

# What Our Patients Are Saying



CENTRA  
Acute Rehabilitation

3300 Rivermont Avenue / Lynchburg, VA 24503 / 434.200.4651  
CentraHealth.com



CENTRA  
Acute Rehabilitation

98  
PERCENT

- Would recommend us to others
- Were satisfied with the overall quality of their nursing and therapy care
- Are satisfied with the overall quality of physician care

## Caring For Patients Like Family

A source of pride for Centra's Acute Rehabilitation Center is what our patients say about us. We strive to care for each patient as though they are family – by giving each patient the individual time and care they deserve.

If you wish to be considered for admission to our program, notify your hospital discharge planner or for additional information, contact our admissions coordinator at [434.200.3088](tel:434.200.3088).

## Admission Information

Most patients are admitted from an acute-care hospital. Prior hospitalization is not required, however a significant medical need must be present for nursing and physician intervention as well as admission criteria must be met. When individuals are referred to our program, their physicians consider them to be medically stable, with the potential to improve, and the ability to start a rehabilitation program.

### CENTRA NONDISCRIMINATION NOTICE

Centra complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Centra does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex

#### English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.434.200.3000 (TTY: 7.1.1).

#### Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.434.200.3000 (TTY: 7.1.1).

#### 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.434.200.3000 (TTY: 7.1.1) 번으로 전화해 주십시오.



## Centra Acute Rehabilitation Center

# Helping You Get Back To Living Your Life

# Welcome

At Centra Acute Rehabilitation Center, our knowledgeable doctors and staff work hard around the clock to ensure all our patients receive the high-quality care they need and deserve. Our specialty physicians are experts in a wide variety of areas including stroke rehabilitation, amputation, trauma, orthopedic rehabilitation, spinal cord injury and neurological disease rehabilitation.

The center has been providing comprehensive rehabilitation services since 1985 and is the only program licensed as an inpatient rehabilitation facility (IRF) in Lynchburg and surrounding counties. The program's medical director is a board certified physiatrist, a specialist that focuses on rehabilitation.

Centra Acute Rehabilitation Center is certified by The Joint Commission for Stroke Rehabilitation and maintains this gold seal standard at the highest levels of certification from The Joint Commission. Certified rehabilitation registered nurses (CRRN), advanced cardiac life support (ACLS) certification, and multiple specialty certified therapists are part of our treatment program.



*“For a person to fulfill their full potential after stroke, there needs to be a coordinated effort and ongoing communication between a team of professionals as well as the patient, family and caregivers.”*

Angel Medina-Bravo, MD | Medical Director

# The Acute Rehab Difference

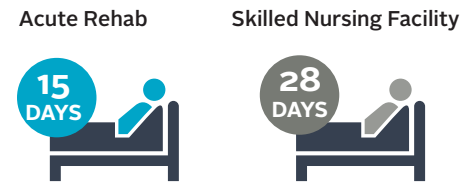
When you are preparing for discharge from the hospital, your healthcare team may recommend continued care before you go home.

There are important differences which you should know about because at a quick glance it appears that both types of rehab offer therapy, physician and nursing care with programs designed for a variety of illnesses and post surgical recovery.

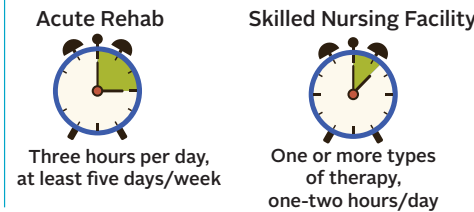
## Here's The Difference

ACUTE INPATIENT REHAB (HOSPITAL)	SKILLED NURSING FACILITY (NURSING HOME)
Close medical supervision by physician with specialized training	Physician interaction once or twice a week; specialized training not required
24-hour rehabilitation nursing	Not required
Multidisciplinary team of physicians, nurses, case managers, therapists	Not required
Three hours of rehab daily	Not required
Physical, occupational and/or speech therapy	Not required

### LENGTH OF STAY - NATIONAL AVERAGE



### TYPE OF THERAPY



### PHYSICIAN INVOLVEMENT

**Acute Rehab:** Physician care is provided 24 hours a day, seven days a week, and a rehabilitation physician (physiatrist) or nurse practitioner visits every day.

**Skilled Nursing Facility:** Medicare patients in some sub acute rehab skilled nursing facilities may not see a physician more than once a week or in some instances even longer.

# Benefits Of Acute Rehab

We have helped thousands of patients recover from serious illnesses, injuries and trauma. We specialize in the evaluation and rehabilitation of patients with the following diagnoses and conditions:

- Stroke (CVA)
- Brain injury
- Spinal cord dysfunction
- Major multiple trauma
- Neurological disorders
- Amputation
- Bariatric care
- Hip fracture and joint replacement
- Arthritis
- General debility

## Our Rehabilitation Program Provides:

- Physiatry led, patient-focused care
- Higher than average return-to-home rates
- Private patient rooms
- 24-hour nursing care
- Three hours of individual therapy five days per week
- Therapy focused on life skills, return to home and the community
- Comprehensive patient and caregiver education
- Spiritual and emotional counseling support
- One -to-one discharge assistance helping to determine needs in the home

## Your Safe Return Home

Our team works with you and your family to help you transition back home, back to work and back to your life. Family members and caregivers are strongly encouraged to attend and observe our therapy sessions and play an active role in patient recovery.



Percentage of our patients who return to a community setting like home. This compares to just over 75 percent nationally.