

Acute Inpatient Rehabilitation Services

Covenant Medical Center's Acute Inpatient Rehabilitation Program uses an interdisciplinary, goal-oriented approach to help individuals with physical and cognitive disabilities develop the skills they need to live as independently as possible.

For over 30 years, our Acute Inpatient Rehabilitation Program has been providing high-quality, comprehensive care to individuals with various kinds of disabilities including impairments due to stroke, spinal cord injury, brain injury, multiple sclerosis, burns, arthritis, cancer, amputation and other disabling conditions. Our program helps those needing medical rehabilitation to develop and carry out individualized goals related to their diagnosis.

Using innovative medical rehabilitation techniques and state-of-the-art equipment and facilities, a team of skilled professionals works hand-in-hand with individuals to help them achieve their highest level of independence. Covenant's Inpatient Rehabilitation Program has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) as a "Comprehensive Integrated Inpatient Rehabilitation Program."



Covenant Medical Center
Wheaton Franciscan Healthcare

In Partnership with Schoitz Health Resources

Meet the Physicians

REHABILITATION MEDICINE: Physician's who are specially trained in rehabilitation medicine (physiatrists), treat and oversee the medical care and treatment plan of all rehabilitation patients.

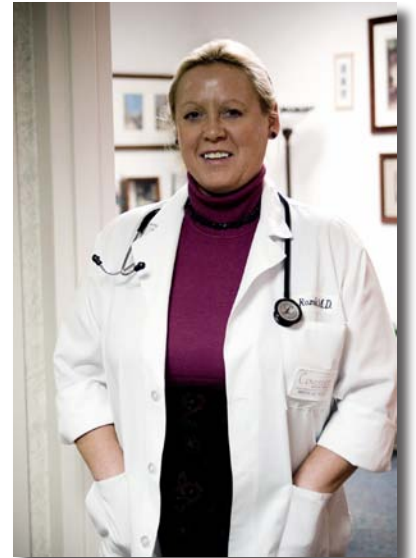
"Covenant Medical Center's Inpatient Rehabilitation Program offers a comprehensive, team approach to individuals with disabilities and their families. We invite you to call or visit our facility, meet our staff and let us answer any questions you might have."

- Dr. Joseph Nora, Medical Director



Joseph Nora, MD

Certifications:
Board Certified in Pain Medicine,
Spinal Cord Injury Medicine and
Physical Medicine and Rehabilitation



Barbara Malicka-Rozek, MD

Certifications:
-American Board of Physical
Medicine & Rehabilitation
-Subspecialty in Spinal Cord
Injury Medicine
-Pediatrician in Poland
-Certified in Acupuncture

Team Approach

Physician
Rehab Nursing
Occupational Therapy
Physical Therapy
Speech - Language Pathology
Therapeutic Recreation
Rehab Family Service
Nutritional Counseling
Neuropsychology
Early Developmental Intervention (EDI)

Vital Signs

Established: 1974
22-Bed Inpatient Unit Specially Designed for
Medical Rehabilitation Patients
2,700 Square Foot Physical Therapy Gym
Fully Functioning Kitchen Treatment Area
Outdoor Rehabilitation Garden
15 Passenger Wheelchair Accessible Van

For More Information Contact
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Acute Admissions Coordinator
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Program Overview

INDIVIDUAL TREATMENT PLANS

Individuals who are hospitalized at Covenant Medical Center for medical rehabilitation are involved in their own treatment plan.

Recognizing that life skills vary from person to person, a team of skilled professionals work with individuals to develop a plan focusing on each individual's unique strengths and needs. As rehabilitation continues, team members continually motivate and support individuals as they progress and reach new levels.

Emphasis is placed on relearning or adapting skills associated with:

- **CARE OF SELF;**
Feeding, grooming, bathing, dressing, toileting
- **MOBILITY:**
Moving from chair to bed, walking, using stairs
- **COMMUNICATION:**
Understanding others, expressing oneself
- **SOCIAL AWARENESS:**
Interacting with others, solving problems, memory
- **COMMUNITY REINTEGRATION:**
Readjustment to family and community life and leisure activities

The involvement of a person's family and friends is also very important to successful rehabilitation. Loved ones are encouraged to participate in therapy and the continuum of care and are invited to visit as often as they can.



Coordinated Education & Support Services

A foundation of the rehabilitation program is the active partnering of disciplines to meet the physical, emotional and spiritual needs of patients and their loved ones.

Home Medical Equipment

Providing patients with the best technology possible to help them cope with their medical conditions at home is our goal. Covenant Home Medical offers 24 hour services, patient instruction and training, consultation services, discharge planning, rental and sales services, special ordering of customized equipment, and repair services. Covenant Home Medical is conveniently located at San Marnan Drive and Sartori Hospital near the physician clinics and is open Monday through Friday 9:00 a.m. to 5:00 p.m. For more information call Covenant Home Medical at 319.272.5626 or Sartori Home Medical at 319.268.3130.

CARE-A-VAN

Transportation is available, free of charge, to Covenant Medical Center patients who live in the metro area and are in need of transportation to and from Covenant for medical rehabilitation appointments. For more information or to arrange transportation please talk to Patient and Family Services staff or the front desk receptionist.

Early Developmental Intervention (EDI) Program

Provides specialized pediatric programming for children with developmental problems associated with speech, language, motor skills, daily living abilities, and other skills related to disabling conditions.

Covenant Home Health

Covenant Home Health program enables patients to remain in their own home and gain maximum independence and self support. Specially-trained nurses are available to provide continued care, therapies and other support services in the comfort of a patient's home.

Support Groups and Group Activities

Monthly support groups and other group activities are available for patients, family members and friends who have concerns and questions about stroke and brain injuries. Physical and emotional needs, along with other opportunities are addressed in a group setting. Peer visits with former patients can also be arranged for additional information and support.

Wellness Programming

Medically based fitness classes through the Med-Fit Program and personal training sessions are available for individuals wanting to build strength, flexibility and muscle control following hospitalization. For more information about wellness classes please call 319-272-2255.

Covenant Orthotics

Dedicated to providing quality products and service to our customers, Covenant Orthotics & Prosthetics is conveniently located within the Covenant Professional Building on 2710 St. Francis Drive, Waterloo. We offer a full range of sports injury, braces, diabetic shoes, semi custom spinal orthoses and more. Call 319.272.5614 for more information.



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www.covhealth.com/acuterehab



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