

REHABILITATION TERMINOLOGY

Activities of Daily Living (ADL's):

These activities include bathing, grooming, dressing, etc.

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Case Mangers/Social Workers:

These licensed/registered professionals provide overall coordination of your rehabilitative care. They will work with you and your family/caregivers regarding plans for discharge and also serve as a liaison between you and your family/caregivers, insurance carrier, treatment team and community agencies. They also assist you in obtaining resources and services in your community upon discharge.

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Dietitians:

Our registered dietitians are licensed professionals who are focused on your nutritional needs. They are dedicated to working with you to assure that your nutritional concerns are met. Our staff dietitians are available during the day, Monday through Saturday.

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Occupational Therapists (OT):

Our registered/licensed professionals emphasize improvement of your self-care skills (actives of daily living -ADL) such as bathing, dressing, and eating. They may focus on your arms, hands or finger movements to increase your independence with such daily tasks. They also address cognitive (thought) and perceptual (visual) deficits as they pertain to daily life.

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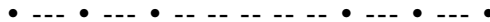
Physical Therapists (PT):

Our licensed therapists provide training with walking, transfer techniques and wheelchair mobility. They address strength, balance and coordination deficits. They may work with an orthotist or prosthetist to provide training to increase independence with orthotic and prosthetic devices to improve your mobility.

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Recreational Therapists:

These registered professionals assist you with community reintegration. They help assimilated your leisure skills into your daily life. They host outings into the community such as to the movie theater, shopping or to a local restaurant.



Rehabilitation Registered Nurses (RN):

Our licensed nurses will teach you and your family/caregiver how to manage your healthcare needs after leaving the hospital.



Respiratory Therapists (RT):

Our licensed professionals will focus on your respiratory muscle weakness or susceptibility to respiratory difficulties to help prevent further respiratory problems. Our therapists are available 24 hours a day, 7 days a week.



Speech Language Pathologists (SLP):

These licensed professionals focus on improving communication skills, cognitive (thinking) skills and aid in swallowing function to improve functional independence. This may include activities to improve word-finding in conversation, decision-making, reasoning skills and diagnosis and treatment of swallowing problems.



Therapeutic Dining Program:

This group program is for patients who require assistance with swallowing and feeding during meals. The goal of the program is to teach independent eating. The program is supervised by a speech language pathologist or occupational therapist.

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Attending Physicians:

Upon admission, you are assigned to the care of an attending physician here at The Rehabilitation Institute of St. Louis. The attending physician is responsible for directing your medical care.

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Resident Physicians:

A resident physician is a licensed physician receiving advanced training in rehabilitation. Resident physicians work under the direct supervision of the attending physician.

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Consulting Physician:

Your attending physician may arrange for you to be evaluated by a practitioner of a different specialty. For example, your attending physician may request a consultation by an internal medicine physician.

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Referring Physician:

Your referring physician is the physician who referred you from your previous hospital. As necessary, your attending physician will be in contact with your referring physician.

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Rehabilitation Services:

All patients receive rehabilitation nursing care, physician therapy, and occupational therapy. Speech therapy, respiratory therapy, therapeutic recreation and nutritional assessments are based on individual patient needs. Therapy sessions are approximately 15 minutes to one hour. Your therapy will consist of interactions with your therapist and nurses and includes all activities from formalized training sessions with you and your family to practice sessions in your room.

Your therapy team may include physical therapists, physical therapy assistants, occupational therapists, certified occupational therapy assistants, speech therapists, speech therapy assistants and rehabilitation therapy techs.

Your nursing team will include registered nurses, licensed practical nurses, and nursing techs.

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