TIRR Memorial Hermann is a nationally recognized rehabilitation hospital that returns lives interrupted by neurological illness, trauma or other debilitating conditions back to independence.

Some of the world’s leading physicians in rehabilitation medicine provide care at TIRR Memorial Hermann. The patient care environment blends passionate people, exemplary care and a commitment to each patient’s overall quality of life.

TIRR Memorial Hermann offers comprehensive rehabilitation programs and services that address the individual needs of each patient. Core rehab programs include:

- Stroke
- Brain Injury
- Spinal Cord Injury
- Amputation
- Specialty Rehabilitation
  - Neurodegenerative diseases
    - Includes multiple sclerosis, Parkinson’s disease, post-polio syndrome, rheumatoid arthritis, lupus
  - Multiple trauma
  - Any debilitating conditions

TIRR Memorial Hermann’s comprehensive inpatient, outpatient and vocational services are accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities.

Our programs focus on maximizing the patient’s functional abilities and preparing families and caregivers for responsibilities upon discharge.

Features:
- Specialized medical management
- Rehabilitation nursing
- Therapy services in individual, group and/or community settings
- Interdisciplinary team approach
- Support groups
- Counseling
- Individualized training
Spinal Cord Injury (SCI) Program Fact Sheet

We consider our mission to be accomplished when persons with spinal cord injuries, within the scope of their individual capabilities and opportunities, achieve a quality of life with personal independence, productive functioning and maximum state of health.

“One of the challenges with Dan was the amount of time that had passed since his injury,” says John Bertini, M.D., F.A.C.S., a urologist at TIRR Memorial Hermann. “SCI patients who want to have children need to find a physician with experience in infertility issues soon after their injury. The earlier we can get started, the better the chances are. Unfortunately, the reproductive issue often gets pushed into the background because there are so many other issues to deal with – seating, pressure ulcers, bladder and bowel. We like to bring it forward to patients early and talk about the possibilities with them.”

Dan Hammers, Spinal Cord Injury
Spinal Cord Injury Program Information

The Spinal Cord Injury (SCI) Program at TIRR Memorial Hermann has a team of physicians, therapists, nurses, case managers and social workers dedicated to expert care of persons with a spinal cord injury.

- The Spinal Cord Injury Program offers a two-week series of educational classes dedicated to teaching you and your family about spinal cord injury.
- The SCI Program provides patient rooms, nursing care units and gym space specifically designed and equipped to meet the unique needs of a person with spinal cord injury.

**Types of Spinal Cord Injury**

- Traumatic Spinal Cord Injury
  - 59%
- Non-Traumatic Spinal Cord Injury
  - 41%

In 2012, 316 patients were discharged from the Spinal Cord Injury Program.

- 131 patients, or 41 percent, had non-traumatic spinal cord injuries. Non-traumatic spinal cord injury means trauma is not the cause of the injury. Examples of these are surgery-related spinal cord injuries or tumors.
- 185 patients, or 59 percent, had traumatic spinal cord injuries. Traumatic spinal cord injury means trauma is the cause of the injury. Examples of these are falls or vehicle accidents.
Adult Patient Statistics by Age and Gender
In 2012, 301 adult patients were discharged from the Spinal Cord Injury Program.

- The average age of a patient with a non-traumatic spinal cord injury was 55.
- Of the total number of non-traumatic SCI patients, 66, or 52 percent, were male and 62, or 48 percent, were female.
- The average age of a patient with a traumatic spinal cord injury was 42.
- Of the total number of traumatic spinal cord injury patients, 120, or 69 percent, were male and 53, or 31 percent, were female.

Spinal Cord Injury Program Statistics

Adolescent Patient Statistics by Age and Gender
For our purposes, we define adolescent patients as ages 13 to 17.

In 2012, 14 adolescent patients were discharged from the SCI Program.

Non-Traumatic SCI
- The average age of a patient with a non-traumatic spinal cord injury was 14.
- Of the total number of non-traumatic SCI patients, 2, or 66 percent, were male and 1, or 33 percent, was female.

Traumatic SCI
- The average age of a patient with a traumatic spinal cord injury was 15.
- Of the total number of traumatic spinal cord injury patients, 11, or 92 percent, were male and 1, or 8 percent, was female.
Length of Stay

How many days are Spinal Cord Injury patients at TIRR Memorial Hermann?

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TIRR Memorial Hermann’s length of stay is in green and the National average is in red.

Each patient care team contributes to the decision about how long you will be at TIRR Memorial Hermann, based on your individual rehabilitation needs.

- The average length of time patients with spinal cord injury were at TIRR Memorial Hermann was 26 days.
- The national average length of time patients with spinal cord injury were at other rehabilitation facilities was 19 days.
Meeting Goals

Assistance in Setting Patient Goals and Meeting Patient Goals

The rehabilitation process begins by setting patient goals. The care team, working with you, or your family member, helps to establish goals that you will be working towards achieving by discharge. These goals assist the team in development of a treatment plan, which is designed to help patients meet their discharge goals.

➢ In 2012, the mean score for staff assisting the patient, or family members, with meeting their discharge goals was at 93.03 for those patients in the Spinal Cord Injury Program.

Upon discharge, patients often continue working towards their goals through Outpatient therapy programs such as those offered at TIRR Memorial Hermann Adult and Pediatric Outpatient Rehabilitation.
Average Number of Treatment Hours

How Much Therapy Do Patients Receive?

Therapy services include physical, occupational, speech, music and recreational therapies. Each member of your care team will evaluate you. This team will help develop and coordinate your treatment plan. Based on this treatment plan, you will receive combined therapy equaling three or more hours per day, for five out of seven days a week.

- On the average patients received three to four hours of therapy per day among all disciplines, including group therapy sessions.
- The maximum number of hours of therapy that can be provided is between five and six hours per day.
- While therapy is maximized during the week, weekend therapies are considered an integral part of the treatment schedule as well.
- Weekend Program includes (as designed by your team)
  - Education classes for families and patients
  - Therapeutic activities
  - Community re-entry activities
  - Medical management
  - Individual therapy sessions
  - Group sessions
- Therapy may begin as early as 7am and can occur in the evenings as well, as late as 8pm, depending on patient goals that your team identifies. Therapeutic activities at TIRR occur every day of the year.
TIRR Memorial Hermann is well known for its management of patients who require use of a ventilator. In 2012, TIRR admitted 32 patients on ventilators.

- 16 of these patients were completely weaned from the ventilator at the time of discharge.
- 3 patients were breathing without the ventilator for eight to 24 hours per day and continued weaning programs after discharge.
- 13 patients were discharged with a ventilator.
You and your care team will work together to decide the safest and most appropriate place to discharge.

- The percentage of patients who discharge to home or a place in the community from TIRR Memorial Hermann with a SCI was 76 percent.

TIRR Memorial Hermann patients are most often discharged home; however, some go to acute-care hospitals for additional treatment or surgery and some go to a transitional setting such as a skilled nursing facility or long-term care.

In 2012:

- The percentage of patients with an SCI who discharged to an acute-care facility was 15 percent.
- The percentage of patients with an SCI who discharged to a skilled nursing facility was 7 percent.
- The percentage of patients with an SCI who discharged to other care facilities was 2 percent.
- Sometimes patients with medical complications have to return to an acute-care hospital for further medical care. At times these transfers are unplanned and are called “unplanned acute-care transfers.” Of 316 patients discharged, 46, or 15 percent, had an unpreventable unplanned acute-care transfer during their stay.
Patient Satisfaction

How TIRR Memorial Hermann Spinal Cord Injury Patients Feel About Their Care

You will be asked to complete a satisfaction survey after your stay at TIRR Memorial Hermann. You will be asked to rate the overall care at the hospital on a scale of 1 to 5 and the scores are converted to a scale of 0 to 100.

- In 2012, patients with spinal cord injury and their families rated their care 88.1 points out of 100.
- When patients and family members were asked if they would recommend TIRR Memorial Hermann to others, 94 percent responded that they would.

Thank you for choosing TIRR Memorial Hermann for your rehabilitation care.