



# PAM Rehabilitation Hospital of Dover

## You have a choice!

Be an educated consumer and know your options for rehabilitative care. You have the right as a patient to go where you want to for care. Often, a patient qualifies for inpatient rehabilitation instead of going to a skilled nursing facility, an LTACH, or home with home health. During the discharge planning process, patients have a "right to choice of post acute care providers." There are federal regulations of patient choice, which are the minimum standards. The Centers for Medicare & Medicaid Services (CMS) defines discharge planning as a process "in order to ensure timely and smooth transition to the most appropriate type of setting for post-hospital or rehabilitative care." Patients have the right to participate in the care planning process.

Feel free to call us if you have any questions. We can let you know if you meet criteria and explain your Medicare or insurance benefits to you.

We can explain the differences between Home Health, Skilled Nursing Facilities, Long Term Acute Care Hospitals, and the care provided in an Inpatient Rehabilitation Hospital. You and your family deserve to have complete information so that you can make an informed choice.



**PAM REHABILITATION  
HOSPITAL OF  
DOVER**

A Post Acute Medical Hospital

1240 McKee Road  
Dover, DE 19904  
Main: 302.672.5800  
Admissions: 302.672.5810  
Admissions Fax: 302.672.5815  
[www.postacutemedical.com](http://www.postacutemedical.com)



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## PAM Rehabilitation Hospital of Dover is the only freestanding medical rehabilitation hospital

**in Dover.** Patients who have experienced stroke, brain injury, neurological disease and deficits, amputations, pulmonary disease, orthopedic conditions, spinal cord injury and medically complex conditions may benefit from inpatient medical rehabilitation. A Physical Medicine and Rehabilitation (PM&R) physician specifically trained in rehabilitation directs the rehabilitation program. Our medical staff is comprised of highly trained medical specialists who manage any medical issues, providing the most comprehensive medical care for each patient.

**In addition to medical management, our Therapy Services include:** Physical Therapy, Speech Language Pathology, Occupational Therapy, Respiratory Therapy, Rehabilitation Nursing, and Case Management.

### PHYSICAL THERAPY

Physical therapy treatment consists of the application of a variety of interventions that help an individual restore function and mobility to the body, reduce pain, and help reduce the risk of future injury. Following the initial physical therapy examination and evaluation, the licensed Physical Therapist (PT), the patient, and, when appropriate, the family, will work together to determine an individualized treatment plan that will help the patient return to the highest level of achievable function. The PT is an expert in the diagnosis and treatment of musculoskeletal and movement disorders. Together with the licensed Physical Therapist Assistant (PTA) interventions are provided that may include exercise, neurological rehabilitation techniques, balance and coordination techniques, ambulation and mobility training, cardiopulmonary rehabilitation, as well as specialized orthopedic manual therapy and other interventions that help manage pain and musculoskeletal inflammatory conditions.

### OCCUPATIONAL THERAPY

Occupational therapy treatment focuses on providing the individual with customized treatment that helps them to improve their ability to perform their daily living activities. Following examination and evaluation, the licensed Occupational Therapist (OT) will develop a treatment plan that meets the specific goals of the patient. The intent is to return the patient to his or her prior level of activity in the home, workplace, and community, or adapt to his or her condition with the highest level of independence possible. OTs, assisted by Certified Occupational Therapist Assistants (COTAs), provide a variety

of interventions that may include exercise, activities of daily living, specialized equipment instruction, adaptive strategies and techniques, neuromuscular rehabilitation, energy conservation techniques, cognitive therapy, and perceptual or visual acuity rehabilitation.

### SPEECH LANGUAGE PATHOLOGY

Speech-Language Pathologists (SLPs) work with all ages of individuals whose oral motor, swallowing, cognitive-linguistic, speech, or language skills have been affected by developmental delay, a neurological event/disease, head/neck cancer, or possibly debilitation related to an underlying medical disease process. SLPs develop an individualized plan of care, tailored to each patient's needs. They evaluate swallowing ability and make recommendations to alter nutritional methods or modify diets based upon aspiration (choking) risk. They are part of an interdisciplinary team that works toward restoring functional communication and swallowing skills. SLPs may provide treatment techniques that include neuromuscular re-education of voice and swallowing muscles, activities to improve communication ability, and cognitive language techniques to restore or adapt communication skills and understanding of language. They also provide medical speech pathology services, Vital Stim and FEES system to improve swallowing.

### RESPIRATORY THERAPY

Respiratory therapy focuses on the clinical expertise of the therapist combined with state-of-the-art equipment and monitoring to improve each patient's pulmonary function. The respiratory therapists work collaboratively under physician supervision for diagnostic evaluation, therapy, monitoring and rehabilitation of patients with COPD, cardiopulmonary conditions, congestive heart failure, emphysema, and pneumonia.

## FEATURES OF OUR COMPREHENSIVE REHABILITATION HOSPITAL:

- 34 private rooms with accessible private showers
- Inpatient and outpatient therapy gyms
- Negative pressure air flow rooms
- Fully functioning ADL training kitchen, bathroom and laundry suite
- Therapeutic outdoor walking and mobility garden
- Specialty rooms with Tollus Lift Track to assist with mobility
- In-house Dialysis
- Specialized Wound Care
- In-house pharmacy

## CONDITIONS/ DIAGNOSES TREATED:

- Stroke (CVA)
- Amputation
- Brain Injury
- Medically Complex
- Major Joint/Ortho
- Movement Disorders
- Hip Fracture
- Pulmonary Conditions
- Spinal Cord Injury
- Neurological Disorders
- Parkinson's
- Major Multiple Trauma

## OUR SPECIALIZED SERVICES INCLUDE:

- Stroke Program
- Wound Care
- Balance Vestibular
- Bioness Integrated Therapy System
- Body Weight Supported Transitional Mobility Systems
- Prosthetic Training
- Specialty Mobility and Seating
- Spasticity Management
- Bariatric Equipment
- Stroke Support Group
- Swallowing Therapy, including Vital Stim & Therapeutic Dining Program
- On-Site In-Room Dialysis
- Multi-Surface Outdoor Mobility Track
- Sensory Integration

## TREATMENT MAY INCLUDE:

- Physical Therapy
- Occupational Therapy
- Speech Language Pathology
- Respiratory Therapy
- Nutritional Management
- Pain Management
- Diabetic Education
- Radiology
- Wound Care

## SPECIALIZED EQUIPMENT:

- Bioness H200 - hand paralysis
- Bioness L300 - foot drop
- Biodex Static and Dynamic Balance System
- Lite Gait Weight Supported Treadmill
- Ultrasound
- Biodex Unweighing System
- Biodex Sit to Stand
- Electrical Stimulation

