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 3rd 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
- Guillain-Barre
- Burns

Types of Patients Served

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.

<table>
<thead>
<tr>
<th>Home</th>
<th>78 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursing Home</td>
<td>13 %</td>
</tr>
<tr>
<td>Hospital or other</td>
<td>9 %</td>
</tr>
</tbody>
</table>

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)

Daily therapy hours per diagnosis

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>PT</th>
<th>OT</th>
<th>KT</th>
<th>Speech</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stroke</td>
<td>1</td>
<td>1</td>
<td>x</td>
<td>1/2</td>
</tr>
<tr>
<td>Amputee</td>
<td>x</td>
<td>1</td>
<td>2</td>
<td>x</td>
</tr>
<tr>
<td>Spinal Cord Injury</td>
<td>1</td>
<td>1</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Ortho</td>
<td>1</td>
<td>1</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Other*</td>
<td>1</td>
<td>1</td>
<td>x</td>
<td>x</td>
</tr>
</tbody>
</table>

Recreational Therapy, including community outings, is offered to all diagnosis groups.

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)

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

3C Patient Satisfaction

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