

# Inpatient rehabilitation guide



**Encompass  
Health**

Rehabilitation Institute  
of Tucson

# Welcome

It's our pleasure to welcome you to Encompass Health Rehabilitation Institute of Tucson. We're committed to offering the compassion, expertise and support patients and their families need to reach their rehabilitation goals.

You'll have a rehabilitation team to provide you with a personalized treatment plan targeting your specific needs and goals. This comprehensive program will give you the direction, knowledge and tools to help you reach your highest level of physical, social and emotional recovery.

Our teams of therapists, nurses, physicians\* and support members are thoroughly experienced and knowledgeable in rehabilitation. We are one of the leading providers of inpatient rehabilitation services and maintain the highest safety and cleanliness standards, all to ensure you receive exceptional care.

We hope this brochure answers any questions you have about your stay. If you have additional concerns, please let us know. We're dedicated to your care and look forward to helping you move forward with your recovery.

\* The hospital provides access to independent physicians.



## Admission/discharge

- Morning or early afternoon admission is ideal because it gives you time to meet the staff and become oriented to your new surroundings.
- If you need help packing on the morning of your discharge, a family or team member can assist you.

## What to expect

Rehabilitation requires a strong commitment from each patient to perform therapy exercises and to learn and practice the skills needed for a safe return home.

We encourage you to be up and dressed at the start of each day as part of your rehabilitation and to help you

gradually resume normal routines and become more independent. Your therapy team will help you prepare for each therapy session according to your individualized schedule.

You'll participate in at least three hours of therapy throughout your day, five days a week. This may include relearning everyday skills, such as dressing, grooming and eating. Other sessions may take place in the positive environment of our state-of-the-art rehabilitation gym.

Your comfort is our priority. We work with you to make sure you get the rest you need between therapy sessions. When needed, we provide pain-relieving treatments to help you reach your goals.

## What to bring

Since patients pursue a productive schedule out of their rooms all day long, regular clothing items are worn instead of hospital gowns. All clothes should be labeled with the patient's name and all valuables should be left at home.

- Patients should bring the following items:
- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants or a sweatsuit
- Athletic shoes with good support
- Undergarments
- Robe and slippers in addition to pajamas or gown
- Toiletry articles such as toothpaste, toothbrush, comb, brush, deodorant, etc.
- Any corrective devices, such as dentures, eyeglasses, hearing aids, etc.
- Any custom devices, such as splints or braces

Patients should also bring the following documents:

- Driver's license/photo identification
- Insurance cards
- Living will/advance directive
- Power of attorney

## Therapy services

Our comprehensive programs may include a variety of the following therapy services to maximize a patient's rehabilitation progress.

### Occupational therapy (OT)

Teaches self-care skills for activities of daily living, such as bathing, dressing, eating and food preparation. Therapists address cognitive (thought) and perceptual (visual) deficits.

### Physical therapy (PT)

Focuses on movement dysfunction, assisting patients in walking, teaching wheelchair transfer techniques and providing orthotic/prosthetic device evaluation and training.

### Respiratory therapy (RT)

Addresses respiratory problems by assisting patients with respiratory muscle weakness or a susceptibility to respiratory difficulties.

### Speech/language pathology (SLP)

Improves communication skills through basic cognitive retraining, increasing functional independence with decision-making, reasoning, memory and swallowing retraining.

## Physician services

Physicians (physiatrists) specializing in physical medicine and rehabilitation, as well as other specialists, provide patients with comprehensive medical care and treatment.

## Case management

Coordinates your care, works with you and your family regarding plans for discharge, and serves as a liaison between the patient, family, insurance carrier, treatment team and community agencies.

## Rehabilitation nursing

Teaches patients and families how to manage healthcare needs after leaving the hospital.

## Nutritional counseling

Registered dietitian develops proper diets and menus to prevent future health problems for patients.

## Home assessments

Therapists may visit a patient's home before discharge to make recommendations about structural or other adjustments needed to accommodate the patient's new needs.

## Additional services

### Transportation

Please discuss your transportation arrangements with your discharge planner/social worker.

### Medication

All prescription and over-the-counter medications must be administered by a rehabilitation nurse. Please bring a list of all medications you are currently taking. Medications should not be brought from home unless advised by your physician or a hospital representative.

### Meals

Meals are planned daily by your nutritionist and physician to account for individual medical needs. Meals are served in the dining room or your room.

### **Smoking**

Smoking is not allowed on the hospital campus for the protection of our patients, families and hospital team members.

### **Telephones**

Telephones are located in all patient rooms.

### **Parking**

On-site parking is available for your convenience.

### **Visiting hours**

We welcome visitors as they are invaluable in providing encouragement and support during your rehabilitation. Our daily visiting hours are from 8:00 a.m. to 8:00 p.m. If you expect visitors outside of those hours, please contact a case manager or nurse to make arrangements. Our patients are scheduled for therapy sessions throughout the day on weekdays and frequently on weekends, so please make sure friends and family are aware of your schedule when planning their visits.

### **Safety**

Patients must always wear wristbands for identification purposes. Patients must be accompanied by a staff or family member when outside the building.

### **Payment**

We strive to make payment procedures as easy as possible. Hospital personnel are available to meet with patients, families or other responsible parties to discuss billing procedures and requirements.

### **Support Groups**

Ask about our support groups.

### **Questions or concerns**

Please share any questions or concerns you may have with your physician, your case manager, the department director or the hospital administrator. We are happy to assist you any way we can.



The Joint Commission Disease-Specific  
Care Certification in Stroke  
Rehabilitation and Brain Injury  
Rehabilitation



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