Joe’s Story

"They were always there to say, ‘you can do this.’" — Joe Gingerelli

It all started like a regular day for Joe Gingerelli. He got in his car and began his drive to work as a manager at Militello Motors in Fairmont. As he pulled up, he knew immediately that something was wrong. "I couldn’t move my left side," he said. "My leg felt like it weighed 500 lbs."

As coworkers hurried to help him, Joe remembers telling them, "I think I’m having a stroke." As it turns out, he was right. Having been scheduled for vascular surgery at Fairview Southdale later in the year, Joe was adamant that he also wanted to go to a Fairview facility for his care and recovery from this emergency.

He credits the staff of Fairview Southdale for helping him make a smooth transition to the Fairview Acute Rehabilitation Center, where he began intensive physical and occupational therapy to improve his strength, balance and overall independence to do the things that were important to him. He characterizes his therapist Sharon Kimble as “bright, conscientious, stern, but supportive. She makes me work!” Together, they practiced things like standing up from a seated position in a chair, as well as sitting back down again, which involved trusting where the chair was without seeing it. Because Joe had some vision issues initially, being able to lower himself down without balance issues was a “powerful” step.

He also worked with Sharon on walking up and down stairs, another initiative. As he prepared to go home, Joe reflected on the journey that had brought him there. A person of deep faith, he believes the stroke was, in a way, a gift, waking him up enough to the major life changes he needed to make, without hurting him too badly. “I got lucky,” he says. “Now I’ve put things in the proper order; God’s #1.”

He has now stopped smoking and vows to continue to practice the lessons he learned during his time at the Acute Rehabilitation Center. “They can give you the exercises but you’ve got to work,” he says. “A positive attitude is 90%.” As he steps out into the light once again, Joe is focused on his recovery and his goals. "The [acute rehab] team gave me confidence… they were always there to say, ‘you can do this.’"
OUTCOMES REPORT

Delivering Patient and Family-Centered Care

The ARC team realizes that both the patient and the family play a critical role in the rehabilitation process. To that end, the ARC’s mission seeks to reflect this dedication to both advanced clinical expertise and compassionate, inclusive care.

Fairview Acute Rehabilitation Center Mission:

- To maximize the function and quality of life of individuals, regardless of how acute their illness or injury has affected their independence.
- To support patients in their return to the community as freely and independently as possible in the areas the patient identifies as important.

Staff Achievements

Because the Acute Rehabilitation Center realizes that any project rises or falls on the expertise and composition of its staff, members of the ARC’s professional care team complete advanced training focused on rehabilitative care within two years of joining the ARC. Currently, 19 members of the ARC’s Certified Rehabilitation Registered Nurses (CRRN), with the expectation that the entire nursing team will earn this certification within a two-year time frame.

The majority of our staff have achieved advanced certification, including six therapists with Neuro-Developmental Treatment (NDT) certification, one Neuro-Clinical Specialist, two Geriatric Clinical Specialist, and one CMAP certification (Certified Aging in Place Specialist).

In addition, the ARC has added a Functional Electrical Stimulation-Cycle, which is used to promote neuromuscular recovery for neurologically impaired patients. We have 12 trained staff who are able to assess and treat clients one day, the Acute Rehabilitation Center care team worked with him on all aspects of his stroke recovery. See Joe’s story on the reverse.

Discharge to Community — Limb Loss Patients

The ARC’s comprehensive care team includes a certified prosthetist with extensive experience to assist with the entire rehabilitation process following the loss of a single or multiple limbs.

Limitations of Study — Amount of Functional Change Per Day — All Patients Served

Treatment interventions address lifestyle changes, transition planning, support groups, caregiver training and post-discharge needs.

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As medical director, I have a critical role in assessing our culture encourages learning from each other’s different experiences, including residents, therapists, nursing and medical students. One of my passions is education. As part of the University of Minnesota, the Acute Rehabilitation Center is in its 11th year of service at the West Campus area. The Acute Rehabilitation Center is the busiest acute rehabilitation facility in Minnesota, helping patients gain independence for recovery for neurologically impaired patients. We have work one day, the Acute Rehabilitation Center care team worked on the reverse. We have been treating patients with neurologic impairment for more than 10 years, and the Acute Rehabilitation Center has served our patients in the community as freely and independently as possible in the areas the patient identifies as important. The majority of our teams have achieved advanced certification, including six therapists with Neuro-Developmental Treatment (NDT) certification, one Neuro Developmental Treatment (NDT) specialist, one Neuro Developmental Treatment (NDT) specialist, one Neuro Developmental Treatment (NDT) specialist, one Neuro Developmental Treatment (NDT) specialist, and one Certified Orthopedic Medical Professional (CMSP). In addition, the Acute Rehabilitation Center has a Functional Rehabilitation Simulation Cycle, which is used to promote neuromuscular recovery for neurologically impaired patients. We have trained staff who are able to assess and treat our patients for whom this may be appropriate. The accompanying outcomes illustrate the many ways the Acute Rehabilitation Center has served our patients in 2016.

From October 2014 to April 2015, 81.3% of our patients surveyed by Press-Ganey rated overall care at the highest level. The accompanying graph illustrates that outcomes for all patients served at Fairview Acute Rehabilitation Center are strong in terms of quality of care and discharge satisfaction, as measured by standard functional independence measures. The graph below illustrates the types of patients served.

Delivering Patient and Family-Centered Care
The ARC team works to ensure that both the patient and the family play a critical role in the rehabilitation process. To that end, the ARC’s mission seeks to reflect this dedication to both advanced clinical expertise and compassionate, inclusive care. Patients and families input is critical to maximizing a patient’s quality of life, even when some functional ability is temporarily or permanently affected. Coaching patients through this journey is truly rewarding. Our passion as educators, as part of the University of Minnesota Medical Center, is to mentor future generations of health care professionals including residents, therapists, nursing and medical students. Our vision encompasses providing the latest knowledge and information to patients, their families and friends through our comprehensive patient education and discharge planning, support groups, caregiver training and post-discharge needs.

OUTCOMES REPORT
from the comprehensive care of stroke patients to the complex rehabilitation of those recovering from a wide range of diagnoses, including some of the most medically complex conditions.

A MESSAGE FROM DR. SCOTT CROWE, MEDICAL DIRECTOR
Scott Crowe, MD
Medical Director, Acute Rehabilitation Center, Fairview

Patient Populations Served
The Acute Rehabilitation Center serves a wide range of inpatient and adult patients in need of comprehensive inpatient rehabilitation. The graph below illustrates the types of patients served.

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The Acute Rehabilitation Center in Minnesota, helping patients medically complex conditions. The ARC is in its 11th year of service at the West Campus of the University of Minnesota Medical Center. In 2014, AARC was the 12th largest in the 12-county Twin Cities market share for inpatient rehabilitation, as well as earning highest patient satisfaction scores. The Acute Rehabilitation Center is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), in both the Comprehensive Medical Inpatient Rehabilitation and the Stroke Specialty Programs.

The Acute Rehabilitation Center continues to strengthen its reputation as one of the leading inpatient rehabilitation facilities in Minnesota. Helping patients through their journey is really rewarding. The ARC’s comprehensive care team includes a certified stroke rehabilitation specialist, a certified LVAD and heart transplant patient coach, and a neuromuscular stimulation specialist, which is used to promote neuromuscular recovery for neurologically impaired patients. We have 12 trained staff who are able to assess and treat clients with stroke, functional issues but also the emotional issues. My philosophy is to help maintain a key goal is to help maintain a patient’s quality of life, even when some functional ability is temporarily or permanently abroad. Coaching people through the journey is really rewarding.

Outcomes Report

From the comprehensive care of stroke patients to the complete rehabilitation of those recovering from a wide range of diseases, the Acute Rehabilitation Center (ARC) changes lives every day. The ARC is in its 11th year of service at the West Campus of the University of Minnesota Medical Center. In 2014, AARC was in the 12-county Twin Cities market share for inpatient rehabilitation, as well as earning highest patient satisfaction scores. The Acute Rehabilitation Center is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), in both the Comprehensive Medical Inpatient Rehabilitation and the Stroke Specialty Programs.

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Joe’s Story

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As coworkers hurried to help him, Joe remembers telling them, “I think I’m having a stroke.” As it turns out, he was right. Having been scheduled for vascular surgery at Fairview Southdale later in the year, Joe was adamant that he also wanted to go to a Fairview facility for his care and recovery from this emergency.

He credits the staff of Fairview Southdale for helping him make a smooth transition to the Fairview Acute Rehabilitation Center, where he began intense physical and occupational therapy to improve his strength, balance and overall independence to do the things that were important to him. He characterizes his therapist Sharon Kimble as “tough, conscientious, stern, but supportive. She makes me work!” Together, they practiced things like standing up from a seated position in a chair, as well as sitting back down again, which involved trusting where the chair was without seeing it. Because Joe had some vision issues initially, being able to lower himself down without balance issues was a “powerful” step.

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He has now stopped smoking and vows to continue to practice the lessons he learned during his time at the Acute Rehabilitation Center. “They can give you the exercises but you’ve got to work,” he says. “A positive attitude is 90%.” As he steps out into the light once again, Joe is focused on his recovery and his goals. “The [acute rehab] team gave me confidence… they were always there to say, ‘you can do this.’”

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