

## What is 3C Rehab?

**3C Rehab** is an **inpatient program for veterans who need therapy to gain strength and skills after an illness or injury.**

**3C Rehabilitation (3C Rehab)** is located on the 3<sup>rd</sup> Floor of the VA Towbin Healthcare Center (sometimes called Fort Roots VA) in North Little Rock, Arkansas.

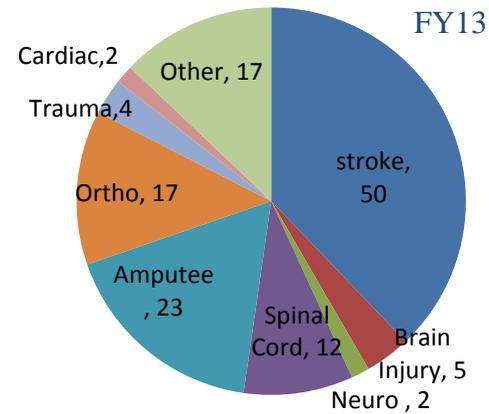


## Medical Problems Served

Individualized programs are available to provide targeted treatment for a variety of medical conditions including, but not limited to:

- Stroke/neurological disorders
- Deconditioning
- Orthopedic surgery
- Major Fractures
- Spinal cord injury
- Multiple trauma
- Amputation
- Brain injury
- GuillianBarre
- Burns

## Types of Patients Served



N=132 \*Other includes Deconditioning, Pain, Medically Complex

## The Rehabilitation Team Members

- Veteran and family
- Rehab physician — Physiatrist
- Rehab Nurses
- Physical therapist
- Occupational therapist
- Speech-language therapist
- Recreational therapist
- Social worker
- Pharmacist
- Psychologist
- Prosthetist
- Dietician

A full complement of medical and support services are available 24/7. Special imaging / specialist consults are seen in LR VA. Urgent/emergent care requires transfer to LR acute hospital. 3C averaged 1.5 unplanned transfers to the LR hospital per month in FY 13.

## The Program

The veteran is expected to participate in an intensive rehab program which requires up to three hours of therapy each day.

Therapy times will be scheduled daily and communicated to you. Skills learned in therapy gym should be practiced on the ward.

Rehabilitation activities continue through the weekend while in hospital. Weekend passes home may be scheduled before your discharge to practice living and evaluate your function in the home setting.

Bring comfortable clothing, personal care items and supportive shoes.

## Your Rehab Goals

- To gain strength and independence
- To maintain safety in life activities
- To give your family skills to help you with recovery

## Program Results

Our patients show gains equivalent to other rehab units and the majority return to their home after discharge.

Home	78 %
Nursing Home	13 %
Hospital or other	9 %

After discharge from 3C, most patients maintain their abilities.

Response to survey questions:

Survey contracted through MedTel, an independent non-governmental data collection agency and reported to 3C Rehab quarterly

I was satisfied with the treatment I received on 3C Rehab. (75%*)	94%
I was involved with decision making during my rehabilitation. (74%*)	96%
The rehabilitation program prepared me for going home. (66%*)	94%
The progress I made met my expectations. (74%*)	92%
The rehabilitation program improved my quality of life. (74%*)	92%
My social activity level is similar to before my rehab stay. (69%*)	86%

(\* response rate of total persons served in FY 13 indicated in parenthesis)

## Report for 3C Inpatient Rehab FY 2013

Total number of patients served: 132

The breakdown :

**Stroke:** 44 males, 6 females  
Age range 38-86

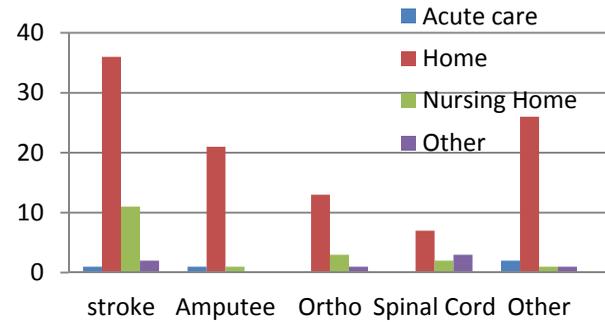
**Amputee:** 21 males, 2 females  
Age range: 51-83

**Spinal Cord:** 12 males, 0 female  
Age range: 55-68

**Orthopedics:** 16 males, 1 female  
Age range: 34-85

**Other\*:** 26 males, 4 females  
Age range: 33-85

(\*Includes brain injury, cardiac, pain, neurologic condition, medically complex and deconditioned)



**3C Rehab Discharge Dispositions for FY 2013  
Per Diagnosis Group**

78% of all patients admitted to 3C Rehab discharge to home!

73% of all stroke patients admitted to 3C Rehab discharge to home!

### Daily therapy hours per diagnosis

Diagnosis	PT	OT	KT	Speech
Stroke	1	1	X	1/2
Amputee	X	1	2	X
Spinal Cord Injury	1	1	X	X
Ortho	1	1	X	X
Other*	1	1	X	X

Recreational Therapy, including community Outings, is offered to all diagnosis groups

### 3C Patient Satisfaction

Discharged 3C patients responding as satisfied/very satisfied with 3C Rehab program for FY 2013 (in percent)



**Veterans must meet VA eligibility requirements and agree to appropriate co-payments.**

**Eligibility guidelines are available at:  
1-800-224-8387**

**Active Duty Referrals should be made through the Tri Care Coordinator:  
1-501-257-6748**

**For more information, call  
Lillian Cranford, APN  
Inpatient Rehab Care  
Coordinator  
501-257-2548**

## Physical Medicine & Rehabilitation Services

# 3C Rehabilitation Inpatient Unit



**2200 Fort Roots Drive  
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501-257-2548**