

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.

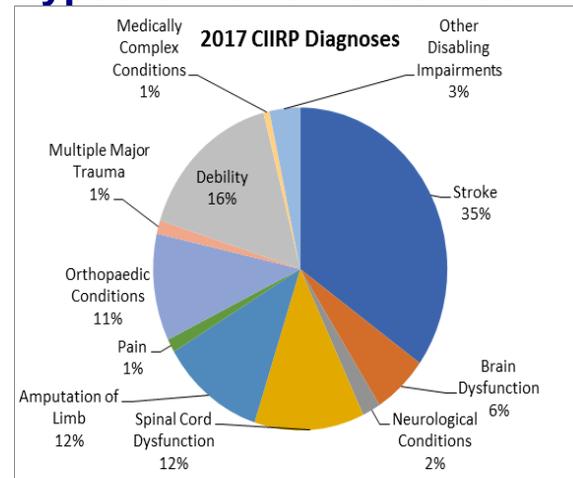


Medical Problems Served

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**
- **Advanced Practice Registered Nurse (APRN)**
- **Rehab Nurses**
- **Physical therapist (PT)**
- **Occupational therapist (OT)**
- **Kinesiotherapist (KT)**
- **Speech-language therapist**
- **Recreational therapist**
- **Social worker**
- **Pharmacist**
- **Psychologist**
- **Prosthetist/ Orthotist**

A full complement of medical services including x-ray, lab, and pharmacy are available 24/7. Special imaging / specialist consults are seen in LR VA. Urgent/emergent care requires transfer to LR acute hospital. 3C averaged 1.9 unplanned transfers to the LR hospital per month in FY 2017.

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	79%
Nursing Home	9%
Hospital or other	12%

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.	94%
I was involved with decision making during my rehabilitation.	96%
The rehabilitation program prepared me for going home.	94%
The progress I made met my expectations.	92%
The rehabilitation program improved my quality of life.	94%
My social activity level is similar to before my rehab stay.	88%

Report for 3C Inpatient Rehab FY 2017

Total number of patients served: 149

The breakdown :

Stroke: 49 males, 3 female

Age range: 46-87

Amputee: 17 males, 0 females

Age range: 56-83

Spinal Cord: 17 males, 1 females

Age range: 46-80

Orthopedics: 15 males, 1 females

Age range: 49-90

Other*: 45 males, 1 females

Age range: 27-92

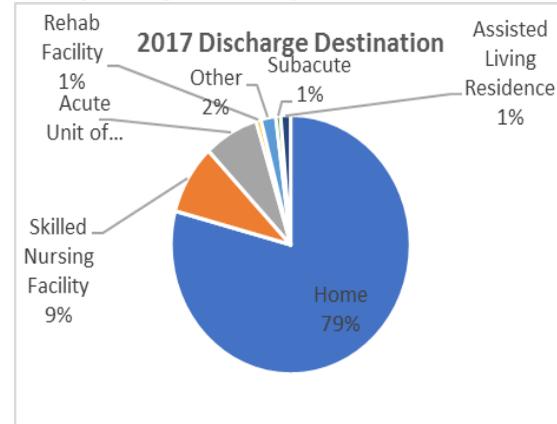
Daily therapy hours per diagnosis

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

Recreational Therapy is offered to all diagnosis groups. Other Group Education and additional therapy and group therapies also offered.

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3C Rehab Discharge Dispositions for FY 2017 per Diagnosis Group



79% of all patients admitted to 3C Rehab discharge to home!

81% 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 2017 (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:
(501) 257-6748

For more information, please call:

MaShelia Broadway, APRN
(501) 257-2548

Alexandra Milnes, APRN
(501) 257-2549

Katrina Banks, APRN
(501) 257-6424

Physical Medicine & Rehabilitation Services

3C Rehabilitation Inpatient Unit



2200 Fort Roots Drive
North Little Rock, AR
72114

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