

California Pacific Regional Rehabilitation Center Pioneering Acute Rehabilitation Treatment

*Innovative Unit Paving the
Way for Rehabilitation Services
in the United States*

by Robin O'Connor



AFTER NINE YEARS OF PLANNING, FUNDRAISING AND CONSTRUCTION,

the California Pacific Regional Rehabilitation Center opened the doors to one of the most amazing interactive acute rehabilitation units in the United States. One year after opening the Archibald/Ehrenberg Rehabilitation Terrain Park, the center is again raising the bar to a new level in rehabilitation care. The center is located on the Davies Campus of California Pacific Medical Center in one of San Francisco's most picturesque neighborhoods.

The Regional Rehabilitation Center has a 40-year history of caring for and treating patients with life-changing injuries. In 2008, the center received a three-year accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) in seven areas of care.

The center is housed on two floors of the Davies Campus North Tower.

One floor is exclusively for brain injury and stroke rehabilitation and the other for spine injuries and general rehabilitation. Each floor can accommodate up to 24 patients. With the exception of three specialty-care rooms on each floor, all rooms are private.

Each room is spectacularly appointed and utilizes all possible means



to promote rehabilitation in every feature. The rooms have mirrors and mirrored TV screens that promote facial

muscle strength for stroke patients and the hallways incorporate visual and tactile elements for sensory stimulation. The facility incorporates the Liko patient lift system throughout each floor, helping to keep both patients and staff safe from injury. With an overhead flexible rail system, slingseat and slingbar, the Swedish lifts, developed by Gunnar Liljedahl in 1979, act as a stabilizing second set of hands for therapeutic staff. Patients are securely provided rehab therapy, assisted into the

shower and bath, and can move from room to room. The system also helps to build patients' self-confidence as they usually require only one person to assist them and they are able to move about with virtual independence.

One room on each floor is designed with Bariatric Liko lift systems that can hold up to 1,100 pounds. "With this lift system in place we hope to reduce our employee injury rate in increments never before seen," stated Kathy Sforzo, California Pacific Safety Officer.

Family-Friendly Home-like Facilities

Every opportunity is made to incorporate families and patients into the care continuum. Each floor offers a resource center with wireless Internet capabilities, computer ports and an education library. The dining hall converts into a community room where residents can watch movies or television programs on the 54-inch flat-screen television. This area also is conveniently converted into

three separate rooms that house an area for a small physical therapy gym, an activities-for-daily-living (ADL) bathroom, and a full-service kitchen; on the first floor the kitchen has adjustable-height units for wheelchair patients. A family quiet-room is available for family members to get some well-deserved rest, and each floor also provides a transitional living quarters. This is a fully equipped studio apartment where patients and families take a practice run on independent living without leaving the rehabilitation unit.

On the spine injury floor, special "social environment friendly" rooms have been designed for persons with high neck injuries. These rooms feature two semi-private rooms joined by a short hallway and a shared bath that accommodates a gurney. "Many of our spine injury quadriplegic patients are young, 17-21 years old. They thrive in a more social environment," explains Scott



Rome, M.D., Medical Director. "These young adults are in for the challenge of their life. They are accustomed to competition and this environment has made a huge difference in their recovery."

Going Beyond

Each patient is thoroughly evaluated and ongoing progress is reported to referring physicians and nurse case managers. A confidential teleconferencing room allows our physicians and staff to interact and report on patients with referrers and insurance companies anywhere in the world. Either prior to admission or to follow a patient's recovery, an interactive real-time report can be transmitted from the convenience of our teleconference room to their desktop computer.

Helping to keep the staff easily accessible for families and residents, the new facility has onsite consultation rooms and staff offices. Each floor also has a central staffing center. Similar to the bridge on the Starship Enterprise, the staffing center has electronic communication boards

for instantaneous patient updates, computer data stations for electronic medical record (EMR) charting, and a reception area for staff and residents. The staffing center is completely glassed-in keeping noise to a minimum and maintaining patient confidentiality and comfort.



The California Pacific Regional Rehabilitation Center is a model for the future. We pride ourselves on creating an environment that is both patient- and family-friendly. Our goal is always to help our residents return to their home with the highest function possible. But while they are here with us, we want them to feel like they are home.