

EVERYTHING IMAGINABLE

TO OVERCOME THE UNTHINKABLE

THE REHABILITATION CENTER AT SANTA CLARA VALLEY MEDICAL CENTER

BRAIN INJURY | SPINAL CORD INJURY | STROKE

GO PUBLIC!



SANTA CLARA
VALLEY MEDICAL CENTER
Hospital & Clinics



INTRODUCTION

WELCOME TO REHABILITATION AT SANTA CLARA VALLEY MEDICAL CENTER

If you are reading this, there's a good chance that you or someone close to you has recently gone through a life-changing event resulting in a loss of function. These experiences can be very frightening and confusing. During this challenging time, here's what you can expect from us: a highly trained and skilled multidisciplinary team, advanced technology, compassionate care, and the most experience of any rehabilitation center in the region. While I cannot offer a quick fix or an easy cure, I can promise that our specialized team will do everything in our power to ensure you achieve the best recovery possible.

Our Rehabilitation Center was established over 45 years ago, with the ongoing commitment to provide exceptional care for people with disabling conditions. Over the years that goal has remained at the forefront of everything we do, including the incorporation of innovative treatments now available in our new state-of-the-art facility, the Sobrato Pavilion.

We look forward to joining you here on your journey of rehabilitation, and to helping you achieve your goals.

James Crew, M.D.
Chair, Physical Medicine
& Rehabilitation

EVERYTHING IMAGINABLE TO OVERCOME THE UNTHINKABLE

We go about our daily lives, looking both ways, trying to be careful. Trying to avoid the unexpected. And hoping we never, ever, have to face the unthinkable. A traumatic brain or spinal cord injury. Or a major stroke.

At the Rehabilitation Center at Santa Clara Valley Medical Center (SCVMC)—located in San Jose—we're undaunted by the unthinkable. That's because we've created one of the most innovative rehabilitation facilities on the West Coast, where we have been treating individuals with brain injury, spinal cord injury, stroke and other disabling neurological conditions since 1971. Here you'll find some of the most compassionate and highly qualified board-certified doctors, nurses, and therapists in the nation.

And from our groundbreaking stem cell research, to the cutting-edge ZeroG® gravity system, to one-on-one peer support counseling, we're using the latest advancements to help patients get back to living life to the fullest extent possible.

That's why we're doing everything imaginable to overcome the unthinkable.



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THE HEART OF INNOVATION JUST GOT MORE INNOVATIVE

The Sobrato Pavilion – the newest wing of the hospital – expands our nationally-recognized, state-of-the-art inpatient Rehabilitation Center for brain injury, spinal cord injury, and stroke patients. This six-floor facility features 64 private patient rehabilitation rooms, a therapy gym and pools, an outdoor terrain park, and an impressive indoor garden atrium to provide serenity and peace for your family members and visitors.

Inside the Rehabilitation Center at Santa Clara Valley Medical Center, the Sobrato Pavilion offers immediate access to all the resources of our major medical center, including consultative services from medical and surgical sub-specialties, as needed. It also offers the Respiratory Rehabilitation Unit, an ICU-type setting where patients can receive early and aggressive rehabilitation-oriented care.

The Rehabilitation Center is staffed by full-time, board-certified physicians, physiatrists, nurses, and therapists with specialized training in brain injury, spinal cord injury, and stroke. A core part of our program is personal one-on-one time daily with physical, occupational, speech, and recreation therapists – to help strengthen each patient and make progress toward recovery.

SOBRATO PAVILION



EXPERT & SPECIALIZED CARE

The Rehabilitation Center offers specialized programs and features to meet the distinct needs of men, women, and adolescents with a variety of diagnoses.

INPATIENT PROGRAMS

- Adolescent & Pediatric Rehabilitation
- General Rehabilitation
- Spinal Cord Injury
- Stroke
- Traumatic Brain Injury, featuring the Journey to Recovery program

OUTPATIENT PROGRAMS

- Amputation
- Electrodiagnosis (EMG)
- General Rehabilitation
- Multiple Sclerosis
- Musculoskeletal Clinic
- Pediatric Rehabilitation
- Spasticity (including baclofen pumps)
- Spina Bifida
- Spinal Cord Injury
- Stroke
- Traumatic Brain Injury
- Women with Disabilities Healthcare Clinic
- Other neurological conditions resulting in disability

SPECIAL PROGRAMS

- Aquatic Therapy
- Neuro Net
- Peer Support Groups
- Recreation Therapy
- Rehabilitation Research Center



COMPREHENSIVE & INTEGRATED TREATMENT PROGRAMS

Here at SCVMC, patients are referred from across the West Coast and beyond because our program has a full complement of specialized services - Occupational Therapy, Physical Therapy, Speech Therapy, Recreation Therapy, and Psychology, plus Neuropsychology, Respiratory Therapy, Neurology, Neurosurgery, Orthopedics, Pulmonology, Reconstructive Surgery, Trauma Providers, and more - needed to treat the most complex, challenging cases successfully.



SPINAL CORD INJURY

Each year, an average of 150 people receive inpatient rehabilitation for spinal cord injury in our specialized, 32-bed unit that is specially-equipped and staffed to care for patients with acute spinal cord injuries, including high tetraplegia with ventilator-dependent patients. With more spinal cord injury board-certified physicians than any center on the West Coast, and a team of highly skilled and experienced nurses, therapists, psychologists, case managers and other rehabilitation specialists, SCVMC is the region's leading choice for spinal cord injury rehabilitation.

Our outcomes for patient satisfaction, discharge-to-community, and functional independence all exceed the national averages for individuals receiving care and treatment. What's more, the SCVMC Spinal Cord Injury Unit has been awarded the Five Star National PRC Award for Excellence in Patient Care - a distinctive accolade we've earned three years in a row!



BRAIN INJURY

Each year an average of 150 people receive inpatient rehabilitation for traumatic and acquired brain injuries in our specialized, 32-bed unit dedicated to brain injury care, and we're proud to report that over 85% consistently return directly back to their communities and their homes. Once again, this measurement of quality exceeds the national average, as do our patient satisfaction and functional independence outcomes.

Our Journey to Recovery program is a highly individualized service designed to help patients with severe brain injuries reach their fullest potential for rehabilitation. Journey to Recovery is led by board-certified inpatient physiatrists with the full support of our highly skilled multidisciplinary team. The program features a careful evaluation to determine what specific therapies will be the most effective based on each patient's particular needs.



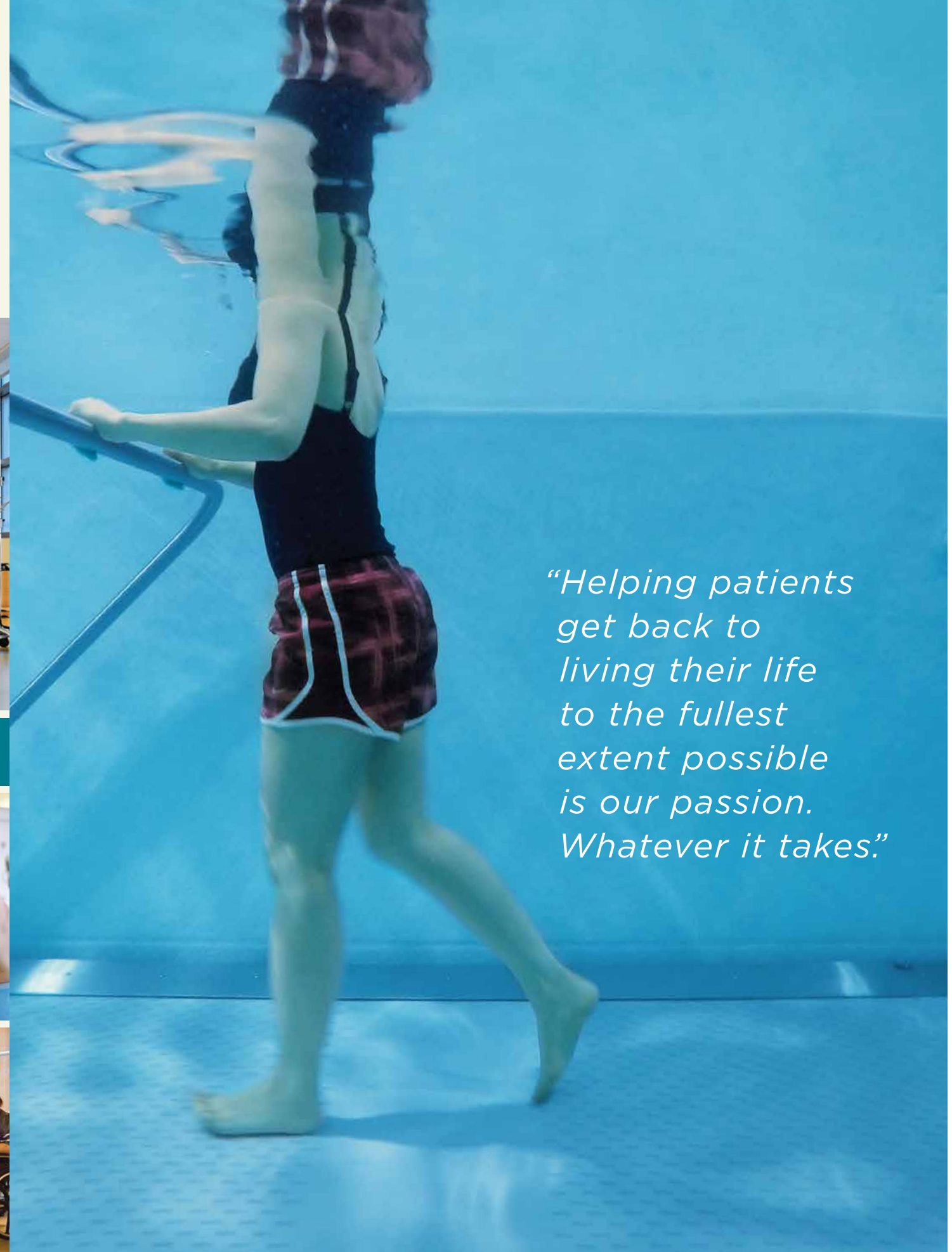
STROKE

Stroke is a complex and serious medical condition that can impair speech, mobility, cognition, memory, and the ability to carry out a wide range of functions that were once taken for granted as part of everyday life. Every year we treat over 200 stroke patients, and we consistently discharge over 85% to a community setting, a definite improvement over the national average of 72%. SCVMC is a Joint Commission-designated Primary Stroke Center, a national certification that recognizes centers that follow best practices for stroke care beginning with emergency treatment.



GENERAL REHABILITATION

The General Rehabilitation program features an inpatient focus on disabilities caused by multiple sclerosis, orthopedic conditions, amputation, and Guillain-Barré Syndrome.

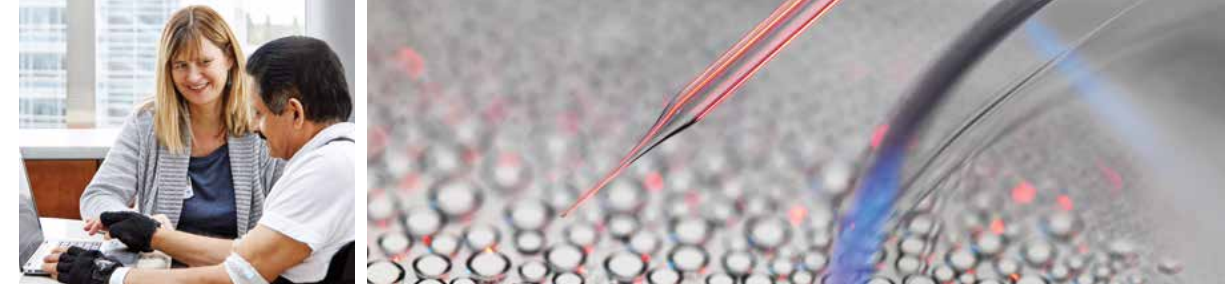


“Helping patients get back to living their life to the fullest extent possible is our passion. Whatever it takes.”



REHABILITATION PROGRAMS

PERSONALIZED CARE



“But each day my hope kept growing and I kept getting better. Every day I kept getting stronger.”



PERSONALIZED PATIENT CARE

The Rehabilitation Center has one of the largest, most highly trained and experienced care teams on the West Coast. Our staff works with other medical specialists, neurosurgeons, and orthopedic surgeons, along with SCVMC trauma surgeons, to begin the rehabilitation process immediately following the onset of the condition or the injury.



YOUR EXCEPTIONALLY TRAINED CARE TEAM

We have specialty and sub-specialty board-certified physicians in the fields of Spinal Cord Injury Medicine, Brain Injury Medicine, Neuromuscular Medicine, Electromyography, Neurocritical Care, and Pain. Our comprehensive rehabilitation teams include:

- Case Managers
- Physical, Occupational & Speech Therapists
- Recreation and Aquatic Therapists
- Registered Dietitians
- Rehabilitation Nurses
- Rehabilitation Psychologists
- Social Workers
- Wheelchair Specialists

Our patients tell us that the personal one-on-one time with their therapists is the most helpful part of recovery. Our therapists strengthen, build up, encourage, and support our patients mentally, physically, socially, and spiritually – all are integral to recovery. Our team plays a significant role throughout your stay and will work with you and your family to prepare for returning home.



RECREATION THERAPY

Recreation therapists at SCVMC utilize a wide range of activities to help patients make improvements in the cognitive, emotional, leisure, physical, and social areas of their lives. We understand that learning how to return to meaningful community activity is often the exact motivation our patients need to work hard during their rehabilitation stay. Patients, along with their families and friends, are assisted in developing the skills, knowledge, and behaviors for daily living and community involvement. These recreation therapies include:

- Evening activities
- Mindfulness yoga
- Outings into the community (movies, bowling, and more)
- Wheelchair sports and activities



AQUATIC THERAPY

Our aquatic therapy includes treatments and exercises performed in the water for the purpose of relaxation, fitness, or rehabilitation. Buoyancy enables flotation that reduces the effects of gravity, allowing patients to perform activities they would not be able to accomplish on land, such as standing and walking.

In addition to our customized swimming pool, we utilize an underwater treadmill pool that lowers the patient directly into the water via a submersible platform. Underwater cameras allow therapists to analyze gait abnormalities and assess changes from session to session.

LEADING THE WAY IN REBUILDING LIVES

The Rehabilitation Center at Santa Clara Valley Medical Center has a long history of leading-edge rehabilitation care. We helped pioneer the interdisciplinary team model that has become a national standard for rehabilitation programs. Our innovative research efforts continue to integrate new technology, therapies, and protocols into our programs for our patients. Backed by these resources, our care team brings together a diverse range of skills and expertise to restore confidence as we work to rebuild lives.

A HOSPITAL WITHIN A HOSPITAL — ADVANTAGES OF LEVEL I TRAUMA DESIGNATION

Santa Clara Valley Medical Center has been designated by the American College of Surgeons as a Level I Trauma Center for over 30 years. This is the *highest level of certification possible* for emergency care. SCVMC is the *only* Level I trauma center with a full-service rehabilitation center in California.



RESPIRATORY REHABILITATION UNIT

The Respiratory Rehabilitation Unit (RRU) is a vital component of our highly specialized, acute-care rehabilitation program. The RRU allows us to admit and establish rehabilitation-focused care at the earliest possible moment, even for medically complex and ventilator-dependent patients with a brain or spinal cord injury.

The RRU utilizes a co-management model between Neurointensive Care and Physical Medicine & Rehabilitation (PM&R) to provide specialized medical and rehabilitation treatment for critically injured patients. This unique treatment setting is equipped with medical and surgical specialty consultants ready to provide immediate care for patients. These critical services for patients include, but are not limited to:

- Acute Care Surgery
- Anesthesiology
- Brain Injury
- Burn Injury
- Cardiothoracic
- Intensive Care Specialists
- Neurology
- Neurosurgery
- Orthopedics
- Radiology
- Spinal Cord Injury
- Vascular Surgery
- 24/7 Trauma Operating Room

The RRU accepts patients from throughout Northern California, and beyond. Offering the highest level of Trauma Care (Level 1) *on the same campus* as the Rehabilitation Center means that patients don't have to be transferred elsewhere, if the need for a higher level of care arises. Everything they need is here.

OUR REHABILITATION TECHNOLOGY

ARETECH ZEROG GAIT & BALANCE TRAINING SYSTEM®

Includes a track with a 400-pound load capacity and a wearable sensor system for assessing gait, balance, and postural control. Allows for intensive therapy to start earlier and reduces risk of falling.

EKSO BIONICS® GT™ EXOSKELETON

A wearable robotic exoskeleton designed to assist patients with gaining mobility, from first steps to advanced walking.

THERAPY POOL WITH HYDROWORX® TRAINING SYSTEM

A computerized underwater treadmill that allows clinicians to evaluate, treat, and monitor improvements in patient biomechanics via underwater camera analysis.

DYNAVISION™

An interactive device used to improve visual, cognitive, and physical performance for patients recovering from a stroke or traumatic brain injury.

NEUROCOM® SYSTEM

A leading-edge computerized tool used to assess and treat patients with challenges associated with balance and mobility via gaze stabilization and visual feedback.

ENABLE ME MOTOMED®

Another way to get arms and legs moving, to aid muscle strength and reduce spasticity. Our patients may train from a chair or wheelchair.

OUTDOOR TERRAIN PARK

An interactive on-site area where patients safely re-learn everyday skills such as walking on curbs, stairs and slippery surfaces, or navigating a wheelchair on various surfaces, such as gravel or sand.

ACTIVITIES OF DAILY LIVING (ADL) SUITE

Where patients and their families can practice the skills they'll need upon hospital discharge. There is a bathroom to practice bathing and grooming; a bedroom to practice transfers from a wheelchair to a bed and getting dressed; and a kitchen to navigate the fridge, stove, sink, and counters.



ACCREDITATIONS



Seven accreditations by the Commission on Accreditation of Rehabilitation Facilities (CARF) for adult and children/adolescent rehabilitation in spinal cord injury, brain injury, and stroke.



Accredited by the Joint Commission and certified by Medi-Cal and Medicare.

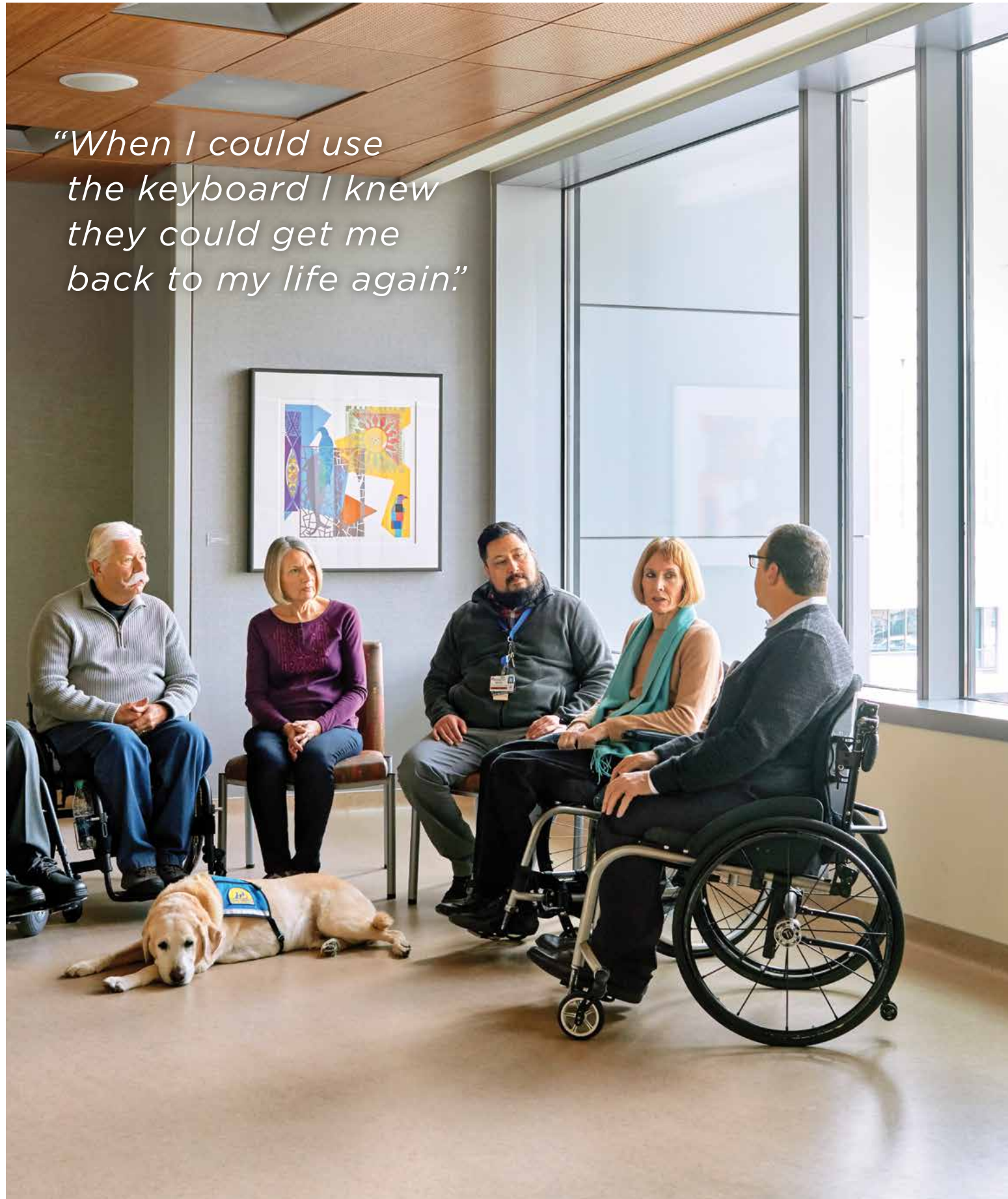


SPECIALIZED CARE

SUPPORT PROGRAMS



“When I could use the keyboard I knew they could get me back to my life again.”



UNPARALLELED REHABILITATION SUPPORT PROGRAMS

Interacting with other patients is an important part of regaining a sense of self and building confidence. Because we treat so many people with the same or similar diagnoses, patients and family members have access to many other people who are sharing or have shared their experiences. Whether it’s exercising in the gym, doing wheelchair “laps” in the halls, or catching a movie and dinner in the neighborhood, patients share their experiences, motivating and supporting each other beyond what an uninjured person can offer.

More formalized peer support is also available through our full range of Peer Support Groups and education classes for individuals with brain injury, spinal cord injury, and stroke, as well as the Stroke Education Class. Additionally, we provide community education and support through our programs TBI Matters and SCI Connection, which are open to all.



SPINAL CORD INJURY AND STROKE PEER SUPPORT PROGRAMS

This free resource brings together current patients with former patients who have faced similar challenges. This private and confidential peer relationship adds an important level of encouragement and support during rehabilitation – and in the community after discharge. Clinical psychologists provide individual and group counseling to both patients and families, and a number of speakers join the groups to offer information and shared experiences.

Issues and concerns frequently discussed include coping, attitudinal barriers, accessibility, referrals, parenting, relationships and intimacy, adaptive technologies, and educational and job opportunities.



NEURO-NET

Neuro-Net is a nationally-recognized program that provides patients expert help navigating recovery for one year following discharge from the Rehabilitation Center at SCVMC. We have partnered with other best-in-class providers who offer different levels of rehabilitative care to provide real-time help with:

- Advocating for your rehabilitation needs with insurance companies
- Improving communication between rehabilitation providers
- Coordinating follow-up medical care
- Re-entry into the community



CHOOSING SCVMC

WHAT TO EXPECT WHEN YOU CHOOSE SCVMC

INTERDISCIPLINARY TEAM ASSESSMENT

Once you are accepted into the Rehabilitation Center, an Interdisciplinary Team Assessment (ITA) takes place within the first 48 hours to identify goals for your individualized rehabilitation program.

THERAPY DAYS

Therapy days are designed to closely follow what you can expect once you return home. For some, the morning routine will be similar to life at home, and for others it will be very different.

Every Monday through Saturday you will be involved in at least three hours of therapy (also available on Sundays). Therapy may occur in your room, in one of our many gyms, in the pool, or out in the community. Your family is expected to participate in your therapy and learn how to assist you, as needed. You will learn how to train your family and caregivers in various aspects of your care.

Our staff will help you organize how you will care for yourself, including activities like showering, grooming, dressing, eating, and using the bathroom. Staff will make sure you understand your medications and dosages. You will also have Occupational, Physical, and Recreation Therapists, and in most cases a Speech Pathologist, who will all design a program just for you.

SUPPORTING FAMILY INVOLVEMENT

Our long experience with inpatient rehabilitation has clearly shown how important family and friends can be to the process. We closely involve friends and family in support groups, recreational activities and outings, as well as in the rehabilitation process itself, including early goal-setting and frequent team meetings. Because our physician specialists are in-house, not just “on call,” they are available and responsive to patients and families alike. This distinctive level of access on the part of our exceptionally talented and dedicated physicians is one of the hallmarks of the rehabilitation experience at SCVMC.

ACCEPTED INSURANCE

Considered payer sources include: Medicare, Medi-Cal, Health Maintenance Organizations (HMOs), Commercial, Workers' Compensation, California Children's Services (CCS), and private pay. Final authorization is at the discretion of the insurance company. Referrals are accepted from all sources, which may include hospital, physician/group, payer, or private pay. We work with all major payers.

REFERRALS & ADMISSIONS

To make an adult or pediatric referral to the Rehabilitation Center, please call (408) 885-2032 or fax (408) 885-2001.

For outpatient referrals, please call (408) 885-7106 or fax (408) 885-7110.

For either inpatient or outpatient referrals, and to schedule a tour of the Rehabilitation Center, please call (408) 885-2032.





THE REHABILITATION CENTER

751 S Bascom Ave., San Jose, CA 95128

scvmc.org/rehab

GO PUBLIC!

County of Santa Clara

