



WELCOME!

We would like to take this opportunity to welcome you to the Inpatient Rehabilitation Program at Covenant Medical Center.

The Inpatient Rehabilitation Center at Covenant Medical Center has been in existence for over 35 years and during that time your Rehab team has been providing high quality care to patients such as yourself and to others throughout the region.

We realize that you have a choice in health care and are glad that you have chosen the Inpatient Rehabilitation Program at Covenant Medical Center. You will find your Rehab program to be stimulating, challenging and at times uncomfortable, but at the end of your stay you will be able to proudly look back on the progress that you have made.

Your Rehab team will not settle for second best or anything less than excellence. As a patient in this unit, you should not settle for second best or anything less than excellence. If you feel that your stay with us has not been excellent we ask that you or a family member communicate this with one of the Rehab Program Managers anytime during your stay.

We hope that your stay will be as productive and informative as possible and that you are able to attain maximum recovery for your condition. It is our goal as highly trained professionals to help you during this process. Once again, welcome to the Inpatient Rehabilitation Program at Covenant Medical Center.

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Covenant Medical Center
Wheaton Franciscan Healthcare

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PATIENT INFORMATION

VISITING HOURS: There are no set visiting hours, however, rehabilitation requires a great deal of energy on the part of the patient and therefore visitation may be limited depending on the condition of the patient. Nursing staff will monitor visitors to assure the well-being of patients. Families are welcome to observe and participate in care and therapies during visiting hours. Families of newly admitted patients often wish to stay overnight on the unit with their family member. Staying one night is permitted to help the patient adjust to the new environment. If you wish to spend that night please inform the nursing staff so arrangements can be made.

CODE WORD: Patients will be asked on admission to provide a code word. Due to Federal guidelines, no information will be provided to others about the patient unless they know the code word. This will be documented in the patient's chart upon admission.

FOOD/VISITOR MEALS: Meals and snacks are prepared by the hospital's dietary services. Patients are expected to eat their meals in the patient dining room, unless medical restrictions apply. If patients wish to have family/visitors bring food for them, it must be in airtight containers and labeled with patient's name and date. This is necessary to conform to rules of the Public Health

Department. There is a refrigerator available on the nursing unit, however due to limited storage and regulations, undated or outdated food will be disposed of weekly. All dietary restrictions specified by patient's physician(s) should be followed. Collaboration in monitoring intake with nursing staff is essential.

Family and guests are welcome to eat in the hospital cafeteria located on the main floor or bring their tray to the rehab dining area.

OUTSIDE ACTIVITIES: Patients who desire to go outside on the hospital grounds, are to be accompanied by a responsible person; such as a relative, friend, or hospital employee. It is important to dress according to the weather and let the nursing staff know when leaving to go outdoors.



PATIENT BELONGINGS: Patients are welcome and encouraged to bring personal belongings from home. The hospital cannot assume responsibility for a patient's items, so we advise against bringing articles of great value. We request that items not be attached to the walls.



CLOTHING: Patients will need several changes of clothing appropriate for the season. We suggest comfortable clothing such as sweat suits with elastic waists, tennis shoes, under-clothing and socks. It is also recommended that all of the patients' belongings be labeled with patient's name.

LAUNDRY: Personal laundry will be the patient's responsibility and/or their family's responsibility.

VALUABLES: The hospital is not responsible for lost or damaged personal belongings or money. Valuables that cannot be sent home should be placed in the hospital safe by hospital security. Please let your nurse know, and he/she will call for a security officer.



TELEPHONE: A telephone is provided in each patient room with posted phone number. To reach a local number, first dial 9 and then the number you wish to call. Further phone assistance is available as needed. If hearing impaired, ask the nurse about a special needs phone.

TELEVISION: For safety reasons, no personally owned televisions are allowed in the hospital. A television is available in each room. Utilization of the television may depend on patient's status, due to importance of rest. A VCR or DVD unit is available upon request.

MAIL: Mail will be delivered to the patient's room on a daily basis. Stamps and cards can be purchased in the hospital Gift Shop located on the main floor. A mailbox is located in the main hospital lobby next to the elevators.

ELECTRICAL APPLIANCES: Necessary items such as fans, blow dryers, electric razors, etc., may be brought as part of the patient belongings. Learning to use these items foster the rehabilitation process and patients are encouraged to bring them. Each item will be checked by Bio-Medical personnel to insure that all items meet safety and fire codes required by the hospital.

BATHING/SHOWERS: Patients are encouraged to do as much as they can of their own cares, to prepare them and/or caregiver for home.

Frequency of showers/baths will be determined on an individual basis.

NOTARY PUBLIC: A Notary Public is available in the hospital. If you require notary public service, ask your Rehabilitation Social Worker to arrange an appointment.

SMOKING: Smoking is not allowed on hospital grounds.

INTERNET ACCESS: Wireless internet access is available within the facility. Your private laptop, if equipped with a wireless antenna, can connect to the hospital's internet access. There are built in security measures which may block access to certain web sites.



PATIENT INFORMATION

ATTENDANCE AT THERAPIES: Patients have full days while in rehabilitation and it is very important that they follow the schedule that has been arranged for them. Each therapy schedule is individualized to teach skills and build physical endurance. Patients can become very tired while adjusting to the rehabilitation schedule, and rest periods may be scheduled for them throughout the day. Often patients will not return to bed, except for scheduled rest periods. Even though this is difficult in the beginning, it is needed to build physical stamina in order to benefit fully from rehabilitation therapies.



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PROGRESS REPORTS/TEAM MEETINGS: The Rehabilitation team continuously evaluates patient progress toward short and long-term goals. These goals are established and reviewed by the entire rehabilitation team during weekly team meetings. This weekly meeting ensures input and planning among team members to maintain an appropriate plan of care. Information from team meetings are shared with patients and families by the physician, social worker, nursing staff, or therapists. A family conference may be scheduled during patients stay. This meeting includes the patient and family, along with patient's rehabilitation physician and team members. They review the patient's status, progress toward goals, anticipated discharge date, the level of assistance the patient will need upon discharge, and coordinate plans with family members. During this meeting, plans may be made for a home accessibility visit, and specific caregiver teaching sessions with the patient and their family (if it is recommended by patient's team or requested by family).

HAIR CARE: Barbers and beauticians may come to the hospital for hair care. The patient should inform their nurse that they wish to have this service and an appointment will be arranged around patient's therapy schedules. A referral base of providers is available upon request. Payment is expected at the time the service is rendered and is the patient's responsibility.

COMMUNITY RE-ENTRY: The first step of community re-entry is participation in a community outing with the Rehab staff. During this outing patient will be working on goals specific to their identified needs, giving the individual the opportunity to practice their skills in real life situations.



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