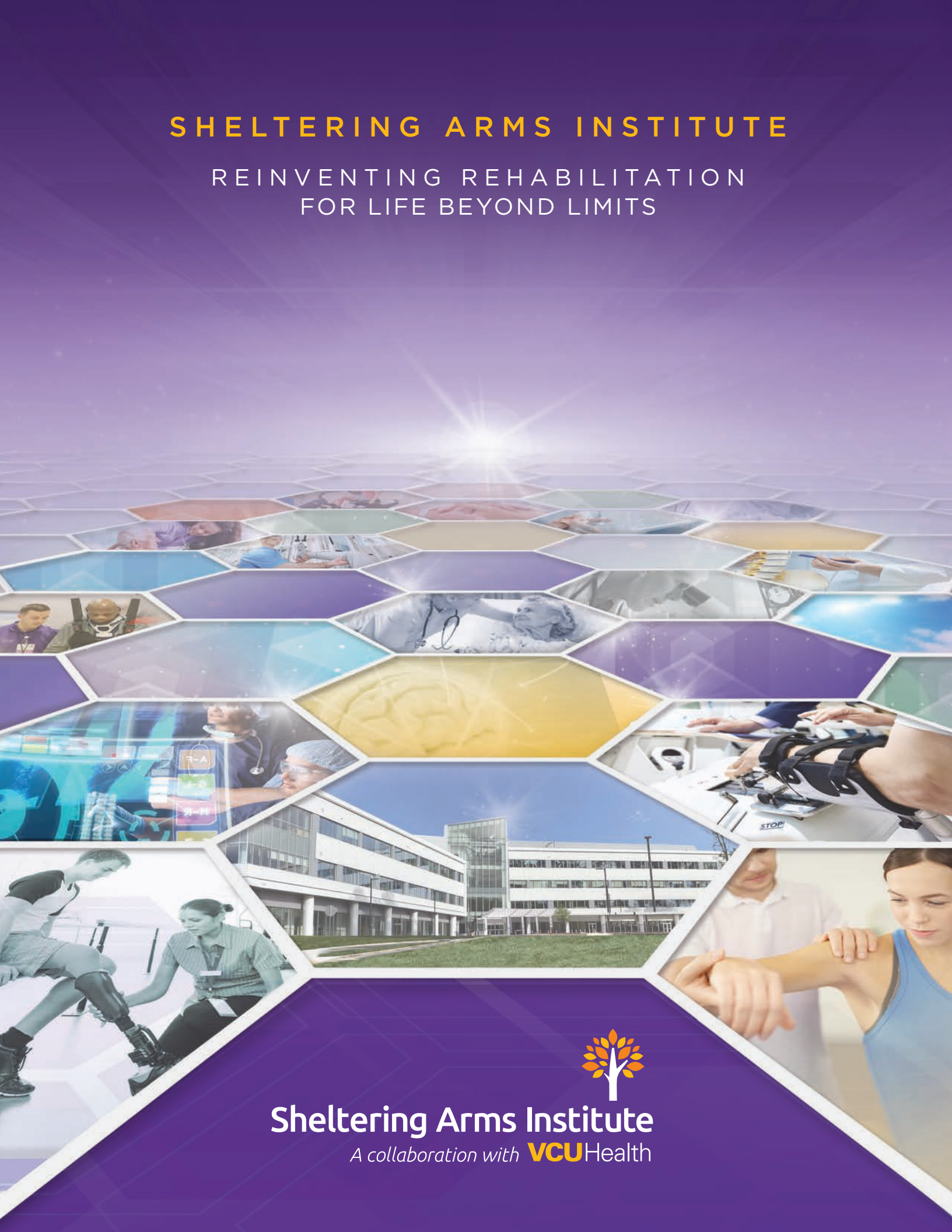


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# THE RELENTLESS PURSUIT OF RECOVERY

At Sheltering Arms Institute, we believe that if the mind imagines no limits, the body can follow. Every day, we embody that idea to move forward, encourage others and push to learn more to help our patients achieve their best outcomes.

By fusing compassionate care and the grace of healing with the challenge of curing and the grit of fighting for it, we strive to create more possibilities for people and provide a sense of security in trying for the unknown.

We know that by staying in motion, the more we will help people recover physically, mentally and spiritually. We also understand that being relentless requires understanding the power of reflection.

Every day, we will come together to discover new ways to make people's lives worth celebrating.

WE WILL HELP OUR PATIENTS REINVENT WHAT'S POSSIBLE AND REDEFINE WHAT **"BACK TO NORMAL"** MEANS FOR THOSE WE SERVE.







Sheltering Arms  
Institute

## A PHYSICAL REHABILITATION HOSPITAL UNLIKE ANY OTHER

Sheltering Arms and VCU Health have come together to create Sheltering Arms Institute, a state-of-the-science, destination, translational research hospital where clinicians, scientists, innovators and technologists work together with patients and their caregivers to apply research in real time to physical medicine and rehabilitation.



As a leading physical rehabilitation hospital, Sheltering Arms Institute offers the most comprehensive treatment and support system in central Virginia and beyond with specialty units designed to treat severe and complex neurological and orthopedic conditions. Our evidence-based clinical practice guidelines ensure the best possible outcomes for our patients.



### MISSION

Sheltering Arms Institute, a national leader in the science of rehabilitation, delivers personalized care in an environment that supports recovery and restores possibility through the integration of collaborative science and research, inter-professional education, community engagement and stewardship.



### VISION

Reinventing rehabilitation for life beyond limits



### VALUES

Courage, Integrity, Positivity, Community, Discovery and Accessibility

ABOUT  
US







We have multiple specialty units to treat even the most severe and complex cases:

- Stroke
- Multi-specialty
- Traumatic Brain Injury
- Spinal Cord Injury/Complex Care

In addition to these specialty diagnoses, other common diagnoses our patients experience include, but are not limited to:

- Neuromuscular Disorder
- Multiple Sclerosis
- Multiple Joint Replacement
- Amputation
- Neurodegenerative Disease
- Critical Illness Myopathy
- Cardiac Complication

We specialize and treat many other conditions. For a complete list, call **(804) 877-4000** or visit **ShelteringArmsInstitute.com**.

## THE SHELTERING ARMS INSTITUTE DIFFERENCE

### UNSURPASSED PHYSICAL REHABILITATION

Sheltering Arms Institute is not your average physical rehabilitation hospital. Our multi-disciplinary care team combines advanced technology, evidence-based care and the latest research to provide superior outcomes for our patients. We offer the most intense and comprehensive physical rehabilitation available, setting the tone for patients' ongoing recovery during this critical stage in their healing process.

Our patients are often coping with multiple medical complications that must be effectively cared for 24 hours a day to enable full participation in therapy. This hospital-level care allows patients to get better faster, have longer lasting recoveries and fewer future hospital visits.\*

### OUR FACILITY

There are many differentiators that set Sheltering Arms Institute apart from other rehab hospitals, beginning with the facility itself. Every detail of this destination hospital was custom designed to be a healing environment for patients and their families and to propel them forward on their journey to recovery.

Our 46-acre campus features 200,000 square feet including a 9,251 square foot therapy rehabilitation gym in addition to three satellite gyms, designated spaces to practice activities of daily living, outdoor space for therapeutic recreation, views of nature and much more.

Spacious patient rooms are private with a large picture window and are equipped with an ensuite bathroom, walk-in shower, copper-infused linens to aid in infection prevention, patient lift, flat-screen TV and lay-flat furniture for visitors. There are multiple lounges on each floor complete with a full kitchen, TV and comfortable furniture for families and visitors.

### MULTIDISCIPLINARY REHAB TEAM

We bring together many disciplines to address every aspect of recovery – physical, emotional, social and spiritual. Our team's experience, passion and positivity motivate patients to find hope and focus on small accomplishments that lead to great achievements.

\*Dobson, D., Davanzo, J.E., El-Gamil, A., Li, J. W., & Manolov, N. (2014). Assessment of patient outcomes of rehabilitative care provided in inpatient rehabilitation facilities (IRFs) and after discharge. [Abstract]

### RESEARCH

In healthcare research, discoveries are typically implemented slowly into clinical practice. Our goal is to cut down the average time to integrate research results into applied rehabilitative clinical care.

### TECHNOLOGY

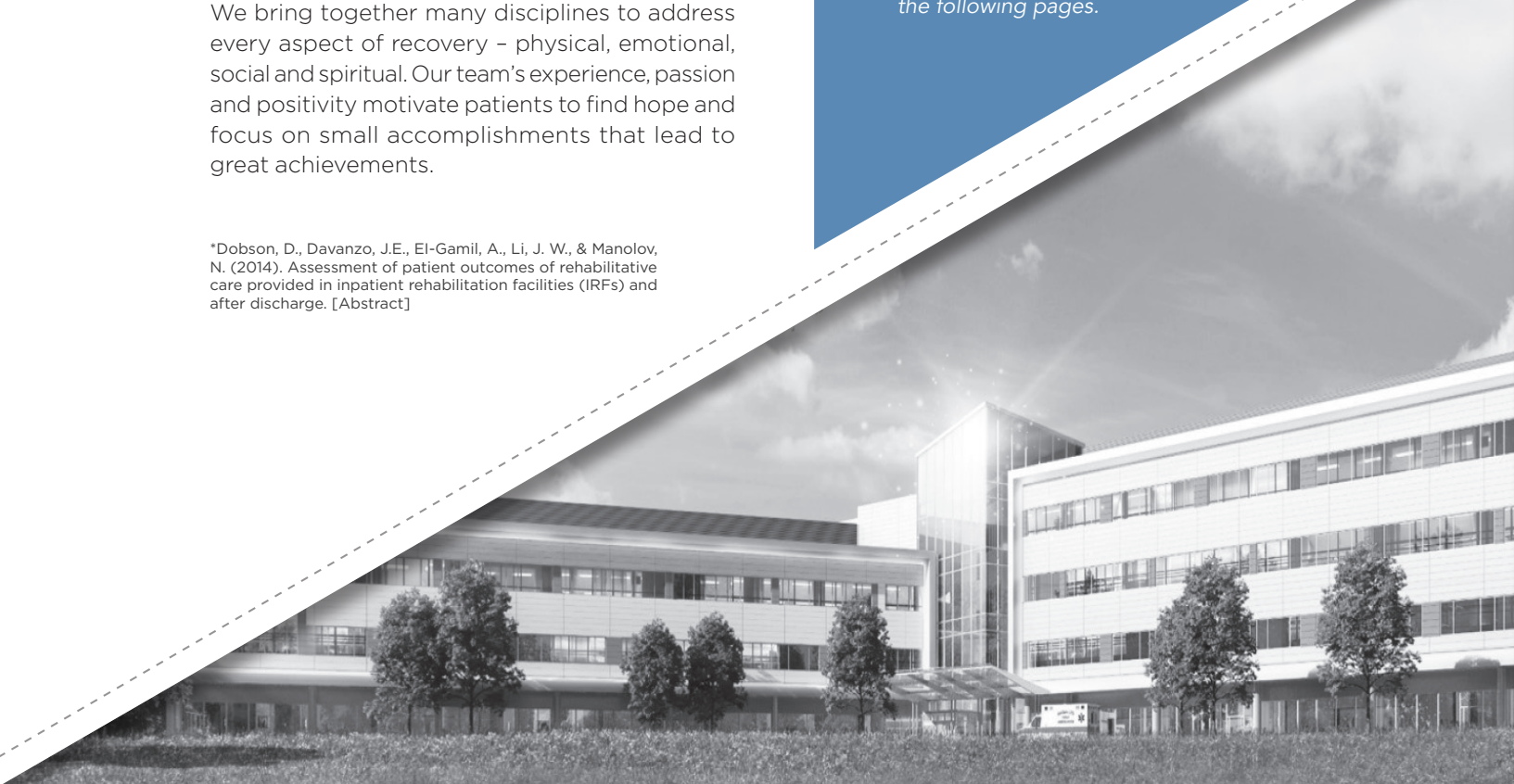
We are standardizing the use of advanced technology and making it accessible across disciplines and throughout our hospital.

### TRANSDISCIPLINARY MODEL OF CARE

Professionals in more than a dozen specialties make up each patient's care team and all work together to synchronize and integrate care amongst their specialties toward one common goal – to help patients return to their lives and loved ones.

*Read more about each of these differentiators on the following pages.*

WHY  
CHOOSE  
US





# MULTIDISCIPLINARY REHABILITATION CARE TEAM

Our licensed and board-certified multidisciplinary care team members have extensive education and the latest training in treating illnesses and injuries affecting all parts of the body. In fact, many have more than one specialist certification or are fellowship-trained. Patients who come to Sheltering Arms Institute can rest assured their care team has the advanced knowledge and experience to best help them.

Based on each patient's unique needs and goals, we form a multidisciplinary support team that visits patients regularly to collaborate on the creation and progress of their individualized treatment plan to ensure their input is incorporated.

## THERAPEUTIC RECREATION SPECIALISTS

help patients reach their goals for returning to favorite leisure activities—or learning new ones—and work on modifications that may be necessary to participate.

## PHYSICAL THERAPISTS

specialize in treating neurological or orthopedic conditions that limit movement. Through a broad range of treatments, they help patients find relief from pain and recover independence.

## SPEECH-LANGUAGE PATHOLOGISTS

diagnose, treat and prevent disorders related to swallowing and communication—two functions vital to quality of life.

## REHABILITATION NURSES

are directly involved in every aspect of patient care while in the hospital, coordinating care with the clinical treatment team and addressing medical concerns that may arise.

## REGISTERED DIETICIANS

assess our patients' nutritional needs and provide nutritional counseling to help patients make healthy diet choices after discharge.

## CHAPLAINS

offer spiritual support to patients and their families to help aid in the healing process.

## MEDICAL PSYCHOLOGISTS

help our patients adjust to the difficult new realities that an illness or injury can present. They have extensive experience and understand the complex relationships among life events, emotions, stress and physical health.

## RESPIRATORY THERAPISTS

help people who are experiencing breathing disorders. They perform chest exams and suggest treatments to resolve problems within the lungs, as well as help with breathing equipment.

## PHYSICAL MEDICINE AND REHABILITATION PHYSICIANS

are board-certified—some in multiple specialties and others fellowship-trained. As specialists in physical medicine and rehabilitation, they manage patients' medical needs so they can get the most out of therapy. Our physicians are highly accessible and actively involved in rehabilitation, treating the whole person—not just a specific symptom.

## OCCUPATIONAL THERAPISTS

help patients practice activities of daily living to promote independence, from dressing and grooming to meal planning and money management. They also help patients master the use of adaptive equipment.

## CARE MANAGERS

understand the challenges of planning and coordinating healthcare, from connecting patients with community resources to helping families navigate the complexities of insurance.

REHAB  
TEAM





# RESEARCH & TECHNOLOGY

WHERE RESEARCH AND CLINICAL REHABILITATION MEET

Backed by the power and experience of VCU Health's notable grant-funded research programs, our clinical science team is dedicated to applying the latest research findings to bedside practice years sooner.

There is a 17-year gap between the creation and implementation of research-based evidence. As a result, only 14 percent of scientific discoveries enter practice and only 55 percent of adults in the U.S. receive recommended care.\* Our goal is to close the gap between evidence and decision making to improve patient outcomes.

By partnering and collaborating with team members across the hospital to support knowledge translation, the clinical science team will assess findings in real time to develop new clinical practice guidelines based on research and outcomes.

## TECHNOLOGY UNLIKE ANY OTHER IN THE NATION

Sheltering Arms Institute utilizes the most advanced rehab technology available anywhere in the country to provide groundbreaking physical rehab. We invest in the latest models and carefully select each piece that goes into our hospital. Care team members undergo extensive training to learn how to use each device efficiently and safely to help track patient outcomes.

Our 9,251 square foot main therapy gym and three satellite gyms are equipped with everything from the Motek Rysen, a 360-degree over ground assistive walking device – the first of its kind in North America – that assists with gait training, to the Neofect Smart Glove that helps people regain fine motor skills, a robotics area, virtual reality and much more.

Our vast repertoire is integrated throughout the entire hospital so patients can practice rehabilitation techniques outside of the gym, including the Bioness Vector Elite, a track-based, bodyweight support system located right outside of patients' rooms to practice walking.

\*Graham ID, Logan J, Harrison MB, et al. Lost in knowledge translation: time for a map? Jour Cont Ed Health Prof. 2006; 26: 13-24.

We are passionate about studying what works best to enhance patients' lives and sharing our discoveries with care providers across all disciplines. Our collaborative research allows us to push the boundaries on what's possible in rehabilitation in order to help our patients make complete recoveries.

For a complete list of our technology, please visit [ShelteringArmsInstitute.com](http://ShelteringArmsInstitute.com).

RESEARCH &  
TECHNOLOGY



# TRANSDISCIPLINARY MODEL OF CARE

Transdisciplinary care is a team approach, including patients and care-givers, in which everyone is aware of and works toward the patient's goals. This model is person-centered, problem-focused and solutions-oriented.

Treating the mind, body and spirit, we maximize every moment patients are in our care and continuously work on each individual's goals, regardless of which team member they are with, to help them have more complete recoveries.

Rehab hospital patients are required to participate in a minimum of three hours of therapy each day. At Sheltering Arms Institute, we exceed that benchmark. In addition to physical, occupational

and speech therapies based on specific needs, other therapies such as recreational therapy are a regular part of patients' schedules.

During downtime, patients may practice walking or activities of daily living. Social and recreational events provide opportunities to socialize and network with others coping with similar diagnoses while enjoying favorite activities. Support groups and peer mentor programs are specially designed for the challenges facing our patients and their caregivers. Participants can learn from specialists and each other how to adapt to their own unique situations.



## DISCHARGE PLANNING

A patient's stay at Sheltering Arms Institute is the first step on his or her recovery journey. Preparing to leave the hospital begins on day one and we address each person at their own individual starting point. Care managers and various team members put together an aftercare plan tailored to each individual's unique needs, incorporating caregivers, living environment alterations and assistive device training.

**YOUR CARE TEAM  
WILL STILL BE HERE  
FOR YOU WHEN YOU  
LEAVE THE HOSPITAL.**

**We are just a phone call  
away with any questions  
or concerns you may have,  
or if you need help finding  
services for the next stage  
in your recovery.**



# FREQUENTLY ASKED QUESTIONS

**Q:** Do patients use technology and receive therapy outside of the gym?

**A:** Yes. Patients utilize a wide variety of cutting-edge technology both in our therapy gyms and throughout the entire hospital.

**Q:** What are some unique and complex conditions Sheltering Arms Institute treats?

**A:** We have multiple specialty units including stroke, traumatic brain injury and spinal cord injury. Additionally, we treat patients in need of everything from amputation care to post-polio syndrome and can accommodate patients with specific needs such as dialysis, severe wounds, tracheostomies and more.

**Q:** How do family members and caregivers fit into the transdisciplinary model of care?

**A:** A personal support system plays an integral role in a patient's rehabilitation journey. Family/caregivers may be asked to participate in therapy or training. Patient rooms are private and spacious to accommodate visitors. A designated family member or caregiver is welcome to spend the night once approved by a team member.

**Q:** Does Sheltering Arms Institute offer financial assistance?

**A:** Yes. Patients must apply and be approved. Please contact your liaison for an application.

**Q:** How do patients benefit from research studies at Sheltering Arms Institute?

**A:** Patients benefit from research participation opportunities and the translation of researchers' newfound knowledge into their plan of care.

**Q:** Where is Sheltering Arms Institute located?

**A:** Our 46-acre campus is easily accessible from all major highways and is conveniently located just west of Short Pump in the West Creek Medical Park near the Route 288 and Broad Street Road interchange.

**Q:** How does someone become a patient?

**A:** Patients must be referred by a physician, hospital, healthcare facility or insurance company. To refer a patient to Sheltering Arms Institute, use NaviHealth, AllScripts, call (804) 877-4000 or fax (804) 877-4001.



**Sheltering Arms Institute®**

*A collaboration with* **VCU**Health