Your Care at Dodd Rehabilitation Hospital

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER
Talk to your doctor or health care team if you have any questions about your care.
For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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**Table of Contents**

Welcome ................................................................................................................................. 3

**Information during Your Stay**

- During Your Stay .............................................................................................................. 4
- What to Expect .................................................................................................................. 6
- Special Interest Programs ................................................................................................. 9
- Your Rehab Team Members ......................................................................................... 10
- Pain Control ................................................................................................................... 11
- For Your Health and Safety .......................................................................................... 13

**Preparing for Discharge**

- Caregiver Education and Training Tool ........................................................................... 16
- Taking a Wheelchair Up and Down Stairs and Curbs ...................................................18
- How to Adapt an Entrance for a Wheelchair ................................................................. 20
- Portable Health Profile .................................................................................................. 23
- Making the Most of Visits with Your Doctor ................................................................. 24

**Parking and Wayfinding**

- Parking Directions at Dodd Rehabilitation Hospital ..................................................... 26
- Finding Your Way ............................................................................................................ 27
Welcome

Dodd Rehabilitation Services
Our health care team will do all we can to support you, your family, and your caregivers as you recover from injury and illness. Our goal is simple: to help you return to the highest possible quality of life - at home, at work, and in the community. We will help you:

- Learn about your care and treatment.
- Improve your independence and safely return to your daily tasks and activities.
- Plan for the next steps in your recovery.

The most important member of the health care team is you. Our staff will work with you, your family, and caregivers to make sure that all of your questions are answered, and your concerns are discussed. We want you to leave Dodd feeling comfortable about what to expect and empowered to return to life outside of the hospital.

Address
Dodd Rehabilitation Hospital
3rd or 4th Floor
480 Medical Center Dr.
Columbus, OH
43210-1245

Phone numbers
3rd floor nursing station: 614-293-3851
4th floor nursing station: 614-293-3852

Visiting hours are 10 am to 10 pm
Family members may be asked to come at other times to take part in nursing care or therapy.
Overnight stays for family are rare. They occur only when a family member is learning or assisting with care. Overnight stays must be approved by the doctor and nurse manager. For safety and hygiene, only pets from the Pet Pals Program and therapy dogs may visit patients.
During Your Stay

Our goal is to provide you with the highest quality of care and service while you are at Dodd. **If there is anything we can do to make your stay more comfortable, please tell a member of your health care team.** Should you have any questions or concerns, please call:

- Nurse Manager, Dodd 3, at 614-293-3841
- Nurse Manager, Dodd 4, at 614-293-7732
- Patient Experience at 614-293-8944. You may also visit their department office at 142 Doan Hall (University Hospital), Monday through Friday from 8:00 AM to 5:00 PM.

For more information, please read the Patient and Visitor Guide or view the guide online at wexnermedical.osu.edu/guide.

**Patient pick up and drop off**
For patients or others with mobility issues, patient pick up and drop off is located in front of the Dodd Rehabilitation Hospital/Davis Medical Clinic entrance at 480 W. Ninth Avenue.

For parking directions, please see page 26 of this book.

**Room assignment**
Rooms are assigned based on diagnosis, care needs, and gender. Private rooms are limited in Dodd Rehabilitation Hospital.
Patients may need to change rooms to accommodate the rehabilitation needs of all patients. We will work to give you advance notice of this.

**Non-smoking facility**
All Ohio State locations, including Dodd Rehabilitation Hospital, are tobacco-free. Resources are available to help patients and visitors quit tobacco use. Talk to a staff member for more information.

**Public restrooms**
Public restrooms are located on the 1st and 2nd floors of Dodd Rehabilitation Hospital.

**Clothing from home**
Patients at Dodd wear their own clothes for therapy. Please bring and label each clothing item for them. We recommend:
- Pull on pants
- Shirts, both long and short sleeved
- Undergarments, including underpants and bras
- Socks
- Athletic or rubber-soled shoes

**Laundry**
A laundry room with detergent is available for patient and family use. Let us know if you need help. Your family may also take your clothing home to be laundered.

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Unit pantry

Each unit has free coffee and tea for patients and visitors. Patients are welcome to snacks and beverages on their unit. Visitors pay for snacks and beverages. The price list is posted above the collection box on the unit pantry refrigerator.

Family may store food from home in the refrigerator for patients. Mark the name of the patient and date on these items. Food is discarded after 3 days.

Please check with a nurse about special diets, food restrictions, or problems with swallowing before choosing snacks for patients or sharing food from home.

Dining options

Patients choose meals from a menu of food items based on their plan of care. These meals are delivered to their rooms at meal times.

Visitors may also select meals. The cost is $5.00, credit card only. These meals are delivered to patient rooms at meal times.

These additional dining options are also available for visitors:

Dodd options:
- Vending machine area, 2nd floor.

Wexner Medical Center options:
- Au Bon Pain – Located on the conference level of The James. Open daily 6 am to 2 am.
- BistrOH! – Located on the first floor of Rhodes Hall (University Hospital). Open daily 6 am to 8 pm.
- BistrOH! To Go – Located on the concourse. Open Monday through Friday 10:30 pm to 1:30 pm.
- Bloch Café – Located on the 14th floor of The James. Outdoor seating is available in the terrace garden, weather permitting. Open daily 7 am to 7 pm and holidays 7:30 am to 1 pm.
- Brenen’s Café – Located in the lobby of the Biomedical Research Tower, 460 West 12th Ave, Suite 120. Open weekdays 6:30 am to 6 pm.
- The Caffeine Element – Located on the first floor of the Prior Health Sciences Library. Open weekdays 7:30 am to 5 pm.
- Espress Oasis – Serving from two locations on the ground floor of The James and in the first floor corridor between the 12th Avenue parking garage and Doan Hall (University Hospital). Open weekdays 6 am to 7 pm and weekends 6 am to 6 pm.
- Panera Bread - Located in the SAFEAUTO Hospitals Garage. Open weekdays 6 am to 10 pm and weekends 7 am to 7 pm.
- Wendy’s – Located on the ground floor between the 12th Avenue parking garage and Doan Hall (University Hospital). Open daily 10 am to 3 am. Holiday hours vary.
What to Expect

On your first day at Dodd, our doctors and nursing staff will ask you many questions to plan your care. Your therapy program will start the day after you arrive. During your first week, you will meet with a case manager and social worker. Please let us know if you have any questions or concerns.

Daily schedule

- The times listed in the schedule below are approximate.
- To promote better sleep and recovery, we will help you to wake up at the same time each morning by opening the blinds in your room before 7:30 AM. We will also encourage you to not sleep during the day.
- You will have therapy 5 days each week, 3 hours each day.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 AM</td>
<td>Blood draws if needed</td>
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<tr>
<td>7:00 AM</td>
<td>Temperature, blood pressure, heart rate,</td>
</tr>
<tr>
<td></td>
<td>breathing, and other tests are checked by</td>
</tr>
<tr>
<td></td>
<td>staff</td>
</tr>
<tr>
<td>7:00 AM to 9:00 AM</td>
<td>Breakfast, dressing, and grooming</td>
</tr>
<tr>
<td>8:00 AM to 12 noon</td>
<td>Therapy</td>
</tr>
<tr>
<td>12 noon to 1:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 PM to 4:00 PM</td>
<td>Therapy</td>
</tr>
<tr>
<td>4:30 PM to 6:00 PM</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

About your therapy

We offer many types of therapy to help you with your recovery. The therapy is tailored to you, so you will be involved in the planning and take part in your own care. Please let us know if the tasks fit your lifestyle or what tasks you would like to work on. Practice the skills you learn in therapy when you are in your room. Your progress in therapy is reviewed by staff each week.

Most patients stay at Dodd about 2 weeks. Your stay may be longer or shorter based on your recovery and rehabilitation needs.
About your care

Tests and Procedures

When your doctor places an order for a test or procedure, it is sent to the area that will perform it.

The timing of when a test or procedure occurs is based on your need:

- **Urgent:** Your test or procedure will be done right away
- **Routine:** Your test or procedure will be done sometime during your stay

Test or procedure results are posted in your medical record when completed for your doctor to review. Results are then shared with you and are available in MyChart, if you have an account.

Medicines

When your doctor places an order for a medicine, it is sent to the pharmacist for review and processing. The medicine is then dispensed to the patient unit. The medicine is given to you by nursing staff according to the doctor’s order. The order includes the frequency (how often you are to receive the medicine) and dose (the amount of the medicine you are to receive).

Day pass or independent living apartment (ILA)

Before leaving Dodd, you may go on a day pass or stay in the independent living apartment. These programs give you and a caregiver the chance to practice skills, ask questions and share concerns.

- A **day pass** involves the patient and a caregiver leaving Dodd Rehabilitation Hospital to go on an errand. You may choose to go to a grocery store, go out to dinner, see a movie, or participate in some other community activity.

- The **independent living apartment** involves the patient and a caregiver spending the night in the apartment on the first floor of Dodd. The apartment has a call system for support.
Preparing for discharge

At the Beginning of Your Stay
Your doctor will estimate a discharge date with input from your health care team. Your care will be coordinated to get you ready to leave Dodd by this date.

During Your Stay
The team will:

• Teach you and your caregiver about your care plan.
• Encourage you to take an active part in your care to reach your highest level of independence.
• Review caregiver training and readiness for discharge with you and your caregiver to make sure your needs are met.

The Last 3 Days of Your Stay - Countdown to Discharge

• A sign will be placed at the head of your bed and a scarf (Buff headwear) provided. These are reminders to others that you and your caregiver are ready to show the skills you’ve worked on during your stay.
• You and your caregiver do your care, using any needed equipment, so you are as independent as you can be. The team will be there to support you.
• The team will review training with you and your caregiver to make sure that you are ready to go home and into the community.

Your Care after Leaving Dodd
The team will work with you and your family to plan the next steps of your recovery. If you and your family are not able to meet all of your care needs after discharge, your case manager and social worker will help to arrange care for you.

Where you go after Dodd is based on:

• How much of your care you and your caregiver can provide
• What type of medical insurance coverage you have
• How safe and accessible your home is

Options may include:

• Skilled nursing facility
• Assisted living
• Sub-acute facility
• Home with outpatient rehabilitation to continue therapy started at Dodd
• Home with home health care
• Home with 24 hour supervision
• Home with modified supervision
• Home alone
We offer many programs to reduce your stress and bring you comfort. Please let staff know if you are interested in any program.

**Spiritual resources**
There are articles, books and musical CDs available to provide inspiration and comfort.

A worship service occurs every Sunday from 11:00 to 11:30 am in Dodd 4 dayroom. The Department of Chaplaincy and Clinical Pastoral Education provides a Christian Worship Service.

Chaplain services are also available for counseling or spiritual guidance.

**Entertainment**
DVD players and movies are available for you to watch in your room. There is also a DVD player, VCR (4 Dodd) and TV in the dayroom for patient and family use.

There is a Wii and a Xbox 360 video game console for you to play in your leisure time. Let staff know if you would like to play. We can set it up for you.

There are board games, cards and puzzles in the cabinet in the dayroom.

**Music**
Listening to music can reduce stress and pain. There are CD players and CDs available.

**Aromatherapy**
Aromatherapy can benefit your health and ease stress. We have aromatherapy machines and 3 oils, including:
- **Lavender** for insomnia, congestion, headaches and stress
- **Peppermint** for nausea and headaches
- **Lemon** for air purification and nausea

**Therapy dogs**
Our therapy dogs have special training and are certified to assist therapists during treatment sessions. You can pet, groom, walk, or just give love to the therapy dogs, which visit a few days a week.

**Pet pals**
Pets from Volunteer Services come to Dodd during the week. They give comfort to patients and families and help patients cope with the absence of family pets.

**Urban Zen Integrative Therapy (UZIT) Program**
Certified therapists help address patient symptoms of pain, anxiety, nausea, insomnia, exhaustion (mental and physical), and constipation. Methods used include aromatherapy, Reiki, breath awareness, body awareness meditation, and mindful movements/restorative poses. Patient symptoms are assessed and checked for improvement. Family members are encouraged to participate.
Your Rehab Team Members

Your doctor
Your doctor is a physiatrist (fiz-ee-a-trist or fiz-eye-a-trist) that specializes in physical medicine and rehabilitation. Your doctor treats the injury or illness that affects how you move. Your doctor is the rehabilitation manager and works with the rehab team to plan your care and check your progress.

Your nursing staff
Nursing staff works closely with the doctor to manage your medical issues and prevent problems. They help with comfort and hygiene, provide nutrition and medicines, and ensure a safe environment. They teach you and your family to become as independent as possible and assist you with the skills learned in therapy. Nursing staff includes:

- Registered Nurses (RNs)
- Licensed Practical Nurses (LPNs)
- Patient Care Associates (PCAs)
- Patient Services Associates (PSAs)
- Student Nurse Associates (SNAs)
- Safety Care Associates (SCAs, safety coaches)

There is a nurse manager on Dodd 3 and 4 to assist the nursing staff and manage their tasks on the unit.

The clinical nurse specialist (CNS) is an RN who has advance knowledge and experience in rehab nursing. The CNS can help solve issues related to your care.

Your dietitian
The dietitian works with the rehab team to make nutrition and diet recommendations that promote your health and wellness.

Your therapists
Therapists work closely with you and your rehab team to set rehabilitation goals.

- Your speech language pathologist (SLP) will help you with skills to address speaking, swallowing and memory problems.
- Your occupational therapist (OT) will help you with daily living, fine motor and thinking skills.
- Your physical therapist (PT) will help you with movement, balance and coordination.
- Your recreational therapist (RT) will help you with leisure and community activities to improve behavior and function.

Your psychologist
The psychologist works with you and your family to manage emotional issues and assess your skills in thinking, feeling, problem solving, understanding, learning, and memory.

Your medical social worker
The medical social worker helps you and your family with concerns, such as your care after the hospital, coping, or resource needs.

Your case manager
The case manager helps coordinate care for you when you leave the hospital.
Pain Control

It is important to control your pain as a part of your overall treatment. Uncontrolled pain can cause problems with sleep, healing, thinking, activity, and appetite.

How do you experience pain? Pain is personal and different for each person. We will ask you to use a pain rating scale to help us understand your pain and to set goals for pain control. You will be asked about your pain often.

Ask for relief from pain before your pain worsens, and **anytime you have pain, tell your health care team.**

Use the scale and choose the number (0 to 10), description, or face that best matches the pain you feel now.

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**Defense and Veterans Pain Rating Scale**

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No pain</td>
</tr>
<tr>
<td>1</td>
<td>Hardly notice pain</td>
</tr>
<tr>
<td>2</td>
<td>Notice pain, does not interfere with activities</td>
</tr>
<tr>
<td>3</td>
<td>Sometimes distracts me</td>
</tr>
<tr>
<td>4</td>
<td>Distracts me, can do usual activities</td>
</tr>
<tr>
<td>5</td>
<td>Interrupts some activities</td>
</tr>
<tr>
<td>6</td>
<td>Hard to ignore, avoid usual activities</td>
</tr>
<tr>
<td>7</td>
<td>Focus of attention, prevents doing daily activities</td>
</tr>
<tr>
<td>8</td>
<td>Awful, hard to do anything</td>
</tr>
<tr>
<td>9</td>
<td>Can’t bear the pain, unable to do anything</td>
</tr>
<tr>
<td>10</td>
<td>As bad as it could be, nothing else matters</td>
</tr>
</tbody>
</table>

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Defense & Veterans Center for Integrative Pain Management
Talking about your pain

Tell your health care team as much as you can about your pain. Share with them:

- **Location:** Where does it hurt?
- **Intensity:** How strong does the pain feel?
- **Duration:** How long do you feel the pain? How often does the pain occur?
- **Causes:** What makes the pain worse?
- **Relief:** What helps the pain?
- **What the pain is like:** Is it burning? Sharp? Dull? Stabbing? Spasms? Aching?

Pain control with medicine

Your doctor has ordered medicine to help control your pain. Taking your pain medicine as ordered by your doctor will bring you the most relief as your body heals and you work on tasks in therapy.

To lower the risk of any problems with your pain medicine, your doctor will treat your pain with the lowest dose of medicine for the shortest amount of time possible. When the cause of your pain goes away or lessens, your doctor may change your medicines or how you take them.

Pain control without medicine

Many patients find that using non-drug therapy for pain control brings them additional relief.

Options include:

- Breathing patterns
- Massage
- Relaxation
- Visual imagery or meditation
- Exercise or movement
- Distraction, such as reading, watching a movie or gaming
- Aromatherapy
- Heat or cold therapy (limit time of use)
- Listening to music

Talk to a staff member to learn more.
For Your Health and Safety

Keeping you safe and healthy while you are at Dodd Rehabilitation Hospital is our biggest priority. Please let us know if there is anything we can do to ensure your well being. For more safety information, please read the Patient and Visitor Guide or view the guide online at wexnermedical.osu.edu/guide.

Be an active partner in your care

During your stay, we will teach you about your care, answer your questions, and help you to achieve your personal health goals. Take an active role in your care:

- **Ask questions.** We will answer any questions you have. Ask us about procedures, treatments, therapy and medicines that are a part of your care.
- **Tell your nurse if you have pain or discomfort.** We will help you with pain control and take action if new symptoms occur.
- **Remind staff and visitors to clean their hands.** Everyone should wash their hands when entering the room, after touching objects or surfaces, before and after eating and after using the restroom.
- **Talk about your care** with doctors, nurses and other staff. We are here to help you.
- **Partner with us as we teach you how to care for yourself.**
- **Use your call button** before you get out of bed or if you need anything.

Hand washing prevents the spread of infection

1. Wet your hands and apply soap.
2. Scrub well for at least 20 seconds.
3. Rinse well.
4. Dry with a clean towel.

Using an alcohol-based hand sanitizer is also an effective way to clean your hands.

1. Apply enough product to cover your hands.
2. Rub briskly until dry.

For some germs, like C-diff, hand sanitizer is not strong enough. You must wash with soap and water to get rid of these germs.

Make sure you, all of your visitors and anyone giving you care practice good hand washing.
Call, don’t fall

Use your call button before you get out of bed or if you need anything. Your condition, medicines, treatments and weakness from being in bed can increase your chance of falling.

Extra safety precautions are used if your condition puts you at risk for falls and injury. Talk with your doctor or nurse if you have any questions about your risk and how we can keep you safe.

To help prevent falls:

- Until staff tell you it is safe for you to get up by yourself, call for help each time you:
  - Get in or out of bed
  - Get into or out of your wheelchair
  - Get on or off the toilet
  - Get in or out of the shower
- A safety coach (SCA) will be provided if you are not aware enough to call for help. This staff member stays with you at all times to keep you safe.
- Devices such as a bed alarm, a low bed with floor pad and a support belt for walking may be used.
- Move slowly. Sit at the side of your bed for a few minutes to see how you feel before you stand up.
- Remind us to keep your call button, bedside table, telephone, assistive device and anything else you need in easy reach.
- Do not rest against the side rails of your bed.
- Never use furniture, IV poles or anything on wheels to support you. If you need help to walk, call us.
- Use the toilet often, so you do not need to be in a hurry when you go.
- Be careful when bending over as it can make you dizzy. Ask for help to unplug or plug in your IV pump.
- Avoid wearing long nightgowns, pants or robes that could cause you to trip.
- Wear non-slip socks or shoes that will not slip when you get up.
**Medicine safety**

To reduce risks from using medicines and to get the most benefit, follow these **SAFER** tips:

- **S**peak up! Share with ALL of your health care team your:
  - Medical history
  - Allergies and reactions you’ve had to medicines in the past
  - A list of the medicines and dietary supplements you take. Include prescription and over the counter (OTC) medicines, vitamins and herbals you take.

- **A**sk questions. If you don't understand an answer, ask again.

- **F**ind the facts. Learn and understand as much as you can about your medicines, including their:
  - Generic and brand names
  - Active ingredients - using too much of any active ingredient may increase your chance of side effects
  - Use - why you are taking the medicine and when you should stop
  - Instructions
  - Warnings and precautions
  - Interactions - with food, dietary supplements, other medicines
  - Side effects
  - Expiration dates

- **E**valuate your choices. Weigh the benefits and risks of taking a medicine. Seek advice from your health care team.

- **R**ead the label and follow the directions from your health care team.

**Report any problems with your medicines right away.**
Caregiver Education and Training Tool

Please bring this tool with you to therapy sessions. Use it to guide your learning throughout your stay at Dodd Rehabilitation Hospital. It will help you and your family to prepare for the care you will need after discharge. All training must be completed before Day Pass, a stay in the Independent Living Apartment (ILA), or discharge from Dodd.

What to expect

• You will be trained in the care that you are able to complete with your loved one.
• When you and your family attend training, you will use the caregiver education and training tool on the next page to keep track of what education has been completed and what training is yet needed.

Ask questions

• If you do not feel confident in an area, ask a member of the health care team to spend more time reviewing the information with you. If you don’t understand something, ask us to explain it in a different way. We want you and your family to feel comfortable and confident in the training given to you, so you can successfully care for yourself at home and in the community.
• If you have any goals that have not been addressed, please let the therapy team know, so they can be addressed before training is completed.
### Caregiver education and training tool

<table>
<thead>
<tr>
<th>Physical Therapy (PT)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Adaptive equipment</td>
<td>☐ Wheelchair use</td>
</tr>
<tr>
<td>☐ Access to home</td>
<td>☐ Safety needs</td>
</tr>
<tr>
<td>☐ Access to vehicle</td>
<td>☐ Leisure needs</td>
</tr>
<tr>
<td>☐ Transfer to bed, toilet, other surface</td>
<td>☐ Stairs</td>
</tr>
<tr>
<td>☐ Walking in home, community</td>
<td>☐ Home Exercise Program (HEP)</td>
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<table>
<thead>
<tr>
<th>Occupational Therapy (OT)</th>
<th></th>
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<tbody>
<tr>
<td>☐ Leisure activities</td>
<td>☐ Visual perceptual</td>
</tr>
<tr>
<td>☐ Activities of Daily Living (ADLs): feeding, grooming, bathing, toileting, dressing</td>
<td>☐ Wheelchair needs</td>
</tr>
<tr>
<td>☐ Safety / supervision level</td>
<td>☐ Homemaking</td>
</tr>
<tr>
<td>☐ Safe / unsafe list</td>
<td>☐ Driving</td>
</tr>
<tr>
<td>☐ Adaptive equipment</td>
<td>☐ Home Exercise Program (HEP)</td>
</tr>
<tr>
<td>☐ Splint schedule</td>
<td></td>
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<table>
<thead>
<tr>
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<th></th>
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<td>☐ Cognition</td>
<td>☐ Diet recommendations</td>
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<tr>
<td>☐ Communication</td>
<td>☐ Language</td>
</tr>
<tr>
<td>☐ Safety needs</td>
<td>☐ Supervision needs</td>
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<table>
<thead>
<tr>
<th>Nursing</th>
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<tr>
<td>☐ Wound care</td>
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<tr>
<td>☐ Bladder management</td>
<td>☐ CPAP</td>
</tr>
<tr>
<td>☐ Catheterization plan</td>
<td>☐ Medicines</td>
</tr>
<tr>
<td>☐ Toilet schedule / containment device</td>
<td>☐ Infection teaching</td>
</tr>
<tr>
<td>☐ Bowel program / containment device</td>
<td>☐ Skin care management</td>
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<td>☐ Diabetes teaching</td>
<td>☐ Bed turns and positioning</td>
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<tr>
<td>☐ Insulin usage</td>
<td>☐ Supplies needed</td>
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<td>☐ Use of blood glucose meter</td>
<td>☐ Trach suctioning</td>
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<td>☐ Diet and carb counting</td>
<td>☐ Tube feeding administration</td>
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<td>☐ Respiratory management / trach care</td>
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<tr>
<th>Discharge Planning</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Parking and transportation</td>
<td>☐ Adjustment to disability</td>
</tr>
<tr>
<td>☐ Referrals and appointments</td>
<td>☐ Alcohol and substance abuse</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Doctor Education</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Activity restrictions</td>
<td>☐ Alcohol and substance abuse</td>
</tr>
<tr>
<td>☐ Pain management</td>
<td>☐ Sexual functioning</td>
</tr>
<tr>
<td>☐ Driving restrictions</td>
<td></td>
</tr>
</tbody>
</table>
Taking a Wheelchair Up and Down Stairs and Curbs

**Going up the stairs**

Two people are needed to get the wheelchair up the stairs. Do NOT try this with one person. It is unsafe. The stronger of the two people should be behind the wheelchair. This person will do most of the lifting.

1. Back the wheelchair up to the stairs.
2. Get into position:
   - One helper gets on the stairs and holds the handles. **Make sure that the handle grips do not slip off.** Have one foot on the step above the wheelchair and the other foot on the next higher step.
   - The other helper gets in front of the wheelchair and holds onto its frame just above the front wheels. **Do NOT hold onto any parts that can come off, such as the footrests or armrests.**
   - Both helpers should bend their knees and arch their backs before lifting.
3. Together, both helpers tilt the wheelchair back finding the balance point where only the back wheels are on the ground.
4. Gently lift and roll the wheelchair up onto the next step. If the person in the wheelchair is able to help, he or she should pull back on the wheels.
5. The helpers should reposition themselves on each step after each lift.
6. After going up all the steps, keep the chair tilted back until the front wheels clear the top step. Gently lower the wheelchair so that all four wheels are on the ground.

**Going down the stairs**

You will need two people to get the wheelchair down the stairs. Do NOT try this with one person. It is unsafe. The stronger of the two people should be behind the wheelchair. This person will do most of the lifting.

1. Roll the wheelchair forward to the stairs.
2. Get into position:
   - One helper gets in back of the wheelchair and holds onto the handles. **Make sure that the handle grips do not slip off.**
• The other helper gets on the stairs in front of the wheelchair and holds onto its frame just above the front wheels. **Do NOT hold onto any parts that can come off, such as the footrests or armrests.** Have one foot on the second step and one foot on the third step.

• Both helpers should bend their knees and arch their backs before moving the wheelchair.

1. Together, both helpers tilt the wheelchair back finding the balance point where only the back wheels are on the ground.

2. Gently roll the wheelchair down each step.

3. The helpers should reposition themselves on each step after each lift.

4. When the chair is at the bottom of the stairs, gently lower the wheelchair so that all fours wheels are on the ground.

**Going up a curb**

1. Push the front wheels of the wheelchair straight up to the curb.

2. Tip the wheelchair back and put the front wheels up on the curb.

3. Push the wheelchair forward until the back wheels are in contact with the curb.

4. Use your hip on the back of the wheelchair to push it forward and up onto the curb.

**Going down a curb**

1. Turn the wheelchair around facing away from the curb.

2. Step carefully off the curb.

3. Slowly roll the back wheels off the curb, blocking the back with your hip.

4. Maintain a wheelie as you back the front wheels and legs away from the curb. Once cleared, slowly lower the front wheels and turn the wheelchair around to go forward.
How to Adapt an Entrance for a Wheelchair

If you use a wheelchair, you may need to change the entrance of your home for easier access. You may need to have sidewalks, ramps, platforms and lifts installed. Check with your city about the building codes, rules and regulations that may affect installation. Building permits may be required.

Sidewalk leading to a ramp

Sidewalks are recommended to be at least 36 inches wide to accommodate the average width of a wheelchair of 27 to 29 inches.

- Use solid materials for the sidewalk, such as cement, brick or wood. They provide a smooth surface for the wheelchair to travel over and make snow removal easier in the winter.
- Make the sidewalk slightly higher than ground level so that water will drain.

Ramps

Plan for a ramp to be 3 to 4 feet wide. The length of the ramp depends on the total height of your entry steps (ground to threshold rise). The standard ratio for ramps is 1:12. This means each inch above the ground (rise), you will need 12 inches or 1 foot of ramp length.

- Use a non-slip surface on the top of the ramp, such as a “brushed” surface on cement. A commercial non-slip floor covering or safety treads may be preferred for other surfaces. Paint mixed with sand is another option to provide a non-slip texture.
- Add lighting to make the ramp safe for night time use.
- Avoid building over stairs to allow guests stairway entry.
- Improve curb appeal by adding shrubs and landscaping near the ramp.

Ramps longer than 30 feet will need a landing for safety. Mark the beginning and ending of each ramp section with contrasting paint or tape for safety.

- Use solid materials for the ramp, such as wood, cement or metal.
Landings and platforms

An entry platform, level with the threshold, is required at the door. This platform needs to be a minimum of 5 feet wide by 5 feet long.

The landing at the bottom of the ramp should be at least as wide as the ramp and at least 5 feet long. If a turn is required at this landing, the minimal size is 5 feet wide by 5 feet long.

Level platforms are needed to break up ramps that are longer than 30 feet. If a 90 degree turn is needed, the platform must be 5 feet wide by 5 feet long. If a 180 degree turn is needed, the platform must be 5 feet wide by 8 feet long.

Handrails

Handrails are required if a ramp has a 6 inch rise or greater, or if the ramp is longer than 6 feet (72 inches). Handrails need to:

- Be 2 inches in diameter (wood) or at least 1 ½ inches in diameter (metal).
- Extend 3 inches out from the ramp support posts and walls.
- Be mounted 30 to 34 inches above the ramp surface.
• Extend 1 foot (12 inches) past the end of the ramp and end at a post / wall or be rounded off.
• Have ramp guardrail installed 36 inches above the ramp surface.
• Have a wheel guide installed, at least 2 inches high, along both sides of the ramp floor. This will prevent the front wheels of the wheelchair from slipping off the ramp edge.

**Electric porch lifts**

Porch lifts can be more expensive than ramp construction. If there is not enough room for a ramp or if extensive ramping is required, a lift becomes an affordable option. Search for local suppliers at [www.yellowpages.com](http://www.yellowpages.com), using the search term “wheelchair lifts & ramps”. The lifts are weather proof and have a lock and key for safety and security.

**Lift considerations:**

- Lifts must sit on a sturdy platform of 5 feet wide by 5 feet long. Cement, bricks or patio blocks may be used.
- You will need an outside electrical outlet.
- An outside light is needed for safety.
- You may need to build a platform “bridge” from the lift (in its raised position) to the entry door. This platform should be at least 5 feet long.
- The lift should be able to handle a load of 300 to 400 pounds.
- Lifts can be ordered or adjusted to meet a variety of heights.
Portable Health Profile

Use this profile as a summary of your health care history. Keep the information current and use it to share with other doctors and members of your care team. This will help you answer questions and communicate your needs in an emergency if you are unable.

We can help you fill in information, or if you already have a profile, we can help you update it.

Name _________________________________________________  Date ________________

Emergency contact information ___________________________________________________

Insurance information __________________________________________________________

Advanced Directives / Power of Attorney:

- [ ] not established    - [ ] given education to establish    - [ ] attached

Hospital preference __________________________________________________________

Immunization status __________________________________________________________

Swallowing status ___________________________________________________________

Vision status _______________________________________________________________

Hearing status ______________________________________________________________

Please read your discharge instructions for information about your:

- Medical diagnoses / conditions
- Functional status
- Risk factors
- Allergies
- Medicines
- Equipment and devices
- Health care providers and doctors involved with your care
Making the Most of Visits with Your Doctor

After you leave Dodd, you will have ongoing visits with your primary care doctor and other doctors, so your well-being and recovery continues to improve. Here are some tips to help you and your family make the most of these visits.

Organize your health information

Keep a notebook of your health history to help you remember dates, health problems, or treatments you have had. This makes it easier to share your health history with your doctor. Below are suggestions of things you may want to keep notes on. Do not worry if you do not have all of this information.

Record dates and notes about:

- Past and present health problems, including mental health issues
- Type of contraception you or your partner use
- Surgeries or procedures you have had
- Medical tests and results
- Vaccines you have had
- Past pregnancies, including miscarriages and abortions
- Date of last menstrual cycle (if you are still having periods)
- Any medical devices you use, such as a walker, nebulizer, or CPAP machine
- Family medical history, including cancer (type and age it started)
- Allergies you have and your reactions

You may also want to keep a list of your:

- Doctors and other providers with phone numbers and addresses
- Pharmacy phone number and location, including mail order pharmacies

Medicine list

Keep a list of all of the medicines you take in your wallet. Include prescriptions, over the counter medicines, and any vitamin or herbal products you take. Include eye drops, inhalers, and creams.

Your list should include:

- Name of the medicine
- How much you take
- When you take it
- What you take the medicine for

Preparing for your visit

- Write down any questions you have. Underline the ones you want to make sure are answered.
- Write down any symptoms or problems, especially any new symptoms you have had since your last visit.
- Ask a friend or family member to come with you to listen and take notes.
• For patients that do not read, speak, or understand spoken English, arrangements can be made for someone who speaks their language, called an interpreter, to help at the visit. An interpreter may come in person to the appointment or use a telephone or video screen. Tell the office or clinic (before the appointment if possible) if an interpreter is needed.

**Things to bring**

• Insurance information  
• Photo ID, such as your driver’s license  
• Your list of questions  
• Your list of medicines  
• Glasses or hearing aids, if needed

**During your visit**

• Ask about anything you don’t understand.

• Make sure you understand any medicine you need to take, including how much you should take, the time of day you should take it, and for how many days. Ask about any side effects you should watch for and what you should do if these happen to you.

• Ask for written instructions or make your own notes about your care.

• It is helpful if you can schedule your next appointment at the end of each office or clinic visit. Be sure to mark your appointments on a calendar as a reminder.
**Parking Directions**
Dodd Rehabilitation Hospital

**Pay-by-Plate Metered Parking**
Dodd Drive | Columbus, OH 43210

**Continued:** Take Medical Center Drive to Westpark Street. Turn left onto Westpark Street. Turn left onto W. 10th Avenue. Turn left onto Dodd Drive. Parking spots and the payment terminal are located in front of Dodd Hall.

**South Cannon Garage**
1640 Cannon Dr. | Columbus, OH 43210

**Continued:** Take Medical Center Drive around the bend to 10th Avenue. Turn left onto W. 10th Avenue. Turn right at the Emergency Department entrance and then immediately left towards the South Cannon Garage entrance. ADA accessible parking is available on floors 1B-3B. For floors 4-6, please park on a “B” (4B, 5B, 6B) level for direct elevator access.
Finding Your Way
Dodd / Davis Outpatient Care

First Floor
- Stairs
- Elevators
- Women's Restroom
- Men's Restroom
- Information

Medical Center Drive
McCampbell
Ernest Johnson Park

Dodd Drive

Main Entrance - Dodd
Main Entrance - Davis Outpatient Care