

Spinal Cord Injury Program

Helen Hayes Hospital's Spinal Cord Injury Program is an individualized combination of medical and therapeutic techniques provided by the physician and the professional rehabilitation staff. The program is designed for persons, adolescence through lifespan, who are recovering from a traumatic or non-traumatic spinal cord injury. The program offers acute rehabilitation, which includes a ventilator-weaning program, as well as lifetime follow-up with extensive outpatient services.

- Throughout a patient's stay in the Program, the physician; rehabilitation nursing staff; occupational, physical and recreation therapists; speech pathologists, mental health professionals and case managers work closely together to facilitate rehabilitation so as to promote optimum independence and well being.
- The rehabilitation team determines the length of stay based upon patient progress and medical necessity. Admission criteria require all patients receive a minimum of three hours of therapy.

Purposes of the Program

- To provide medical and rehabilitation management of the spinal cord injury patient through the collaborative efforts of the physician and the rehabilitation staff.
- To provide an individualized plan of treatment designed to minimize the patient's impairments and maximize functional outcomes.
- To facilitate discharge planning by providing information about spinal cord injury and the community resources available to the patient and family.

Results from the Spinal Cord Program in 2014

	Traumatic Spinal Cord Injury	Non Traumatic Spinal Cord Injury
Patients treated in the Spinal Cord Program	38 patients	51 patients
Average Age	54 years	66 years
Number of Adolescents	1	0
Discharged back to their community	66%	75%
Discharged to a long-term care facility	0%	0%
Discharged to acute care facility	11%	12%
Discharged to a subacute level for continued therapy in transition to home	24%	14%
Expected length of stay	41 days	24 days
Average amount of therapies per day for spinal cord	3 hours	3 hours
Satisfaction with services	99%	99%

Please contact your Program Director, Elaine DeFrancesco, PT, MPT if there is other outcome or information you would like. She can be reached at (845)786-4799 or email to defrancescoe@helenhayeshosp.org