



Welcome to Mount Sinai Rehabilitation Hospital!

We are honored that you have chosen Mount Sinai Rehabilitation Hospital as your choice for your rehabilitation. Our hope is to provide you with a caring and skilled multi-disciplined approach to your individual needs. Our team of nursing staff, medical staff, therapists, and case managers will be with you every step of the way in your rehabilitation journey. We are dedicated and committed to providing you with the best care, customized to your needs while always keeping your safety and well-being as our top priority.

Our team here at Mount Sinai Rehabilitation Hospital, as part of Trinity Health Of New England, always strive to serve our patients and their families according to our core values of Reverence, Commitment to Those Who are Poor, Justice, Stewardship, and Integrity. Please let our dedicated staff know of any needs you may require while you are here and we will work with our resources to assist in getting your needs met during your stay.

Now is your time to concentrate on your recovery and allow our team to work their magic to help you regain your independence.

Sincerely,

Erika Coffey

Nurse Manager

Mount Sinai Rehabilitation Hospital



Members of Your Care Team

The care team at Mount Sinai Rehabilitation Hospital is a diverse group of trained professionals who work together to facilitate and optimize your recovery journey. Based on your individualized medical and rehabilitation needs, a plan of care is created to meet your goals. Throughout your stay your progress is discussed during scheduled Team Meetings with one unified goal to return you to your maximum level of health and functioning.

At Mount Sinai Rehabilitation Hospital all staff members wear Identification Badges with their name, photo, and title. Some of the care team members wear color-coded uniforms for easy identification. Read below to learn more about the individual staff roles here at Mount Sinai Rehabilitation Hospital.

Medical & Rehabilitation Providers

Physiatrist

Physical Medicine and Rehabilitation (PM&R) physicians, also known as physiatrists, treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. PM&R physicians are medical doctors who have completed training in the specialty of Physical Medicine and Rehabilitation (PM&R). Your physiatrist's expert assessment and recommendations drive the therapy services you will receive. The physiatrist meets regularly with the team and you, to monitor progress and make necessary treatment additions or adjustments.

Hospitalist

The hospitalist is a physician who has specialized knowledge in managing ill patients and are able to provide high-quality, evidence-based, and efficient patient and family-centered care in acute care settings. Your hospitalist works in conjunction with your physiatrist to oversee your medical and rehabilitative care needs.

Physician Assistant (PA)

Physician assistants are certified healthcare professionals who practice medicine with the supervision of our licensed physicians. Physician assistants can obtain patient histories, perform physical examinations, diagnose illness and develop treatment strategies, order and interpret lab tests. The PA works closely with the physiatrist and hospitalists to communicate your progress and any changes in your health status.

> Continued

Advanced Practice Registered Nurse (APRN)

APRNs are registered nurses who have met advanced educational and clinical practice requirements. APRNs can assess, diagnose, manage, and educate you on acute and chronic health conditions. APRNs are an important part of the care team that contributes to your care 24 hours a day 7 days a week.

The medical provider team works collaboratively and seamlessly to meet your medical and rehabilitative needs so that you can achieve your best health outcome. A medical provider is available 24 hours a day 7 days a week to ensure you receive the right medical treatments and level of care.

Therapy Services

Physical Therapist (PT)

The physical therapist works one-on-one with you to develop an individualized care plan so you can achieve your maximum physical mobility recovery. You will spend scheduled time with your physical therapist performing exercises and learning techniques to regain physical function. Your physical therapist works closely with your physician, nurse, and case manager to update care plans and communicate your progress.

Physical Therapy Assistant (PTA)

The physical therapy assistant provides physical therapy services under the direction and supervision of the physical therapist. After being assessed by the physical therapist, the PTA carries out select components of your physical treatment, and reports progress to the physical therapist while maintaining your safety.

Occupational Therapist (OT)

The occupational therapist assesses and then develops an individualized care plan based on your functional needs. Your OT will work with you to overcome obstacles so that you can fully participate in daily activities such as bathing, eating, dressing, and cooking. As a member of the care team your occupational therapist will communicate and track your progress to ensure you meet your identified goals.

Certified Occupational Therapy Assistant (COTA)

The certified occupational therapy assistant provides therapy services under the direction and supervision of the occupational therapist. After being assessed by the occupational therapist, the COTA carries out select components of your daily treatment, and reports progress to the occupational therapist.

Speech Language Pathologist (SLP)

The speech language pathologist evaluates and treats speech, language, communication, and swallowing disorders. If a speech language pathologist is assigned to you, he or she will evaluate your individual deficits and create a custom treatment plan in order to reach optimal functioning. The SLP recommendations are communicated to your physician and the rest of your care team to ensure the right care is delivered.

Recreation Therapist

The recreation therapist provides treatment services and recreation activities in order to maintain and improve physical, cognitive, social, and emotional functioning to enhance full participation in life. This process often incorporates sports, games, and community outings.

Nursing Services

Registered Nurse (RN)

The registered nurse coordinates and implements quality patient care through an interdisciplinary team while utilizing knowledge of disease process and physical assessment. The registered nurse will provide individual care based on your post-hospital medical and rehabilitation needs. These include but are not limited to; medication administration, wound care, diabetic monitoring, and education. Registered Nurses are with you 24 hours a day 7 days a week and work closely with your physician and the therapy staff to meet your health goals.

Certified Nursing Assistant (CNA)

The certified nursing assistant works under the direction of the registered nurse to provide direct assistance with patient care needs. CNAs obtain vital signs such as temperature, blood pressure, and heart rate, as well as blood sugar monitoring, and report any changes in your condition to the nurse. CNAs are key members of the interdisciplinary team that promote your safety and support your individual needs 24 hours a day 7 days a week.

The nursing team works together to make sure your needs are being met, and to keep you safe. During your time at MSRHH the nursing staff will Purposefully Round with you to make sure you are safe, provide comfort, and communicate any health changes to your physician.

Care Transitions

Case Manager

The case manager works collaboratively with you and your care team to ensure you receive the appropriate level of resources and services. The case manager monitors your progress, and begins coordinating your next steps after your inpatient rehabilitation stay is complete. This includes insurance authorization, referrals to home care agencies, and obtaining any additional resources to ensure that care and discharge plans meet your physical, social, and emotional needs.

Social Worker

The social worker performs a comprehensive assessment of your support needs, they work with your support system, and other health service providers to coordinate an individualized discharge plan for in-home medical equipment, transportation, meal plans, counseling, or other follow-up treatments. The social worker will arrange available resources to ensure you recover and achieve optimal well-being in coordination with the case manager.

Thank you for taking the time to learn about the Mount Sinai Rehabilitation Hospital Care Team, we look forward to learning more about you!

Television Guide

CHANNEL #	STATION
2	CBS
5	Spanish UNI
7	TNT
9	ESPN
10	CW20
12	FOX News
13	Discovery
14	NBC
15	CNN
16	TBS
17	Freeform
18	AMC
21	HLN
22	Fox Sports

CHANNEL #	STATION
23	Discovery Health
24	USA
25	FOX Sports
26	EWTN
27	Animal Planet
28	TLC
29	National Geographic
30	ESPN News
31	ESPN
32	Weather Channel
33	ESPN 2
34	ID Channel
35	OWN Network
36	CRIS Radio

Patient Education

CHANNEL #	STATION
19	Video On-Call

CHANNEL #	STATION
20	Video On-Call

Please note there may be channel interference due to necessary medical equipment. We apologize for any inconvenience.

Educational Videos (On Call)

At Mount Sinai Rehabilitation Hospital, we strive to provide comprehensive and holistic medical rehabilitative care to restore optimal health and wellbeing. To be successful in this journey it is important for our patients and caregivers to be educated about their medical conditions. While you are here with us, please take the time to watch our complimentary educational videos on your in-room television. Below are the video listings and instructions.

Please reach out to any staff member if you need assistance, or if you would like any specific educational materials in print.

Instructions for Videos On Call:

1. Turn TV to channel 19 or 20
2. Dial #52819 from the room telephone
3. Follow the prompts
4. Enter the 4 digit # associated with the educational teaching

GENERAL INFORMATION			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1123	Working Together Opening Doors	1113	Advanced Directives (Spanish)
1112	Advanced Directives (English)		

HEALTHY LIFESTYLE			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1088	Quitting Smoking	1091	Staying Cool: Managing Stress
1089	A Lifetime of Good Eating	1014	Relaxation Tape
1090	Exercise for Life	1104	Overweight: Who's in Control
1114	Heart Healthy Exercise	1087	Taking Control: Risk Reduction

STROKE			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1050	About Strokes	1052	Stroke: Treatment
1051	Stroke: Definition		

HEART DISEASE			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1086	Understanding Coronary Artery Disease	1106	Coumadin Therapy and You
1033	High Blood Pressure	1084	Understanding/Living With Pacemakers
1110	Congestive Heart Failure (CHF)	1105	Are You at Risk for Heart Attack?
1117	Atrial Fibrillation (Afib)		

DIABETES			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1504	Diabetes and Nutrition	1503	Injecting Insulin
1510	Diabetes and Nutrition (Spanish)	1509	Injecting Insulin (Spanish)
1501	Monitoring Your Blood Sugar	1500	Controlling Diabetes
1507	Monitoring Your Blood Sugar (Spanish)	1506	Controlling Diabetes (Spanish)
1502	Understanding Insulin	1505	Diabetes Foot and Skin Care
1508	Understanding Insulin (Spanish)	1511	Diabetes Foot and Skin Care (Spanish)

CANCER			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1018	Breast Cancer	1020	Skin Cancer
1019	Prostate Cancer	1102	Managing Chemotherapy Side Effects

MUSCULOSKELETAL/ORTHOPEDIC			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1038	Arthritis	1054	Understanding Total Knee
1039	Lower Back Pain	1139	Joint Ventures: Going Home
1053	Understanding Total Hip		

OSTOMY CARE			
VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1058	Living with a Colostomy	1060	Living with Urostomy
1062	Managing Your Colostomy	1064	Managing Your Urostomy
1059	Living with a Ileostomy	1107	Urostomy (Spanish)
1063	Managing Your Ileostomy	1041	Ostomy (Spanish)

UROLOGY

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1125	Intermittent Self-Catheterization (Male)	1126	Intermittent Self-Catheterization (Female)

PAIN MANAGEMENT

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
3054	Pathophysiology	3057	Programs for Special Patients
3055	Pharmacological Treatment	1136	The Fifth Vital Sign
3056	Physical and Cognitive		

REFLECTIONS

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
2007	Wholeness and Self-Image	2005	Finding Encouragement
2004	Spiritual Strength		

MENTAL HEALTH

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1008	Depression	1006	Coping with Change: Emotional Fitness
1002	Alcoholism	1007	Coping with Change: Social Support
1005	Attacking Anxiety	1011	Mental Illness: It's Not What You Think

SLEEP

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1009	Insomnia and Related Sleep Disorders	1137	Rise and Shine: Sleep Apnea

MEDICATIONS

VIDEO #	EDUCATIONAL TOPIC	VIDEO #	EDUCATIONAL TOPIC
1037	Heparin	1106	Coumadin Therapy
1134	Lovenox	1502	Insulin
1135	Lovenox (Spanish)	1508	Insulin (Spanish)