Specialized stroke care

C olinas Rehabilitation often cooperates with other medical profession- nal services for people who have experienced a stroke as part of the largest stroke rehabilitation programs in the Southeast. Carolinas Rehabilitation recently received accreditation as a stroke program by the Commission on Accreditation of Rehabilitation Facilities (CARF). Carolinas Rehabilitation’s stroke program continuously meets or ex- ceeds national stroke rehabilitation standards.

INDIVIDUALIZED TREATMENT

Many stroke survivors face the challenge of regaining cognitive and physical functions. Whether the need is to regain speech, relearn daily living skills, or to strengthen different motor skills, both Carolinas Rehabilitation create individualized treatment programs that maximize each patient’s chances for success. The stroke program is led by board-certified rehabilitation spe- cialists who subspecialize in stroke rehabilitation. “Our primary focus is on- going, expert, rehabilitation to maintain the overall long-term outcome for our patients. However, we recognize that patients still have to live and function in the here and now,” says Viu C. Nguyen, MD, director of programs in the program. “Therefore, we arrange the primary program with training that focuses on activities of daily living and mobility.” The individualized stroke programs provide inpatient and outpa- tient services, physical, occupational and speech therapy, psychology, neuropsychology, social work, rehabilitation case management, and neurorehabilitation.

Since gaining the fullest possible function from a stroke can take months, many months, Carolinas Rehabilitation encourages patients and family members to be involved in rehabili- tation and achieving goals. Families can attend treatment sessions to see how patients can lead to care, support and strengthen patients in their journey to recovery.

CONTINUING CARE

The outpatient program at Carolinas Rehabilitation includes interdisciplinary services and follow-up with a board-certified stroke specialist at least 12 months. Physician clini- cians include stroke rehabilitation specialists, sports psychologists and neuropsychologists. Other outpatient services include a driving evaluation program, psychological and neuropsychological counseling, continued inpatient or outpatient therapy, specialist consultation, stroke survivor support groups and medical social workers are also avail- able after discharge. 

ADVANCED CARE, RIGHT HERE

Reaching stroke patients to the highest possible level of functioning is within reach at Carolinas Rehabilitation. To make a referral, call 704-355-3555 or 1-877-REHAB51.

AWARDS, ACCOLDES & PUBLICATIONS

• Patients from Carolinas Rehabilitation-Mount Holly rated the overall quality of care at the 100th percentile for excellence for three consecutive quarters.
• Carolinas Rehabilitation is a collaborating site on the National Institute on Disability Reha- bilitation and Research study to study the effects of various aspects of inpatient and outpatient treatments during the first year of traumatic brain injury.
• Peggy Tracey, director of speech and audiology at Carolinas Rehabilitation, was appointed to a three- year term by Governor Easley to the North Carolina Board of Examiners for Speech-Language Pathology and Audiology.
• Marco Caiazza received the 2007 Mabel Parker Memorial Scholarship, which is awarded to a student at the University of North Carolina-Chapel Hill for excellence in clinical teaching.
• Carolinas Rehabilitation physicians have published in more than 160 medical publications. Recent examples include:

HOW TO CONTACT US

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ASAP’s hit the slopes

A s a leader, the Adapted Sports and Adventures Program (ASAP) at Carolinas Rehabilitation leads fence-sitters with Disabled Sports USA (DSU), at Beech Mountain in North Carolina. This five-day clinic—the oldest clinic in the nation—is designed to introduce people with disabilities who are interested in snow sports.

ASAP participant and volunteer look forward to the Learn to Ski clinic each winter. About 152 participants and family members participated in the five-day event.

The Learn to Ski clinic is the first of a group of national clinics managed by DSU. Hosted by Beech Mountain for 28 years, it’s run as a collaborative effort among sports programs, ASAP and other sponsors, who bring together the instructors, equipment and resources to teach skiing or snowboarding to people across the country.

The year’s youngest ski age, 4, is a member of ASAP to address the overall experience of veterans, patients, and staff. Patients and staff Annies—those immediately affected included methods to develop effective clinical care and to advocate for expanded care—will continue to provide long-term planning to develop champions to promote service excellence supportive of the needs of patients and staff. Physicians and patient representatives are involved in ongoing discussions to develop programs to support and achieve excellence.

IMPROVING SERVICE INITIATIVES

Each week, members of the rehabilitation teams discuss lawsuits in service excellence and ways to reinforce their commitment to the Carolinas Rehabilitation Family as part of their dedication to serve excellence in rehabilitation, physicians and administra- tion.

GET ACTIVE!

To learn more about the Learn to Ski clinic or any other programs at ASAP, visit www.carolinasrehabilitation.org.

IN THIS ISSUE

Philip Yang’s rehab journal
Adaptive childcare techniques
Our available stroke care program

Behold, the latest rehabilitation news and advances from Carolinas Rehabilitation

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Spring 2009

A year ago, Carolinas Rehabilitation received The American Board of Medical Specialties’ highest recognition, the Board’s Certification in Rehabilitation Medicine for the first time in its history and the first time nationwide. Carolinas Rehabilitation is now the only program in the Southeast to hold this distinction.

Carolinas Rehabilitation also won the 2007 NC Hackney Award for serving the community with exceptional care and services.

The 119th National Committee for Rehabilitation Medicine (NCRCM) meeting was held last month at the Maxine Ferguson Leadership Develop- ment Conference, and sessions included presentations and conferences that focus on improving the professional development of physicians and allied health professionals. Carolinas Rehabilitation was named a collaborating site on a national initiative to improve care, develop new services and develop educational initiatives.

Carolinas Rehabilitation strives to raise the bar for standards of excellence where kindness counts, teamwork wins and everybody makes a difference.

The Bar

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TO REFER A PATIENT TO CAROLINAS REHABILITATION, CALL 704-355-3555 OR 1-877-REHAB51

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Philip Yang sits in his wheelchair in a hospital room, his wife, Debbie, sitting by his side. He is being treated for his therapy sessions. "I really feel grateful for the care we have received," Philip says. "It's been an incredible journey so far, and we're just beginning."

In November 2008, Philip was in Shanghai for a business trip and purchased a vintage motorcycle to take back to the United States. Although he didn't have a helmet, Philip decided to take a quick test drive. While driving through Shanghai, Philip slipped on a patch of water on the road. He was immediately rushed to a hospital in Shanghai and remained there several days while he was in a coma. Philip also suffered a stroke, leaving him with aphasia and weakness in his right side.

From Beijing, Philip was transferred to a hospital in Hong Kong, where he lived for seven weeks. Then, the Yangs were told Philip would need intensive rehabilitation. They decided to return to the United States to begin treatment. After completing an Internet search, Debbie decided to return to the United States to begin rehabilitation in the Carolinas Rehabilitation physical therapy program.

The rehabilitative care team at Carolinas Rehabilitation designed an individualized rehabilitation plan for Philip, which included physical, occupational, and speech therapy, as well as nutritional and neurologic care.

A central concern for the team was Philip's left leg, which had been amputated due to complications from his motorcycle accident. Philip was not ready to walk and was up to the challenge of rehabilitation. "Philip's determination to return to his life goals has helped in his recovery," Katie Williams, Philip's physical therapist, said. "All he wants to do is get back to work, playing golf, and spending time with his family."

Philip knows he has a long way to go before he can walk as he has been used to walking for so long. His physical therapist, Katie Williams, works with Philip each day on improving his balance and walking.

Philip is making progress, and his wife, Debbie, is a constant source of support. "I have been there for him through thick and thin," Debbie says. "He deserves all the support he needs to get back on his feet."
Philip Yang sits in his wheelchair at Carolinas Rehabilitation. "While waiting for his therapy session next to his wife, Debbie, Philip turns to me and says, "I have to learn more about the physiology of expression activities." I quickly add, "You've got me talking with my hands."

Philip has covered many miles and endured many setbacks on his rehabilitation journey, but he's never lost his determination. His spirit is as vibrant as the day he arrived at Carolinas Rehabilitation to begin his recovery journey.

Meeting Challenges

Upon admission, Philip wasn't thinking about anything other than the fear of leaving his wheelchair behind. He was immediately rushed to a hospital in a nearby city, which was the closest facility Philip could access.

After his accident, Philip and Debbie planned a trip to Asia to see his parents. "I wanted to show them the United States," Philip explains. "They had always wanted to come and see me, but we never had the chance before." While there, Philip suffered a stroke, leaving him with aphasia and weakness in his right side.

In November 2008, Philip was transferred to Carolinas Rehabilitation and began his journey towards recovery. "I knew I was going to be here for a while," Philip says. "I was just grateful to be here." Carolinas Rehabilitation's expert team designed an individualized rehabilitation plan for Philip, which included physical therapy, occupational therapy, and speech therapy, as well as monitoring and monitoring neurological changes. "It was a very emotional time," Philip says. "I felt like I couldn't breathe."

Philip began to notice an improvement in his speech and comprehension. "I could understand what people were saying," Philip says. "I could even make up some words." After three months of therapy, Philip was able to start making progress in his speech and comprehension.

The ROAD AHEAD

Before his accident, Philip and Debbie played a lot of tennis. Thinking about life after their accident, they realized that Philip's ability to play tennis was one of the most important things in his life. "I was able to share the same enjoyment and happy moments with my wife," Philip says. "It was a great way to stay active and healthy."

One of the biggest challenges Philip faced during his rehabilitation was learning to walk again. "It was a very challenging time," Philip says. "I had to learn how to take my first steps."

Walter, an occupational therapist at Carolinas Rehabilitation, explained to Philip that walking was a very important part of his rehabilitation. "Walking is essential for rehabilitation," Walter says. "It helps stimulate the brain and improve overall function." Through the use of assistive devices and physical therapy, Philip was able to start walking again.

Mile by mile

How Philip Yang's rehabilitation journey led to Carolinas Rehabilitation

Philip Yang is a retired lieutenant colonel from the United States Army, with a background in family medicine. While in the service, he practiced family medicine and general surgery, and later became a rehabilitation physician. Philip's rehabilitation journey began when he suffered a stroke in 2008, leaving him with aphasia and weakness in his right side.

Biliana L. Bockenek, MD, is the medical director of Carolinas Rehabilitation and chairman of the Division of Physical Medicine and Rehabilitation (PM&R) at Carolinas Medical Center. Dr. Bockenek is also the Director of Carolinas Rehabilitation Post-Polio Clinic.

As an 18-year member of the Carolinas Rehabilitation team, Dr. Bockenek graduated from the University of South Florida and completed his residency at the University of Medicine and Health Sciences. "I have always been very interested in rehabilitation and electrodiagnostic medicine, with a subspecialty certification in spinal cord injury medicine," Dr. Bockenek says. "I was a member of several local, regional and national organizations. Honors and Awards include the "Courage to Teach" Award, chair of the American Physical Therapy Association, a delegate to the American Board of Rehabilitation Medicine and the current secretary/treasurer of the American Polio Group. Dr. Bockenek has authored articles in several peer reviewed journals."

"It was a very challenging time," Philip says. "I had to learn how to take my first steps."

"I was able to share the same enjoyment and happy moments with my wife," Philip says. "It was a great way to stay active and healthy."
How Philip Yang’s rehabilitation journey led to Carolinas Rehabilitation

Philip Yang sits in his wheelchair in the waiting room at Carolinas Rehabilitation. “I’m visiting for his therapy sessions,” says his family. Philip has covered many miles and undergone many treatments.

In November 2008, Philip was in Shanghai for a business trip and purchased a vintage motorcycle to take a quick test drive. While driving through Shanghai, Philip, who shares his passion for riding from the motorcycle. Having suffered multi-traumatic injuries and in need of emergency medical care, he was taken to a hospital in Shanghai. Philip also suffered a stroke, leaving him with aphasia and weakness in his right side.

From Beijing, Philip was transferred to a hospital in Hong Kong where he told for seven weeks. Then, the Yangs told Philip would need intense rehabilitation. They flew back and returned to the United States for his treatment. After conducting an Internet search, Debbie decided Carolinas Rehabilitation would be the best place for Philip.

MEETING CHALLENGES

Upon admission, Philip wasn’t walking and couldn’t sit in a wheelchair for a longer than a few minutes. The Carolinas Rehabilitation staff designed an individualized rehabilitation plan for Philip, which included daily physical, occupational and speech therapy, as well as working and psychological counseling.

A central concern related from the Army, Philip was no stranger to hard work and was up to the challenge of rehabilitation. Philip’s determination to reach his goals had helped him to be successful in his recovery. His literary friends and monitor Philip’s progress to improve on the things that are difficult for him,” says Keith Williams, Philip’s physical therapist. Williams works with Philip each day on transfers, standing and walking. Also feeling Philip’s motivation to arrive on time and reach his therapist goals was his family—a constant source of inspiration for him.

The ROAD AHEAD

Before his accident, Philip and Debbie played a lot of tennis. Thinking about tennis, he gets a smile on his face. “It’s a great team in his rehabilitation, “ says James McDeavitt, MD, senior vice president of Carolinas Rehabilitation and chairman of the Department of Physical Medicine and Rehabilitation (PM&R) at Carolinas Medical Center. “We’re the best place for Philip.”

Philip knows he has a long road ahead of him. “I have to be prepared to change my life,” he acknowledges. But with his wife’s support, he has the determination to reach his goals has hard work and was up to the challenge of rehabilitation. The Army, Philip was no stranger to hard work and was up to the challenge of rehabilitation. Philip’s determination to reach his goals had helped him to be successful in his recovery. His literary friends and monitor Philip’s progress to improve on the things that are difficult for him,” says Keith Williams, Philip’s physical therapist. Williams works with Philip each day on transfers, standing and walking. Also feeling Philip’s motivation to arrive on time and reach his therapist goals was his family—a constant source of inspiration for him.

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Catastrophic, life-altering injuries, you come to providing the best clinical care and excellent customer service.

The Accreditation Advantage
Carolinas Rehabilitation was one of the first facilities in the nation to apply for and receive CARF accreditation, it has been CARF certified since 1978. Carolinas Rehabilitation is also involved with several acute care hospitals that have received Joint Commission Primary Stroke Center Certification. These certification recognitions center that the care is of sufficient quality to be marketed for outpatient care.
Specialized stroke care

The stroke program is led by physicians who subspecialize in stroke care and physical functions. Whether the patient has experienced a stroke. One can learn to care for, support and encourage patients in their journey to recovery.

CONTINUING CARE

The outpatient program at Carolinas Rehabilitation encourages patients and family members to be involved in establishing and achieving goals. Families and other caregivers can attend treatment sessions to see how patients can learn to care for, support and encourage patients in their journey to recovery.

AWARDS, ACCOLADES & PUBLICATIONS

Examples include: interdisciplinary services and follow-up with a board-certified stroke specialist for at least 12 months. Physicians on the stroke team include subspecialists in sports, hypertension and vascular medicine; other specialties include physical, occupational, and speech therapies; psychotherapy and neuropsychology; vocational rehabilitation and vocational therapy; educational services; and social work.

Members of the interdisciplinary stroke team at Carolinas Rehabilitation.

THE ACCREDITATION ADVANTAGE

Carolinas Rehabilitation was one of the first facilities in the nation to apply for and receive CARF accreditation, and has been CARF certified since 1978. Carolinas Rehabilitation is also involved with several acute care hospitals that have received Joint Commission Primary Stroke Center Certification. These certifications recognize centers that can meet exceptional efforts to foster better outcomes for stroke care.

ADVANCED CARE, RIGHT HERE

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AIDS as the slope

AIDS the slope, the Adapted Sports and Adventures Program (ASAP) at Carolinas Rehabilitation helps thousands of people with Disabilities USA (ASAP) at Carolinas Rehabilitation. Its focus is to provide for excellence in clinical teaching.

Carolinas Rehabilitation physicians have published in more than 200 medical publications. Recent examples include:


To learn more about best practices in stroke care, visit Carolinas Rehabilitation’s website. Members of the stroke team discuss lessons learned at international meetings, including the World Stroke Congress, the American Heart Association’s Stroke Conference, and the American Academy of Neurology. Carolinas Rehabilitation is one of the few programs in the nation to offer stroke fellows training.

The goal of Carolinas Rehabilitation is to make it easy for people to refer to the center and to refer to a specialist.

In This Issue

Philip Yang’s rehab journey

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