

STROKE

Rancho Los Amigos National Rehabilitation Center (Rancho) has long been regarded as one



of the premier rehabilitation institutions in the United States. Our superior patient outcomes, techniques, vast array of services and advanced treatments have led U.S. News & World Report to rank Rancho as one of "America's Best Hospitals" in Rehabilitation Medicine.

The Stroke System of Care provides comprehensive inpatient and outpatient services including acute stroke management, post-stroke inpatient rehabilitation and post-stroke preventive care. Our system focuses on helping patients reach their highest level of function and independence so they may return successfully to their homes, the community,

and employment. Rancho opened an Acute Stroke-Neurology unit in 2007. This unit brings patients directly from Emergency Departments of other Los Angeles County-Department of Health Services hospitals to Rancho, allowing for earlier rehabilitation and better outcomes than were previously possible. This in turn improves the quality of stroke treatment and recovery throughout Los Angeles County.

THE REHABILITATION TEAM

Rancho's university affiliations and research center help bring together a world-renowned, comprehensive rehabilitation team to provide patients with specialized treatment, using the most advanced methods available. The interdisciplinary team is led by physicians specializing in stroke rehabilitation. Team members include a registered nurse, case manager, occupational therapist, physical therapist, speech-language pathologist, social worker, psychologist, recreation therapist, and dietitian. Specialists in Cardiology, Gastroenterology, Infectious Disease, Nephrology, Neurology, Neuro-Optometry, Neuro-Surgery, Orthopedic surgery, otolaryngology, Ear, Nose and Throat (ENT), pediatrics, plastic surgery, psychiatry, Pulmonology, Rheumatology, Urology, and Vascular Surgery actively participate in patient care to meet the many specialty needs of patients with stroke. There is an emphasis on promoting and maximizing neurological and functional recovery, maintaining health, promoting community reintegration, and enhancing quality of life.

REHABILITATION TREATMENT



Patients admitted to the hospital for rehabilitation participate in at least three hours of formalized therapy sessions daily, five to six days a week, which may include physical, speech, occupational, and/or recreation therapy. For the remainder of the day, the rehabilitation nurse coordinates the plan, schedules other activities, and manages patient needs. A major focus of the rehabilitation team is a strong education



ADMISSION REQUIREMENTS

Rancho's Stroke System of Care accepts referrals from hospital, physicians, medical groups, health plans, healthcare professionals and family members.

To determine eligibility for admission to our program, contact our **Centralized Admission and Referral Office (CARO) at (562) 385-6554**. Our referral office will arrange for a liaison nurse to expedite the process of admission to Rancho.

MAXIMIZING RECOVERY

The philosophy of Rancho recognizes the necessity of providing evidence-based treatment to maximize recovery. High intensity rehabilitation interventions and patient education are provided as part of individualized programs tailored to address the specific goals and unique needs of each patient.





PROGRAMS FOR SPECIALTY PATIENT NEEDS

The following programs are offered to address the specialty needs of patients:

- Adaptive Outdoor Adventure Program
- Advanced Spasticity Management
- Animal Assisted Therapy
- Audiology
- Arts Program
- Aquatic Therapy Program
- Balance and Vestibular Program
- Bodyweight Support Treadmill Training
- Center for Applied Rehabilitation Technology
- Driver Rehabilitation and Training
- Functional Electrical Stimulation
- Know Barriers Peer Mentors
- Neuro-optometry
- Orthotics and Prosthetics Services
- Pain Management
- Pathokinesiology Lab
- Research opportunities through Rancho Research Institute
- Robotics
- Seating Center
- Sexual dysfunction
- Stroke Support Groups
- Wellness Center
- Women's Clinic
- Work Rehabilitation

program for patients and their families to reduce the risk of recurrence of stroke and re-hospitalization. Patients participate in a robust stroke education program during their stay and receive a custom stroke education binder with information on stroke etiology, prevention, and tools to promote recovery.



REHABILITATION PROGRESS

Patient medical and rehabilitation progress is evaluated on an ongoing basis. Neurologic studies including MRI, CT, SPECT, EEG, and EMG assess disability and prognosis. Gait patterns and deviations can be analyzed in the Pathokinesiology Laboratory to provide recommendations for appropriate therapeutic interventions or adaptive bracing. Outcomes measures for rehabilitation progress are assessed using standardized assessment tools.

FAMILY PARTICIPATION & RETURN TO HOME AND COMMUNITY

Using the most effective evidence-based approaches and techniques, the stroke interdisciplinary team members collaborate with patients with stroke and their support systems to improve quality of life and achieve independent levels of functioning, including returning to the home and involvement in community activities and roles. Rancho recognizes the importance of family participation in the rehabilitation process and encourages family participation. Family involvement in goal setting, therapy and education sessions, family conferences, home visits, and community re-integration activities is an integral part of the patient's program. Family members are offered the option of staying at H.O.M.E. (Housing of Medical Emergencies), apartment-like housing on Rancho grounds during treatment. Restrictions do apply. Before discharge, the patient's support system is instructed by members of the rehabilitation team on how to assist their loved one at home.



CULTURAL HUMILITY

Rancho strives to uphold the values and beliefs of our patients as the population we serve comes from diverse cultural backgrounds. We aim to meet the unique needs of each patient across a number of cultural domains including language preferences, dietary needs, spiritual beliefs, and much more. We are committed to the practice of cultural humility that embodies an ongoing effort to ensure we are successfully adapting to the needs of our patients. Rancho is committed to an environment that is safe and inclusive for everyone.



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To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at lawong@dhs.lacounty.gov 5 days in advance

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