

Learning About Your Rehab Stay



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How best to prepare for rehabilitation

Daily Needs: Your child will be working on activities of daily living (ADL) with his/her therapists. Your child must have loose, casual clothes to wear to therapy. Some suggested clothing items include washable t-shirts, underwear, socks, tennis shoes, pull-on pants, sweatpants, and a sweater or jacket. We recommend pants and shorts for both girls and boys, but **do not** recommend jeans. Your child will also need various toiletry articles including brush/comb, toothbrush, shampoo, deodorant and other supplies appropriate to your child's age.

Medical information, medication and equipment:

If possible, please bring along:

- Insurance information
- Primary Care Provider information
- Personal care equipment or assistive devices currently being used by your child
- A few familiar comfort objects for your child: photos, stuffed animals, music, blankets, toys, pillows or sheets (Twin XL fits regular hospital beds)

Getting to know the rehabilitation process

The physicians and rehabilitation team are given notice of your arrival.

Once you arrive to the unit, you will be meeting many new people who will be participating in the care of your child. The nursing staff will ensure you are made comfortable in your new room. The team will determine/provide the transportation needs of your child, such as a wheelchair, during your stay at ACH.

The Rehabilitation Team will complete a therapy schedule based on the needs of your child, which are determined during the therapists' initial evaluation. Therapies are typically scheduled in 45-minute time blocks and consist of Physical Therapy (PT) Occupational Therapy (OT), Speech and Language Therapy (ST), and Music Therapy (MT). Your child must fulfill 3 hours of therapy per day of PT, OT, and/or ST. Please let one of the staff know if your child requires additional nap time or rest periods during the day. This will be factored into the schedule. Additional members of the Rehabilitation Team may also perform assessments with your child.

Team meetings communicating your child's progress

While your child is inpatient, the Rehabilitation Team round daily and hold a bi-weekly team meeting where your child's progress and goals will be discussed as well as all plans for equipment needs, school planning and transitioning back to home. An estimated discharge date will be set. It is important that you bring any of your concerns to the attention of a member of the rehabilitation team.

Around your room and the hospital

One sleeper chair or sofa is provided per room for the parent accompanying the child. Anyone staying overnight with a patient must be 18 years old or older. No more than two people may stay overnight.

The TV controller is located on the patient's call light. The phone in your room allows you to call all internal hospital numbers. You are also permitted to make local calls. Dial 9, wait for tone and then dial the local telephone number. The main hospital number is 501-364-1100.

Meals

All meals are provided to the patient and are organized through your nurse and the Nutrition/Dietary Department. Please do not order food for or feed your child without checking with a nurse or dietitian first. A dedicated dining room is available specific for our patients to prepare them and their families to transition home and engage in ADL outside of their room. It is expected that each patient will be in the dining room for breakfast (8:15-9:00 a.m) and lunch (12:00-1:00 p.m.), dinner (5:00-6:00 p.m.) is optional.

There is a mini refrigerator in each patient room. There are two options for family or guest meals during your stay at ACH.

- The cafeteria is located on the 2nd floor of the hospital and accepts cash, credit/debit cards.
- Central family housing located on 2nd floor has 3 meals a day for up to 2 caregivers, at no cost.

Child Life and family activities

Our Child Life Department strives to promote family centered care. We realize that family members are the most important part of your child's healing process. Parents, siblings, and extended caregivers are welcome and encouraged to participate in the wide range of activities provided through our Child Life Department.

Playroom and Teen Room group activities are held Monday through Saturday in the morning, afternoon, and some evenings.

Computer access

As a courtesy to our patients' families, wireless internet access is available throughout the hospital. The network SSID is "ACH-Guest." A computer is available for families on the 1st floor located in the safety zone.

Smoking

Arkansas Children's Hospital is a smoke-free facility. No smoking is allowed on ACH campus.

Going home and discharge

In preparation for being discharged and transitioning to home, a caregiver will be required to complete a room in.

Rooming in:

A caregiver will be responsible for providing all the care of their child, while in a secure hospital environment. The family is responsible for any administering of medication, feedings, ventilator or tracheostomy care following appropriate training by hospital staff. This allows the family to become comfortable with the level of care needed by their child while under supervision of the hospital staff.

Therapeutic outings:

When your child is medically stable, you and your child may be given the opportunity to take outings into the community with a well-trained staff member, using the transportation of an appropriate vehicle. This program will give both you and your child the opportunity to practice skills necessary for your transition back home in a fun, yet realistic community environment. You and your child are always included in the process of deciding which destination would be most suitable. The ability to go on an outing will be determined by your Rehabilitation Team.

Discharge criteria

Your child will be discharged when they have achieved maximum benefit from inpatient rehabilitation.

