

Welcome to Sheltering Arms Institute's Brain Injury Unit

While here on the unit, our goals will focus on:

- Physical functioning
- Activities of daily living
- Behavior
- Psychosocial and emotional well-being
- Speech, swallow, and cognitive functioning

The team helping you to reach these goals will include:

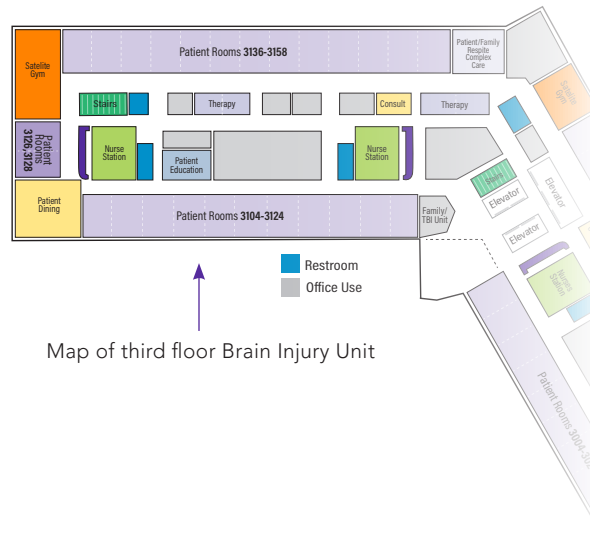
- Attending physician, residents, and medical students
- Occupational therapists
- Physical therapists
- Speech-language pathologists
- Psychologists
- Recreation therapists
- Respiratory therapists
- Nurses
- Unit managers
- Dietitians



Community Partners for the Brain Injury Unit:



Our community partners are onsite during the week to visit with patients and provide more in-depth education on brain injury. Please ask a team member for days and times.



Map of third floor Brain Injury Unit



Sheltering Arms Institute Brain Injury Unit – 3A



Nurse's Station Phone Number:
(804) 578-6801



Helping People Find the Power to Overcome



Common Symptoms After Brain Injury

- Headaches
- Confusion
- Difficulty with noise/light
- More emotional
- Overwhelmed easily
- Body weakness
- Trouble speaking (aphasia)

RANCHO LOS AMIGOS LEVELS OF COGNITIVE FUNCTIONING

Level 1: No response, person appears to be in deep sleep

Level 2: Generalized response, person reacts inconsistently, not directly in response to stimuli

Level 3: Localized response, reacts inconsistently, directly to stimuli

Level 4: Confused/Agitated, person is extremely confused/agitated

Level 5: Confused-Inappropriate/Non-Agitated, person is confused and responds inaccurately to commands

Level 6: Confused-Appropriate, person goes through daily routine with minimal confusion

Level 7: Automatic-Appropriate, person goes through daily routine with minimal confusion

Level 8: Purposeful-Appropriate, person has functioning memory, responsive to environment, may display depression

Level 9: Purposeful-Appropriate, goes through daily routine aware of need for stand-by assistance, depression may continue

Level 10: Purposeful-Appropriate/Modified Independent, goes through daily routine but may require more time or compensatory strategies, periodic depression may occur



During Your Stay

- Feel free to bring pictures, personal items, and objects
- Help us create an environment of quiet and rest, which is vital after brain injury
- Feel free to use our family rooms for privacy and comfort while here
- Our team will speak with your family member/caregiver daily with a goal of reaching a safe discharge!

Sample Schedule*

7-9 a.m.....	Physician Rounds
8:30-9 a.m.	Breakfast
9 a.m.-12:30 p.m.	Physical/Occupational/ Speech/Recreation/ Therapy
12:30-1 p.m.....	Lunch
1-4 p.m.	More Therapy
4-5 p.m.	Therapeutic Recreation Groups
5:30-6 p.m.	Dinner
6-7 p.m.	Therapeutic Recreation Groups
7-8 p.m.	Medications and Bedtime preparations

*This is a sample only. Individual schedules vary based on each patient's care plan.

