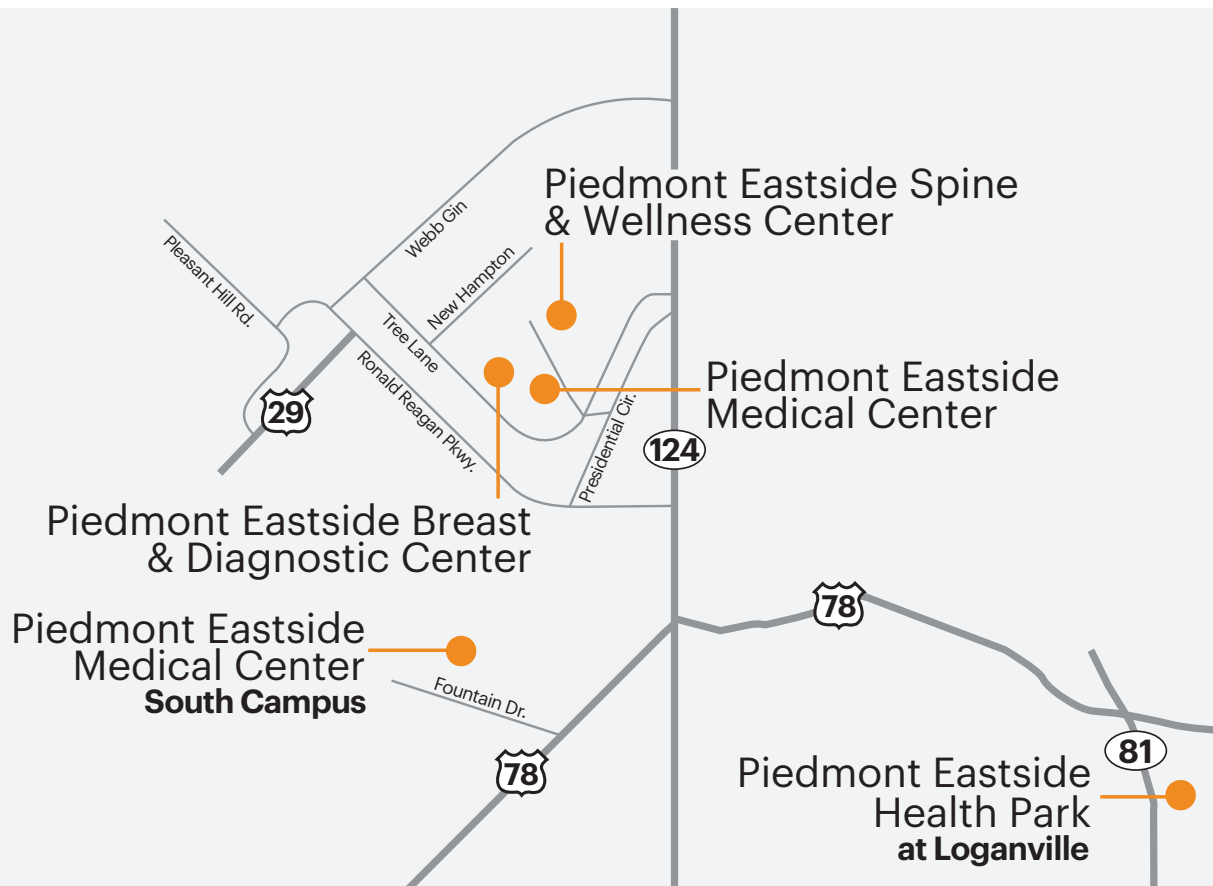
Maintains contact and coordinates communication between you, your family and the team. Schedules education sessions, provides emotional support and helps arrange for services at home after discharge. They also assist you in obtaining special equipment and services you may need when you are discharged.

Coordinator of Inpatient Rehab Services/Liaison

Presents the initial evaluation to the Medical Director to determine appropriateness for admission to the Rehab Center and serves as a liaison between the Rehab Center and the referring hospital.

TV Guide

IP Rehab TV Channels			
2	WATC TV	39	TBS
3	WSB - ABC	40	Discovery Channel
4	WAGA - FOX	41	TNT
5	Atlanta Interfaith Broadcasters	42	USA
6	WXIA - NBC	43	FX
7	WPCH - Peachtree	44	NBC Sports Network
8	WGTV - PBS	46	ESPN
9	WGCL - CBS	47	ESPN2
10	WUPA - CW	48	FOX South
11	WHSG - TBN	49	NBC Golf
12	WPXA - ION	50	MTV
13	WATL - My Network	51	VH1
14	WUVG - Univision	52	Hisotry
15	WGN America	53	CLTV
16	WPBA - PBS	54	News
18	503 WKTB - Telemundo	55	Lifetime
19	HSN	56	E!
20	QVC	57	Food Network
21	Public Access	58	TRU TV
22	Public Access	59	HGTV
23	Public Access	60	Travel Channel
24	Public Access	61	Animal Planet
25	Public Access	62	Cartoon Network
26	Public Access	63	Nick
27	TV Guide Network	64	Disney Channel
28	Leased Access	65	TV Land
29	Leased Access	66	AMC
30	C-SPAN	67	TLC
31	Jewelry TV	68	Comedy Central
32	The Weather Channel	69	CLTV
33	Bloomberg TV	70	Bravo
34	CNN	71	TV-One
35	HLN	72	BET
36	CNBC News	74	SyFy
37	FOX News	75	FOX Sports
38	A&E	78	Spike



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