

The gift of hope

For Denise Sullivan, everything started with a headache. When the pain got too intense to bear, she headed to the Emergency Department at M Health Fairview Southdale Hospital at her husband’s urging. Even during a scary moment like that, Denise remembers the quality of care she received. “Everything went so smoothly, even from the moment I walked into the ED,” she says.

Denise was evaluated within 20 minutes. After an MRI at the hospital revealed a brain mass, providers laid out a plan for her surgery and recovery. Although the mass was benign, it still needed to be removed right away. “The timing really blew me away,” she says. “I was so impressed with the professionalism.”

After her surgery, Sullivan began her recovery process at M Health Fairview’s Acute Rehabilitation Center.

“I worked with the therapists twice a day in speech, OT, and PT,” Denise says, adding that although she spent two major winter holidays (Christmas and New Year’s Day) at the hospital and the ARC, “I was given incredible attention by everyone.”

After several months back home, Denise is doing well. “I am truly full of energy now,” she says. “There are a few issues, but I feel really lucky.”

For Denise, the most challenging part of therapy lay in reclaiming the words for things in everyday speech. “I called my pillow a towel,” she remembers. “I knew it was a pillow, but I couldn’t think of the word for it.” She secretly worried how badly her brain was damaged, and whether she would ever return to her presurgery self. “They gave me some testing, and as a former special education teacher, I recognized those tests,” she says.

“ The therapists were all top-notch professionals, I remember one speech therapist ... she kept working way past working hours. I’m a teacher, so I know about staying late and putting in the time.”

Denise Sullivan
M Health Fairview
Acute Rehabilitation Center Patient

Walking was also a challenge, Denise remembers. “I’d always been active; I like gardening. I kept thinking, What if I can’t do this anymore?”

“The therapists were all top-notch professionals,” Denise adds. “I remember one speech therapist ... she kept working way past working hours. I’m a teacher, so I know about staying late and putting in the time.”

Along with being “so appreciative” of the care she received from the Southdale and ARC staff and providers, Denise is also quick to point to the pivotal role her family has played in her recovery. “I was worried about my husband, how he would have to deal with this. But he took beautiful care of me,” she says.

With each new day, Denise is grateful that she has been given this chance to enjoy her life again. “It (the tumor) was benign, so I do feel lucky. I got through this, and I discovered a strength I never knew I had.”



Outcomes Report 2021

M Health Fairview Acute Rehabilitation Center

From the comprehensive care of stroke patients to the complex rehabilitation of those recovering from a wide range of illnesses, the Acute Rehabilitation Center (ARC) changes lives every day.

The ARC is in its 16th year of service at M Health Fairview University of Minnesota Medical Center - West Bank.

The ARC invites the Commission on the Accreditation of Rehabilitation Facilities (CARF) to review our site for accreditation every three years. The ARC was recertified by CARF in both the Comprehensive Medical Inpatient Rehabilitation and the Stroke Specialty Programs. We completed the 2019 Survey with no recommendations — an accomplishment only achieved on 3% of CARF surveys. We have invited CARF to return in 2022 for ongoing recertification.

The ARC continues to strengthen its strong research foundation, as well as its partnerships with the physicians and hospitals across our system.

The ARC team realizes that both the patient and the family play a critical role in the rehabilitation process. To that end, the ARC’s mission seeks to reflect this dedication to both advanced clinical expertise and compassionate, inclusive care.

M HEALTH FAIRVIEW ACUTE REHABILITATION CENTER

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M HEALTH FAIRVIEW ACUTE REHABILITATION CENTER MISSION

- To maximize the function and quality of life of individuals, regardless of how acute illness or injury has affected their independence.
- To support patients in their return to the community as freely and independently as possible in the areas the patient identifies as important.

Team Achievements

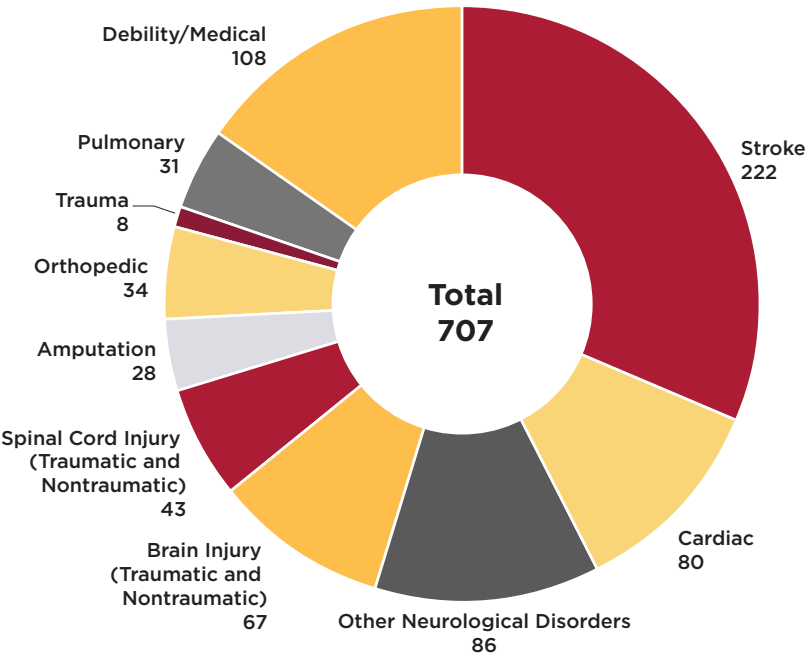
The Acute Rehabilitation Center believes that any program is enhanced and enriched by the expertise and compassion of its staff. Members of the ARC’s professional care team complete advanced training focused on rehabilitative care within two years of joining the ARC. Currently, 13 members of the RN staff are Certified Rehabilitation Registered Nurses (CRRNs).

Our dedicated team of providers is board-certified in both physical medicine and rehabilitation (PM&R) and in other subspecialties such as brain injury medicine, pain medicine, and electrodiagnostic medicine. They have specialized training in helping patients recover from conditions such as long-haul COVID, stroke, traumatic and nontraumatic injury to the brain or the spine, orthopedic injuries, amputation, and complex medical conditions like organ transplants. They also have special training in helping patients manage their pain following significant surgical procedures, such as spinal fusion or joint replacements.

ARC is equipped with state-of-the-art electrical stimulation and diagnostic equipment and has access to the latest in prosthetic and movement enabling devices. We also have access to the latest innovations in care for the conditions we treat and ready access to collaborating providers to provide the best, most thoroughly informed care. After discharge from ARC, we also have a number of multidisciplinary clinics to follow patients’ rehab journeys.

Patients Served

The Acute Rehabilitation Center serves a wide range of adolescent and adult patients in need of comprehensive inpatient rehabilitation. This chart illustrates the patients served by rehab impairment category.



Many of our team members have achieved advanced certification, including:

- Parkinson’s LSVT Big and LSVT Loud®
- Neuro-Developmental Treatment (NDT)
- Neuro Clinical Specialist
- Geriatric Clinical Specialists
- Certified Lymphedema Therapist
- Certified Brain Injury Specialist
- Vestibular Specialist
- Certified Exercise Expert for Aging Adults
- Neuro-Integrative Functional Rehabilitation and Habilitation (Neuro-IFRAH)

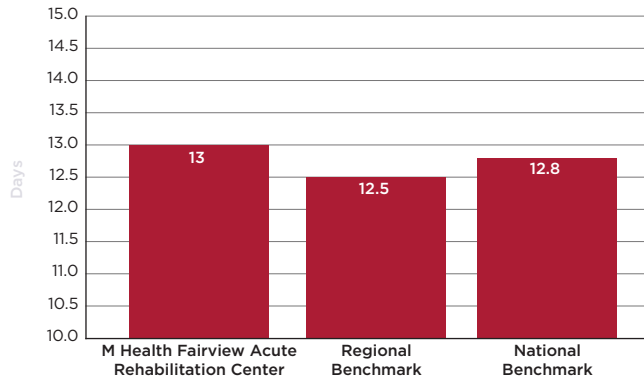
In addition, the ARC has a functional electrical stimulation (FES) cycle, which is used to promote neuromuscular recovery for neurologically impaired patients. We have 15 trained staff assessing and treating clients for whom this may be appropriate.

The accompanying outcomes illustrate the many ways the ARC has served our patients in 2021.

Length of Stay

ALL PATIENTS SERVED

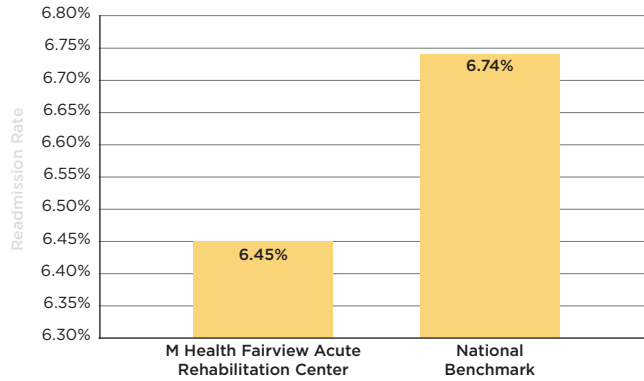
ARC average length of stay is in line with both regional and national benchmarks.



Readmission Rate

ALL PATIENTS SERVED

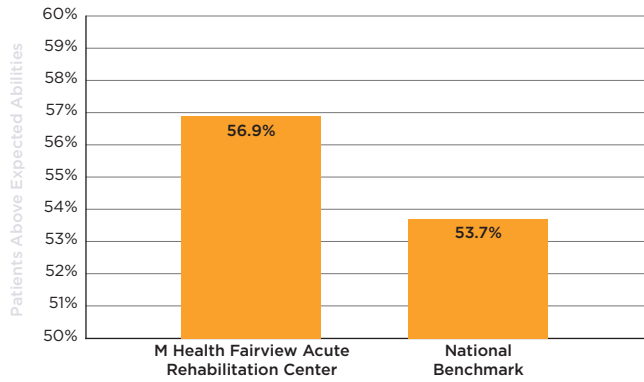
Our readmission rate for our patients who return home and readmit to the hospital within 30 days of their discharge continues to be below the national benchmark.



Functional Level at Time of Discharge

ALL PATIENTS SERVED

ARC has a higher percentage of patients who are at or above the expected ability to move around at time of discharge compared to the national benchmark.



“ At the Fairview Acute Rehabilitation Center, we believe that great outcomes start with a great experience. Every member of our rehabilitation team is passionate about what they do. Working together, we focus on the patient to formulate individualized treatment plans. We strive to provide compassionate, supportive, motivational, and empathetic care to help our patients achieve their rehabilitation goals.”

Wayne Hsiao, MD
Medical Director, Acute Rehabilitation Center