

3C Rehabilitation

The 3C Rehabilitation Unit located at the NLR VA is a 15 bed inpatient program offering 24 hour care to veterans with diagnoses of stroke/neurological disorders, head injury, spinal cord injury, polytrauma, orthopedic surgery, amputation, deconditioning or other medical conditions in an interdisciplinary rehab setting.

Accreditation:

Joint Commission on Accreditation of Healthcare Organizations
Commission on Accreditation of Rehabilitation Facilities

Care Team:

The Interdisciplinary team consists of: The veteran and his/her family, PM&RS Rehab Physicians (Physiatrists), Physical Therapist, Occupational Therapist, Rehabilitation Nurses, Psychologists, Kinesiotherapist, Recreational Therapist, Speech-Language Pathologist, Social Worker, Pharmacist, Prosthetist, Chaplain and Dietician;

Outcomes:

The majority of 3C patients return to a home setting at the completion of their inpatient stay. Patient/family satisfaction with 3C services through survey results exceeds 90%.

Admission and Participation Criteria:

Veteran must be 18 or older
Must have demonstrated impairments in one of the following: cognitive function, communication, swallowing, mobility, pain management; musculoskeletal function, activities of daily living, self-care skills and perceptual motor skills;
Veteran must be medically stable with medical workup complete.
Veteran must be able to participate in 2-3 hours daily of out of bed activity.
Veteran must have some weight bearing capacity.
Veteran must be cooperative, motivated to participate and able to consistently follow one step commands.
Veteran must have potential for improvement from current level of functioning.

Program Structure:

Veteran receives formal therapy five days per week in clinic gym.
Veteran receives weekend therapy on the ward.
Weekly staffing by interdisciplinary team;
Minimum of one formal interdisciplinary conference with family prior to discharge;
Family is encouraged to observe therapy sessions.

Veteran will be provided equipment, medications and necessary follow-up appointments at discharge.

Discharge Criteria:

Documented evidence that veteran has achieved stated long term goals. Veteran's medical or psychological conditions preclude continuation of intensive rehabilitation activities.

It is determined interdisciplinary therapy is no longer needed on a daily basis.