Bayfront’s rehabilitation team has helped thousands take a first step for the second time.
Often, a successful ending to a medical crisis or physical injury is also a new beginning, as patients and families learn to overcome or adjust to their new limitations.

Helping each patient re-enter family life and return to the community, work or school as independently as possible is a goal we set from day one. Bayfront Rehabilitation Center’s patient outcomes are superb, and we are proud of the determination, courage and accomplishments of our patients and their families.

If you are at this new beginning, whether recovering from an injury, surgery or medical condition, we are here to offer hope, expertise, encouragement and information to help you along your journey. Please use this brochure as an introduction to our comprehensive services and feel free to ask questions and talk to our dedicated and committed staff.

Bayfront Rehabilitation Center at Bayfront Medical Center
701 Sixth Street South
St. Petersburg, FL. 33701
7th Floor

Nurse Liaison
Phone: (727) 893-6795

www.bayfront.org/rehabilitation_services_overview
Patients are referred to Bayfront Rehabilitation Center with varying degrees of limitation to their independence, unique family dynamics, concerns about work, home, school and the future. Our rehab team will design an individualized plan to assist patients achieve individual goals and the highest level of independence possible.

The scope of Bayfront’s inpatient rehabilitation services is the most comprehensive of any center in our community. Because we are an extension of the continuum of care, patients benefit from experts who coordinate care every step of the way.

Our services include:

- **Oversight by Physiatrists** *(Physical Medicine and Rehabilitation Physicians)*
- **Rehabilitation Specialty Nursing**
- **Physical Therapy**
- **Occupational Therapy**
- **Speech Language Pathology**
- **Case Management and Social Services**
- **Recreational Therapy**
- **Neuropsychology**

**AN EXPERIENCED AND DEDICATED TEAM**

We are proud to be able to say that the majority of our physicians, therapists and nurses have been with Bayfront Rehabilitation Center for a decade or more.

Our commitment and experience play a major role in the success of our program and our patient’s rehabilitation. The therapy team is made up of an array of experts all focused on the patient’s recovery. We have provided a summary of our team and their role in the rehabilitation process:

**Physiatrists** are physicians certified in the medical specialty of physical medicine and rehabilitation. They are responsible for evaluating and treating the patient’s medical needs, supervise the entire rehabilitation team, and direct the total rehabilitation process.

**Rehabilitation Nurses** are specially trained to care for rehabilitation patients and provide 24-hour-a-day nursing care and support.

**Physical Therapists** help maximize the patient’s mobility, including using special equipment such as interactive metronome, Litegait, Bioness, wheelchair, walker, cane or transfer equipment.

**Occupational Therapists** help patients with daily living activities, such as eating, dressing, grooming and household management. They also offer exercises to maximize upper body movement and cognitive and perceptual skills.
**Speech Language Pathology Therapists** evaluate and treat cognitive, speech and language skills to maximize reading, writing and communication and may include memory, attention, organization and problem solving abilities. Swallowing abilities are also assessed and treated to provide safe levels for feeding.

**Case Managers and Social Services** coordinate the rehabilitation program for each patient from admission to discharge. They serve as a liaison between the patients, the families and our rehabilitation team.

**Recreation Therapists** develop an individualized treatment plan for each patient based on their current leisure skills, recreational interests and diagnosis to coincide with their other therapy goals.

**Neuropsychologists** evaluate the cognitive and emotional functions of each patient and help the patient and family cope with the effects of their disability.

**Dietitians** provide effective nutritional assessment, dietary advice and support to patients and their caregivers.

**Patient Accommodations**
Our dedicated center is located within Bayfront Medical Center with 21 beds on the 7th floor. A related program, our specialized Brain Injury Unit, is an 11-bed unit located on the 6th floor. Both units offer a full service gym – where therapy will take place. The units share a kitchen and family lounge. The patient rooms are semi-private and spacious to allow individuals to maneuver with adaptive equipment. Many rooms have views of Tampa Bay.

**The Patient’s Family Role in Rehab**
Patient’s families and loved ones will receive an orientation after admission to help them understand their role in the rehab process. Family members will be invited to participate in selected therapy sessions to learn more about assisting the patient’s recovery. Our team’s focus will be on educating family members so they will feel comfortable in their support role once the patient is discharged from the center.

**Telephone Numbers**
Bayfront Rehabilitation Center: (727) 893-6795
To call the patient’s room:
A Bed – (727) 893-6 + the room number
B Bed – (727) 893-7 + the room number

**Visiting Hours**
Visiting hours for Bayfront Rehabilitation Center begin after the last therapy session of the day, usually after 4 p.m. Guests are invited to dine with patients and visit in our guest lounge.
A Bayfront therapist shows a recovering stroke patient how to play Wii as part of his recreational therapy.
About the Stroke Program

A stroke occurs when there is a disruption of blood flow to the brain. As a result, the patient may experience functional problems with memory, problem solving, conveying thoughts and emotions, perception, speech, mobility, swallowing, speaking, listening and self-care activities.

Bayfront Rehabilitation Center’s stroke program provides a wide range of services to help patients and their families recover after a stroke. The services range from an intensive inpatient program to a comprehensive outpatient program, all having the goal of teaching patients the skills needed to become independent.

The program’s Medical Director, a physiatrist specializing in physical and rehabilitation medicine, oversees the stroke rehabilitation team. Other team members include physical, recreational and occupational therapists, speech language pathologists, neuropsychologists, case management and resource specialists and rehabilitation nurses.

Inpatient Rehabilitation

Once admitted into the program, treatment begins with a thorough evaluation to identify the patient’s strengths and weaknesses. The stroke team then works together with the patient and family to establish treatment goals. Each patient’s program is tailored to meet his/her individual needs and is modified as progress occurs.

The inpatient program provides 24-hour-a-day physician and nursing support to address the medical and nursing needs of the patient. Individual and group therapy sessions are conducted for a minimum of three hours a day to address the patient’s physical, cognitive and emotional goals. Specialized treatment and services offered include:

- Gait training with emphasis on functionality mobility
- Neuromuscular re-education
- Activities of daily living (feeding, dressing, grooming)
- Cognitive retraining for memory, attention, problem-solving and thought organization
- Expressive and receptive language treatment
- Swallowing evaluation and treatment
- Home evaluations with home safety recommendations
- Leisure activities and community re-integration outings

Involvement and support from the family or significant others is an important component of the stroke rehabilitation program. As the time for discharge nears, patients and families are educated with hands-on participation, and information is provided regarding the resources available to ensure a smooth transition to home or another care setting. Arrangements are made for those who would benefit from continued therapies at home or in an outpatient setting.

Ongoing support after discharge is offered through the Stroke Support Group, which meets every month. For more information, visit bayfront.org

NOTES:
Inpatient Brain Injury Rehabilitation Program

The Bayfront Rehabilitation Center has been providing rehabilitation for people with brain injuries since 1992, which makes it one of the most experienced brain injury rehabilitation programs in the country. Years of experience and acquired expertise has resulted in a comprehensive system of care, taking patients from the first weeks after injury to the return to home and community.

Bayfront’s unique program is equipped to provide care for newly injured patients and can treat a wide range of injury complications. Our staff is experienced in treating adults and adolescents (16 years+) with moderate to severe traumatic or acquired brain injuries at all levels of cognitive, behavioral and physical functioning.

Early Intervention After Brain Injury

Bayfront Rehabilitation Center is located within Bayfront Medical Center, a Level II Trauma Center. As a trauma center and specialized brain injury center, Bayfront has access to state-of-the-art diagnostic, laboratory, surgical and subspecialty services, including rehabilitation.

To start, a pre-admission clinical evaluation is provided by a nurse liaison following the injury to begin early intervention.

Immediately upon admission to the Brain Injury program, each patient and family is assigned to an interdisciplinary team of experienced clinicians, who begin setting, achieving and evaluating rehabilitation goals. Leading these teams are physiatrists, rehabilitation experts, who have specialized training and clinical experience in brain injuries. A clear advantage at Bayfront Medical Center, these physicians provide full-time primary medical care. They are experts in brain/behavior relationships, medication options, and complexities and long-term effects of brain injury.

The Interdisciplinary Team

The patient and family are always at the center of the recovery process. Surrounding them is a comprehensive team of brain injury and rehab experts, including rehabilitation nurses, rehabilitation technicians, neuropsychologists, speech and language pathologists, physical therapists, occupational therapists, therapeutic recreation specialists, respiratory care, driving evaluators, dieticians, a broad based medical consulting staff and case managers.

Model of Brain Injury Rehabilitation

The Bayfront model of brain injury rehabilitation is based on a continuum of care. It is built on an understanding of the patient’s neurological diagnosis and prognosis, as well as any relationships between the injury and behavior. Additionally the treatment plan is reviewed and then adapted based on a patient’s personality, goals, resources, environment and the community to which the patient and family will be discharged.

Team conferences are held weekly to review all of the patient’s progress and goals. Together this interdisciplinary team strives to maximize physical, cognitive, behavioral and emotional functioning and as well as to prevent/minimize chronic disability.

The length of inpatient stay is highly individualized, depending on the severity of the injury and the rate of improvement. Typically, length-of-stay ranges between 15-25 days, depending on diagnosis, severity of injury, rehabilitation goals, medical complications and insurance benefits and authorization.
Inpatient Rehabilitation Accommodations

All clinical services and even the dining facilities are in close proximity to the patients’ rooms. This design increases efficiency and creates a safe, supervised and structured environment. The nurse’s station is designed to closely monitor patients for safety, while still allowing them access and movement around the unit. The unit is monitored with cameras and security monitoring system.

Family Inclusion and Involvement

Brain injury rehabilitation involves not only the patient, but the patient’s family and support system. For this reason, we welcome families and encourage flexible visiting hours. They are also urged to participate in and observe therapy sessions, and to attend educational programs. Support staff will be available to provide families with counseling, assistance with insurance issues and help in applying for benefits.

Therapeutic Outings

A variety of therapeutic outings are provided for patients involving each of the therapeutic specialties (physical therapy, occupational therapy, therapeutic recreation and speech therapy).

The therapeutic recreation program is vitally important in providing applied reality based therapy at Bayfront and in the community. The quality of the recreational opportunities provide patients and families with experiences to stay emotionally and physically healthy.

Getting you back to your life is a priority, and our team is with you all the way.

NOTES:
SPINAL CORD INJURY

Bayfront Rehabilitation Center cares for patients with spinal cord injuries due to trauma, tumors, sports injuries, spinal stenosis, compression fractures and transverse myelitis.

We also care for patients with Guillian Barre syndrome and peripheral nervous system disorders, as well as myopathies, and muscular dystrophies.

Our team has the unique experience to treat the complex affects of spinal cord injury, including paraplegia, quadriplegia and spasticity, as well as emotional and psychological issues related to adjustment to a new way of life.

Each patient receives treatment from a multidisciplinary rehabilitation team under the direction of a board certified physician, a physiatrist, specializing in spinal cord injury rehabilitation. Working collaboratively toward the patient’s goals, the team consists of physical, occupational and speech therapists, rehabilitation nurses, case managers, dieticians and other committed professionals. The team also includes the patient’s family who are encouraged to participate in the rehabilitation process and patient/family conferences.

The strength of our program is its extensive range of services, offering the whole continuum of care. Patients are admitted directly into our spinal cord injury program, which offers round-the-clock monitoring and the capability to care for patients with feeding tubes and tracheotomies. Following intensive inpatient rehabilitation, patients can progress into our outpatient therapy programs.

Our multidisciplinary team of physicians and experts are quick to diagnose and treat spinal cord injuries and conditions.
SPECIALTY EQUIPMENT AND SERVICES

Compassion and expertise, paired with today’s most advanced treatment equipment, means the best environment for our patients.

**Vocal Cord Testing:**
Bayfront’s speech language pathologists currently perform a diagnostic procedure with the use of laryngeal videostroboscopy to evaluate and diagnose vocal cord pathology and dysfunction. Videostroboscopy uses a camera and light source to view and capture still images of the vocal cords. The speech language pathologist’s evaluation aids in the diagnosis and formulation of a treatment plan for the care of patients with possible vocal cord problems and voice disorders.

**Driver Evaluation:**
Bayfront Rehabilitation Center’s Driver Evaluation Program assesses individuals to determine if they are able to return to safe driving after injury or illness. A certified driver rehabilitation specialist completes a clinical assessment of strength, coordination, reaction times and cognitive-perceptual function. This is followed by a behind the wheel evaluation on the road. Adaptive equipment needs are determined and additional training is provided as necessary. Adaptive driving equipment includes steering devices, hand controls, left foot accelerator, and adaptive mirrors. For more information, call (727) 893-6710.

**Interactive Metronome:**
Bayfront therapists utilize Interactive Metronome during inpatient rehabilitation and outpatient therapy. This is a rehabilitation assessment and treatment program that directly improves auditory processing, attention, motor control, as well as endurance, speed and coordination, organization skills, language, control of impulsivity and multi tasking skills. Patients improve motor, speech/language and cognitive functions when this program is combined with traditional therapy approaches.

Patients who can benefit from Interactive Metronome include those with traumatic brain injury, stroke, Parkinson’s disease, as well as many other conditions. Bayfront Medical Center has more than 10 therapists (physical, speech and occupational therapists) who are certified providers of this treatment.

NOTES:
**Litegait:**
This gait training device simultaneously controls weight bearing, posture and balance over a treadmill or over ground. It creates an ideal environment for treating patients with a wide range of impairments and functional levels. LiteGait provides proper posture, reduces weight bearing, and eliminates concerns for balance, and facilitates the training of coordinated lower extremity movement.

Its unique harness design not only permits unilateral or bilateral support allowing progression of the weight bearing load from non to full weight bearing, but also allows the clinician to manually assist the legs and pelvis to achieve proper gait patterns.

**Electric Nerve Stimulation:**
Bioness H200 is an electrical nerve stimulator that provides electrical impulses to the forearm and hand to promote sensory and motor re-learning after a stroke or other neurological impairment. With the help of the occupational therapist, the device is an aid to regaining strength and function in a person’s upper extremity.

Our comprehensive team works with each patient on an individual basis, using the best technologies and adaptive equipment.
FREQUENTLY ASKED QUESTIONS

What kind of clothing should I wear during therapy?
It is important to wear clothing that is comfortable, and that allows freedom of movement such as pants or shorts, shirts, sweat/jogging clothes, and supportive comfortable shoes. Depending on the weather it is recommended to bring a light sweater or jacket.

Who can be with me during therapy?
Your family will be able to attend therapy sessions when scheduled by your case manager and your therapists.

Where will I have my meals? Can my family join me?
The 7th floor rehabilitation unit dining room is reserved for patient meals only. Your family may join you in your room.

When can my friends and family visit me?
Visiting hours begin after the last therapy session of the day.

Where can I find on-line patient resources?
Bayfront Medical Center www.bayfront.org
Brain Injury Association of Florida www.biaf.org
Brain Injury Association of America www.biausa.org
Florida Vocational Rehabilitation www.rehabworks.com
HealthNet Pinellas www.pinellascares.org
National Aphasia Association www.aphasia.org
The Brain Tumor Society www.tbts.org
National Stroke Association www.stroke.org

After I leave the hospital, where can I find support?

Brain Injury Support Group
This free support group meets the second and fourth Thursday at 6 p.m. in the Sheen Conference Center. For more information, call (727) 322-6123.

Spinal Cord Injury Support Group
On the first Wednesday of each month, this free support group meets at 6:30 p.m. in the Sheen Conference Center. For more information, call (727) 893-6729 or (941) 504-0494.

Stroke Support Group
Stroke survivors and loved ones meet the fourth Wednesday of each month at 3 p.m. in the Sheen Conference Center. For more information, call (727) 893-6286 or (727) 893-6223.

What makes Bayfront Rehabilitation Center Unique?

- An extraordinary comprehensive continuum of care for the rehabilitation of persons with brain injuries, strokes, spinal cord injuries, multiple blunt trauma, and orthopaedic injuries.
- The patients’ care and therapy is supervised by a team of Physiatrists (Physical Medicine and Rehabilitation Physicians).
- Daily onsite involvement of a neuropsychologist as one of the leaders of the treatment team.
- A holistic approach to care, with treatment based on the patient and family’s physical, social and emotional needs.
- Intensive therapy is reinforced through day-to-day activity.
- Team-focused rehabilitation that is used for each individual’s care.
- Multiple staff members with extensive experience in treating people with neurological disorders.
- Located within Bayfront Medical Center, a Level II trauma facility, immediate access to a full spectrum of medical services are available if needed.
REFERRAL PROCESS

Bayfront Rehabilitation Center staffs nurse liaisons who serve as the link between a potential patient and the rehab program.

Once a referral is requested, the nurse liaison performs an assessment and then initiates the pre-certification process within one business day of the referral.

The assessment is reviewed with the physiatrist and the admissions staff.

To contact Bayfront Rehabilitation Center’s Nurse Liaison’s office, please call (727) 893-6795. Tours can also be scheduled through this office.

Once admitted into the program, the nurse liaison helps make the transition between hospitalization and rehabilitation as smooth as possible for the patient. The nurse liaison is a registered nurse currently licensed in the state of Florida, and has 10 or more years of diverse clinical experience, sound clinical judgment, and excellent assessment skills.

Our goal at Bayfront Rehabilitation Center is to partner with our patients and their loved ones through the steps of treatment and recovery.
Bayfront Rehabilitation Center is reviewed regularly to assure we are meeting the very best standards of care. We are accredited by the following organizations:

The Joint Commission

Florida Brain and Spinal Cord Injury Program (FBSCIP)

Commission of Accreditation of Rehabilitation Facilities (CARF) - This accreditation represents the highest level of accreditation that can be awarded to an organization and shows Bayfront’s substantial conformance to the standards established by CARF. An organization receiving accreditation by CARF has been through a rigorous peer review process, and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, and are measurable and accountable.