

## 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.

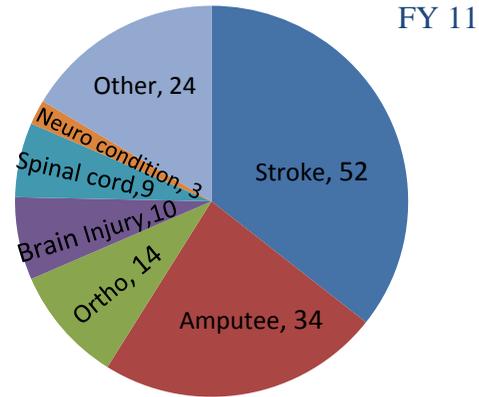


## Medical Problems Served

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=146 \*Other includes Cardiac, 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

A full complement of medical services including x-ray, lab, and pharmacy are available 24/7 on 3C rehab. Special imaging and specialist consults are transported to LR VA. Urgent/emergent care requires transfer to the LR acute hospital. 3C averaged 2.2 unplanned transfers to the LR hospital each month in FY 11.

## 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	75%
Nursing Home	15%
Hospital or other	10%

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

Response to survey questions:

(response rate 71%-85% of discharged 3C rehab patients by MedTel\* report)

I was satisfied with the treatment I received on 3C Rehab.	93%
I was involved with decision making during my rehabilitation.	87%
The rehabilitation program prepared me for going home.	94%
The progress I made met my expectations.	90%
The rehabilitation program improved my quality of life.	91%
My social activity level is similar to before my rehab stay.	73%

\*MedTel is a contracted, independent non-governmental data collection agency.

## Report for 3C Inpatient Rehab FY 2011

Total number of patients served: 146

The breakdown :

**Stroke:** 49 males, 3 females  
Age range: 35-94

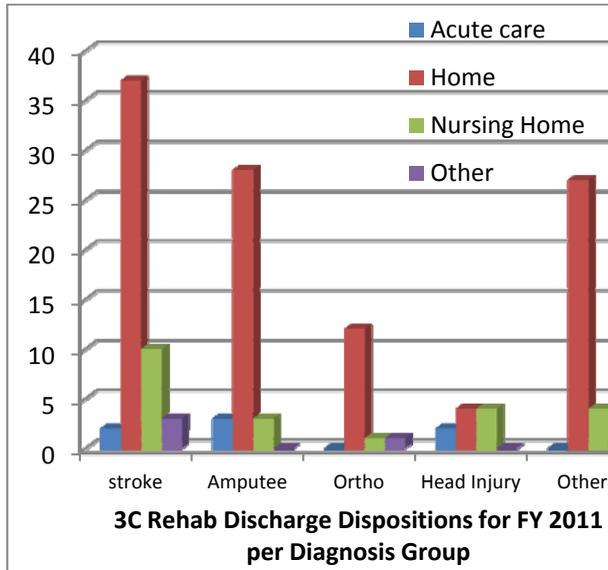
**Amputee:** 34 males, 0 females  
Age range: 52-83

**Head injury:** 9 males, 1 female  
Age range: 41-76

**Orthopedics:** 13 males, 1 female  
Age range: 29-94

**Other\*:** 36 males, 0 females  
Age range: 24-91

(\*Includes spinal cord, cardiac, pain,  
medically complex and deconditioned)



75% of all patients admitted to 3C  
Rehab discharge to home!

71% of all stroke patients admitted to  
3C Rehab discharge to home!

### 3C Patient Satisfaction

Discharged 3C patients responding as  
satisfied/very satisfied with 3C Rehab  
program for FY 2011 (in percent)



### Daily therapy hours per diagnosis

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

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

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**  
**North Little Rock, AR**  
**72114**

**501-257-2548**

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