



MedStar Health

# Welcome to the **Spinal Cord Program**

MedStar Good Samaritan Hospital  
Inpatient Rehabilitation Center  
in partnership with  
MedStar National Rehabilitation Network

**It's how we  
treat people.**

# Spinal Cord Program

In the past, spinal cord injury often meant a life spent immobilized with little chance for interaction or participation in the outside world. Fortunately, recent advancements in medical and rehabilitation technology have allowed persons with spinal cord injuries to lead fulfilling lives and resume active roles in their families and communities—and, in some cases, their careers. The Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP) at MedStar Good Samaritan Hospital has expertise to help spinal cord patients, including:

- A highly skilled group of professionals that plan each patient’s care under the direction of a rehabilitation physician (physiatrist) from MedStar National Rehabilitation Network.
- Rehabilitation nurses who provide 24-hour care, bowel and bladder training, and skin care and education, as well as reinforce therapy modalities.
- Therapies that are specifically designed to help each patient regain control over his or her personal care, improve functional skills, and increase the level of independence.
- Speech language pathologists, who assist patients that have

difficulty with oral and or written communication, swallowing, or cognitive issues.

- A case manager who helps the patient and his or her family understand the recovery process and consider the options as the patient progresses from inpatient care to home health care, outpatient rehabilitation, and/or community services.

Our clinical staff works together as an interdisciplinary team to design a personalized rehabilitation program for each patient. The team helps patients attain their highest level of functioning and independence.

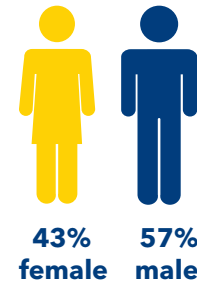
### What is a typical day like?

- You will be busy.
- You will receive a daily schedule.
- You will be out of bed and involved in therapy, meals, and other activities as much as possible.
- During the fiscal year, which ended June 30, 2023, patients with a spinal cord injury received an average of 3.4 hours of therapy (physical therapy, occupational therapy, speech therapy) a day for a minimum of 5 days per week.
- Most patients participate in individual therapy with occasional group interaction.

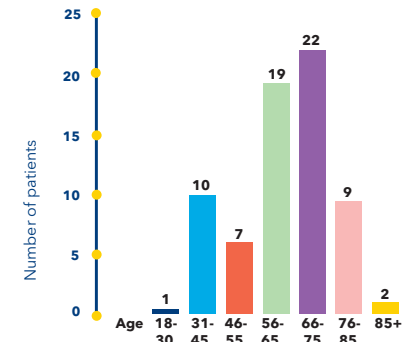
### A year in review

We cared for 70 patients with spinal cord injury (SCI) or disease during the fiscal year, which ended June 30, 2023. What did our patients look like?

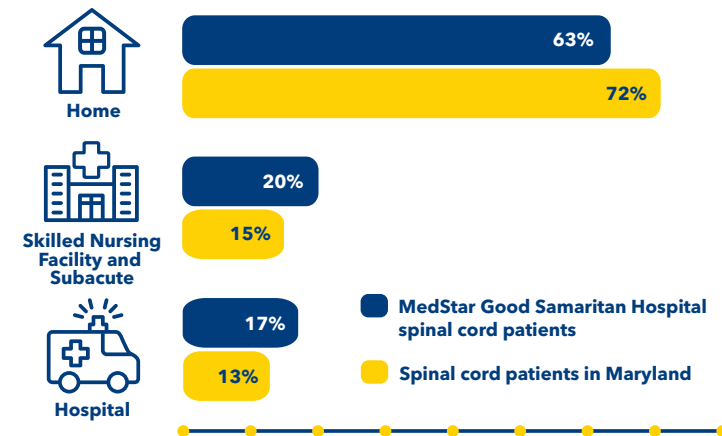
#### Patient gender



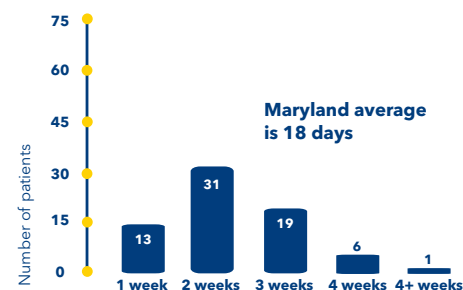
#### Age range



### Where do our patients go after MedStar Good Samaritan Hospital?



### How long did patients stay at MedStar Good Samaritan Hospital?



## How effective is our spinal cord injury and disease program?

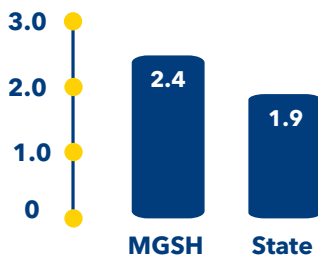
Gains are made by patients across all areas of daily activities including the ability to perform self-care and mobility tasks such as bathing, dressing, using the bathroom, getting in and out of bed, and moving around in one's home and community.

Gains are measured with a standardized rehabilitation tool called the Quality Indicators (QI) on a scale of 1 (Dependent) to 6 (Independent).

### Gains in self-care per day



### Gains in mobility per day



## How satisfied were patients?

Satisfaction with MedStar Good Samaritan Hospital 3 months after discharge

(1=Very dissatisfied, 4=Very satisfied)



**3.8/4.0**  
**MedStar Good Samaritan Hospital**



**3.7/4.0**  
**National average**

## What if I have more questions?

Talk to your doctor, nurse, therapist, or any other team member if you have questions, concerns, comments, or feedback. Your team is available to help you. You have a right to ask questions about your care.

### For more information:

- Call the admissions office at **443-444-4701**.
- Take our virtual tour at **MedStarHealth.org/InpatientRehab**.



## MedStar Health

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