Suz’s Story

For Susan “Suz” Welch, the beauty of nature has always been her inspiration, even during times of great personal challenge. Whether woodworking or taking photographs, Welch, a former camp director, loved the peace and tranquility of the trees and fields around her. A native of Iowa, Suz came to the University of Minnesota Medical Center for a spinal fusion surgery in the spring of 2014. Her condition had left her partially paralyzed, without the functional use of her legs or the ability to sit. Welch spent one month in the Acute Rehabilitation Center (ARC), working hard at regaining important parts of her independent life. Initially, Sue could not sit at the edge of the bed without significant support. By the time she left the ARC, she was able to sit independently for at least 10 minutes to eat breakfast on the edge of the bed. Similarly, she initially required complete assistance for dressing, but by the time she went home, she was able to dress herself independently with dressing equipment.

Welch was also fitted with a power wheelchair, and returned to her country home in Iowa with her partner, Carolyn. Special care was taken in fitting her chair, to accommodate her hobbies of woodworking and photography.

Welch has returned to visit a few times in the past two years, but most recently surprised the staff with a donation of some of her nature photography to beautify the walls of the ARC (see cover photo).

“You guys ran a super thing,” Welch says. “I loved the nurses, the aides, the PT folks and the OT folks. I am not kidding when I say I learned how to live on the 5th floor!”
These goals could not be accomplished without the support of all our partners. Every team member is dedicated to our patients’ care. Coaching people through this journey is truly rewarding.

One of my passions is education. As part of the University of Minnesota Medical School, we work with many learners including residents, therapists, nursing and medical students. Our well-recognized collaboratives offer unique opportunities to share different perspectives and clinical experience to deliver the best care possible in the areas the patient identifies as important.

Delivering Patient and Family-Centered Care

The ARC team realizes that both the patient and the family play a pivotal role in the rehabilitation process. To that end, the ARC’s mission seeks to reflect this dedication to both advanced clinical expertise and compassionate, evidence-based care. The Acute Rehabilitation Center Mission:

- To maximize the function and quality of life of individuals, regardless of how acute 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 that the patient identifies as important.

Patients Served

The Acute Rehabilitation Center serves a wide range of adults and adolescent patients in need of comprehensive inpatient rehabilitation. The chart below illustrates the percentage of patients served by rehab impairment category.

Team Achievements

Because the Acute Rehabilitation Center realizes that any program can only be as strong as the expertise and compassion of its staff, members of the ARC’s professional care team completed advanced training focused on rehabilitative care within two years of joining the ARC. Currently, 14 members of the RN staff are Certified Rehabilitation Registered Nurses (CRRNs) with the expectation that the entire rehab nursing team will earn this certification within two years of being hired. That same year, three members of our team have achieved advanced certification including six therapists with Certified Lymphedema Therapist certification, one Neonatal Critical Care Specialist, two Geriatric Critical Specialists, one Certified Lymphedema Therapist (CLT-A), and several other therapists with advanced training in other areas.

In addition, the ARC has a Functional Electrolysis Simulation Center, which is used to provide neurorehabilitation for neurologically impaired patients. We have trained staff who are able to assess and treat clients for whom this may be appropriate.

The accompanying outcomes illustrate the many ways the Acute Rehabilitation Center has served our patients in 2016.

Amount of Functional Changes Per Day

Therapeutic treatments are designed to address each individual patient’s needs. Interventions may address loss of function, lifestyle changes, transition planning and post-discharge needs focused on areas that have a meaningful impact on each patient.

For Patients with Stroke

Functional Level at Time of Discharge

The ARC’s Stroke Specialty Program provides a comprehensive, individualized approach to rehabilitation for patients with stroke and their families.

For Patients with Dementia/Complex Medical Conditions

Functional Level at Time of Discharge

The ARC’s highly trained therapists are dedicated to improving the quality of life of patients facing complex medical conditions.

At the Acute Rehabilitation Center, 24 members of our nursing and therapy teams have achieved advanced certification.
from the comprehensive care of stroke patients to the complex rehabilitation of those recovering from a wide range of illnesses, the Acute Rehabilitation Center (ARC) continues to strengthen its 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 Care and Encouragement. The ARC’s Stroke Specialty Program provides a range of therapies for patients with non-traumatic brain injury and their families to help them return to the activities of daily life.

The Acute Rehabilitation Center works with patients with non-traumatic brain injury and their families to help them return to the activities of daily life.

Team Achievements Because the Acute Rehabilitation Center realizes that any program can fail on the basis of the expertise and compassion, evidence care is only a portion of the equation. Our culture encourages collaboration and sharing of different perspectives and clinical experience to deliver the best care and outcomes.

Delivering Patient and Family-Centered Care The ARC team realizes that both the patient and the family play a role in the rehabilitation process. To that end, the ARC’s mission seeks to reflect this dedication to both advanced clinical expertise and compassionate, evidence care: To maximize the function and quality of life of individuals, regardless of how much or how little they do, and each person’s individual strengths come into play to recommend the ARC.

All Patients Served Functional Level at Time of Discharge for All Patients Served

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Functional Level at Time of Discharge

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For Patients with Debility/Complex Medical Conditions

All Patients Served Functional Level at Time of Discharge for All Patients Served

The Acute Rehabilitation Center is a recognized leader in stroke rehabilitation and has been a leader in research investigating the effectiveness of different rehabilitation approaches. New studies/unpublished were completed and presented in 2016-2017:

• Case Report – Inpatient Rehabilitation Interventions and Outcomes for a Person with Quadriplegic Amputation
  Sharon L. Kimble DPT, GCS, NCS (Poster, Physical Therapy, 7/ 2016)• Utility of the Postural Assessment for Stroke Scale on Discharge Planning in Acute Rehabilitation
  Brian Donley, DPT, NCS, Sarah L. Kimble, DPT, GCS, NCS (Poster, Physical Therapy, 7/ 2016)

• The State of Disability Awareness in American Medical Schools
  Erica Sedel, MD and Scott Crowe, MD (Poster, Supervisor of Physical Rehabilitation, 2017, International Association of Medical Rehabilitation, 2017, San Francisco, CA)

• Spinal Cord Injury - 49
  Orthopedics - 33

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The Acute Rehabilitation Center continues to strengthen its functional effectiveness of inpatient rehabilitation after heart transplantation. To support patients in their return to the community, the ARC's high volume of patients served by rehab impairment category.

Team Achievements

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The majority of our team has achieved advanced certification, including six therapists with NDT certification, one Neuro Critical Care Specialist, two Genetic Critical Care Specialists, one Certified Lymphedema Therapist and certified therapists with advanced training in other areas.

The Acute Rehabilitation Center continues to strengthen its

Significant Life-Altering Medical Conditions

• Functional Effectiveness of Inpatient Rehabilitation

The Acute Rehabilitation Center has served our patients in 2016. The accompanying outcomes illustrate the many ways the

For Patients with Stroke

Functional Level at Time of Discharge

The ARC’s Stroke Specialty Program provides a comprehensive, individualized approach to rehabilitation for patients with stroke and their families.

The ARC Regional National Press-Ganey were very likely (highest rating) to recommend the ARC.

For Patients with Dementia

Medical Center, we work with many learners and educators from Medical Schools.

The Acute Rehabilitation Center continues to strengthen its

• To support patients in their return to the community, and their families, and to help them achieve their personal goals and return to their own unique way of living.

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