

# Musculoskeletal Program Services

## Fiscal Year 2024

The Northwestern Medicine Musculoskeletal Program at Marianjoy Rehabilitation Hospital provides comprehensive rehabilitation care for bone, joint, ligament and muscle issues.

Our program aims to:

- Restore health.
- Minimize impairment.
- Reduce activity limitations.
- Optimize patient functioning.
- Help patients make accommodations for daily needs.
- Support patients' participation in their community.

We help patients maximize their physical, psychosocial, cognitive and communication abilities. Daily medical management is a key part of the program. It helps address existing health problems and prevent secondary complications.

The average age of patients treated in this program at Northwestern Medicine Marianjoy Rehabilitation Hospital is 71 years. The average length of stay is 13 days.

### **Program costs**

Our staff talks with each potential patient about fees, costs and paying for our services.

### **Where we provide care**

Our program has 21 inpatient beds located on the 3 East Unit. Sometimes, we may need to place patients in another unit. When that happens, we offer the same level of services that we provide in the 3 East Unit.

### **When we provide care**

Our nurses provide care all day, every day. You will get therapy services customized to meet your unique needs for at least 15 hours per week. This may include:

- Physical therapy
- Occupational therapy
- Speech therapy

One of our physicians will be on call all the time, and a resident physician will be on-site 24/7.

We offer psychology services and spiritual care to all patients. These services are available to all patients and are typically available during normal business hours.

# Musculoskeletal Program Services (continued)

## Admission

Marianjoy Rehabilitation Hospital will admit and you patients to the appropriate level of care based on your diagnoses and medical need.

We provide services to patients who can participate in and benefit from treatment, regardless of race, creed, color, sex, age, religion, disability, marital status, membership in military forces, sexual orientation, national origin, or any other basis prohibited by law.

We offer interpreter services and educational materials in multiple languages. We will work with you to determine how we can best accommodate your cultural needs.

### Admission criteria

This program is only for adults who are 18 and older.

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We will only admit people who have one of the following impairments:

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Joint replacement

Amputation

Arthritis and arthritis-related conditions

Diseases that affect bones and muscles

Orthopaedic trauma

Acute and chronic pain

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Acute inpatient rehabilitation must be a medical necessity. This type of medical need is outlined below.

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All of the following must apply to you:

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You need close medical management that requires a physician and nurse to be available for 24 hours a day in a hospital setting.

You can participate in and benefit from three hours of therapy every day.

You need a coordinated multidisciplinary team approach for your care.

You have realistic rehabilitation goals and can expect significant improvement.

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In addition, you must meet these other criteria:

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Your condition is medically stable, but still needs close medical management. If needed, the program medical director can review your case and situation to help determine if inpatient rehabilitation is appropriate.

You do not have any limitations that keep you from participating appropriately in an intense level of rehabilitation.

Your psychological and behavioral status is stable enough for you to

– Fully participate in therapy.

– Be safe with the supervision this program provides.

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# Musculoskeletal Program Services (continued)

## Our services

### Education

We will set up education appointments for you and your loved ones during your stay. This will help you and your support system:

- Experience everyday activities and movement.
- Learn about your rehabilitation plan and goals.

Each patient has a patient and family education program binder that you and your care team will use. Your care team will review educational material and instructions with you, and then put it in the binder.

Our caregiver support group is also open to any patient's support system members.

### Direct services

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Marianjoy employees provide these services:

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Case management and social work  
Laboratory services  
Marianjoy Assistive Technology Center at Marianjoy  
Nursing  
Nutrition services  
Occupational therapy  
Pharmacy  
Physical therapy  
Psychology  
Radiology (X-ray)  
Respiratory therapy  
Speech therapy  
Spiritual Care  
Swallowing Center  
Tellabs Center for Neurorehabilitation & Neuroplasticity  
Physical medicine and rehabilitation (physiatry)  
Wheelchair and Positioning Center at Marianjoy  
Wound care

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### Services provided by Marianjoy contractors

Hemodialysis  
Peripherally inserted central catheter (PICC) services

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### Specialty physician services

These specialty services are available with a referral.

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They are provided by consulting physicians:

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Cardiology  
Hospitalist care  
Infectious disease care  
Internal medicine  
Nephrology  
Neurology  
Optometry  
Orthotics and prosthetics  
Orthopaedics  
Otolaryngology  
Pediatrics  
Podiatry  
Psychiatry  
Pulmonary medicine  
Radiology

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# Musculoskeletal Program Services (continued)

## Program team

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### Physician

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Leads your care team

Manages your care

Writes orders (prescriptions) for services such as:

- Therapies
- Medication
- Family training
- Special procedures

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### Resident physician (physician in training)

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Manages medical care under the attending physician's supervision

Available on-site 24/7

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### Nursing staff

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Assesses and treats you

Helps you and your loved ones learn about:

- Medication
- Pain
- Skin care
- Care planning
- Bowel and bladder function
- Safety and staying healthy

Encourages carry-over of skills you learned in therapy.

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### Case manager

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Coordinates your care

Helps you communicate with your family

Creates a discharge plan, including referrals and information on equipment and community resources

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### Physical therapist

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Helps you improve your functional mobility skills related to:

- Bed mobility
- Transfers
- Stairs
- Walking
- Balance
- Pain management
- Endurance

Updates you and your family on skills you learned

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### Occupational therapist

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Helps you better perform everyday activities, such as:

- Dressing
- Bathing
- Toileting
- Bathroom transfers

Recommends equipment to help you care for yourself

Updates you and your family on skills you learned

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### Speech therapist

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Treats swallowing disorders

Suggests diets to help you safely and efficiently eat via mouth

Teaches you and your family about communication and cognitive-communication disorders

Provides counseling

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# Musculoskeletal Program Services (continued)

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## Psychologist

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Assesses mental and emotional functioning

Provides treatment as needed

Educates you and your family to address any adjustment issues

Addresses chemical dependency counseling needs, if needed

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## Hospital chaplain (non-denominational spiritual care)

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Supports your well-being and that of your family

Provides health interventions

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We consider patients to be ready for discharge when they meet one or more of these criteria:

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### The patient:

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Has met their established goals

Needs a different level of care because their status changed

Is not making progress toward their goals

Is behaving in ways that hinder their ability to participate in and benefit from our program

Needs acute care in a hospital

Asks for discharge or transfer to another care facility (Their family may also ask for this.)

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## Discharge and transition

When we discharge patients from the program, they often go to:

- Home (with or without additional services)
- Extended care
- Assisted living facility
- Subacute or skilled nursing facility
- Acute care hospital
- Long-term acute care hospital

### Discharge criteria

You must meet our program requirements and make significant functional improvements to stay in our program. If you do not need daily hospital medical management, we will help you plan a transfer to another level of care, such as outpatient rehabilitation.

## Referrals

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We accept referrals from many different sources, including:

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Social workers or discharge planners

Physicians

Community health agencies

Independent healthcare facilities and agencies

Residential living facilities

Vocational guidance centers

Insurance representatives, such as:

- Worker's compensation specialists
- Health management organization (HMO) representatives

Patients, their families and loved ones

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