

OUR GOAL: YOUR INDEPENDENCE

At Bacharach, we surround every spinal cord patient with an integrated team of dedicated and highly trained doctors, nurses, physiatrists and rehab specialists – all working in concert to meet the complex challenges that often arise. Of course we never forget the most important member of the team: the patient. After all, we understand that few injuries affect lives quite like a spinal cord injury. Which is why we utilize the latest therapies and equipment to help you reach your full potential.

All patients receive our *Spinal Cord Injury Education Manual*, as well as a copy of *Yes, You Can! A Guide to Self-Care for Persons with Spinal Cord Injury* published by the Paralyzed Veterans of America. These comprehensive resource books address topics such as medicine & health, sports & recreation, fertility and more. Together, they help to educate patients and their loved ones about spinal injuries and prove to be valuable resources once they leave Bacharach for a home care setting.



**SPINAL CORD
INJURY PROGRAM
AT BACHARACH**
61 West Jimmie Leeds Road
Pomona, NJ 08240

DIRECTIONS

From the south: Take Garden State Parkway to exit 41. At the end of the exit ramp turn left onto Jimmie Leeds Road. Turn right at the second traffic light into a shared access road for Bacharach and AtlantiCare Regional Medical Center. Bear right at the fork and follow signs for Visitor Parking.

From the north: Take Garden State Parkway to exit 41. At the end of the exit ramp turn right onto Jimmie Leads Road. Turn right at the first traffic light into a shared access road for Bacharach and AtlantiCare Regional Medical Center. Bear right at the fork and follow signs for Visitor Parking.

Bacharach

INSTITUTE FOR REHABILITATION

bacharach.org • (609) 652-7000

Bacharach Institute for Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bacharach does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-609-748-2081.

请注意：如果您讲中文，您可以免费获得语言协助服务。请致电 1-609-748-2081。

SPINAL CORD INJURY PROGRAM

Bacharach

INSTITUTE FOR REHABILITATION



MAXIMIZING FUNCTION AND INDEPENDENCE AFTER SPINAL CORD INJURY



Bacharach Institute for Rehabilitation has been accredited by CARF for 11 programs.

bacharach.org • (609) 652-7000

Our comprehensive Spinal Cord Injury Program is designed to maximize patient function and independence, assist with the return back to the home, the community and the workplace – and to provide a lifetime of follow-up support to ensure optimum health and functional abilities.

From intensive rehab and medical therapy to social and psychological support, Bacharach offers a complete package of comprehensive services specially designed to provide a physical and emotional safe haven for both the injured and their loved ones. Our goal is to teach patients new skills and ways of living to achieve maximum function and independence.

A VARIETY OF CAUSES

There are many ways to sustain damage to the spinal cord. Often this damage is from a traumatic event, such as an auto accident, fall or sports-related injury. In these instances, a sudden blow fractures or compresses one of the vertebrae on the spine. There are other non-traumatic causes of spinal cord injuries as well, due to cancer, arthritis and infection.

A VARIETY OF COMPLICATIONS

A spinal cord injury may cause many changes in bodily functions, such as:

- Change in movement and feeling
- Change in bowel and bladder control
- Loss of skin sensations
- Impaired circulation
- Trouble breathing
- Muscle degeneration and atrophy
- Change in sexual function

A CONTINUUM OF CARE

We offer services that are varied and interdisciplinary. The care team is lead by a physiatrist – a doctor of physical medicine and rehabilitation – who directs the plan of care. It also includes rehabilitation nursing, physical and occupational therapy, recreational therapy, speech therapy (for both speech and swallowing issues) and respiratory therapy. Patients work toward independent feeding, sitting without support, control of bowel and bladder and transfer and mobility issues. Psychological support is also part of the plan of care to help address the stages of loss as they affect both patient and family members. In addition, patients receive pain management and dietary services.

A case manager oversees each patient, coordinating care that is specific to each individual and ensuring the carryover of education both in therapy sessions and on the nursing floor.

SPECIALIZED SERVICES AND THERAPIES

Our rehab team works with each patient for a minimum of three hours per day of physical and occupational therapies. Our continuum of care also includes a variety of services and therapy options:

- Wheelchair clinic, equipment ordering, acquisition and follow-up
- Biodex Unweighted Body Support System
- Community reintegration program
- Pressure mapping system
- Weekly inpatient team meetings
- Monthly outpatient team meetings
- Upper tone (exercise equipment designed for tetraplegic patients)
- Therapeutic home visits
- Therapeutic pool

In addition, we offer a number of support services:

- Patient and family conference
- Driver training programs
- Group education sessions
- Peer counseling program
- Comprehensive patient education manual
- Home evaluation to maximize accessibility
- Brace clinic with on-staff certified prosthetists/orthotists
- Intrathecal baclofen therapy for spasticity management
- Spasticity Clinic
- Monthly support group meetings with a monthly newsletter

AFTER DISCHARGE

Patients may continue in the program after discharge as participants in our Day Rehab Program and, in many cases, as outpatients. In all phases of treatment, therapies may include neuro-optometry, spasticity management, orthotics and prosthetics, vocational rehabilitation, community reintegration, hand therapy and other therapies specifically geared toward spinal cord rehabilitation.

The case manager also directs arrangement for placement post-discharge, including follow-up appointments at Bacharach after 1, 3, 6 and 12 months. The monthly spinal cord injury support meetings include education, recreation events, holiday outings and get-togethers in the community.

Bacharach outperforms both regional and national averages in many key measures.

The Functional Improvement Measurement (FIM)TM scale measures how much more function a patient has at discharge as opposed to admission.

The Functional Improvement Motor Score refers to some specific motor skills including locomotion and transfers.

Case Mix Index indicates the level of severity of illness at the time of admission; a higher number indicates a more involved patient.

FIM is a trademark of Uniform Data System for Medical Rehabilitation, a division of UB Foundation Activities, Inc.

SPINAL CORD INJURY	Bacharach	Nation	Region
FUNCTIONAL IMPROVEMENT MEASUREMENT	25.2	23.9	25.2
FUNCTIONAL IMPROVEMENT MOTOR SCORE	21.9	20.4	21.8
LENGTH OF STAY (DAYS)	19.2	17.9	20.0
CASE MIX INDEX	1.9	1.6	1.7
NUMBER OF PATIENTS	68		