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Rehabilitation **INSIGHT**

A publication of Sunnyview Rehabilitation Hospital

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A Seamless Transition: Inpatient to Outpatient Therapy

Last fall, John Holland of Troy never got the chance to go deer hunting with his brother, an activity the two enjoy every year. Instead, he was recovering from a major stroke that he suffered in early November.


For several weeks prior, the 60-year-old retiree recalls feeling weakness on his right side. He eventually landed in the emergency department at Albany Memorial Hospital where he had a serious stroke that left him with paralysis on his right side.

After several days at St. Peter's Hospital, he was discharged to Sunnyview Rehabilitation Hospital on November 8.

"When I arrived at Sunnyview, I was unable to do much of anything on my own," remembered John. "I was depressed, but I knew that if I wanted to get better, I had to do everything they told me to do."

Physical therapist, Dana Provost, DPT, said that upon arrival he was completely dependent on others and needed

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 **Sunnyview Rehabilitation
Hospital**

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Rehabilitation Insight is a publication of Sunnyview Rehabilitation Hospital. The goal is to bring timely issues of acute medical rehabilitation, including updates and advances of the hospital and its foundation, to the forefront.

To stay in touch with the latest news from Sunnyview, please send your email address to Sunnyviewfoundation@sphp.com

Welcome

I am pleased to announce that in January, Sunnyview once again received a full three-year accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation Programs with Specialty Accreditations for Brain Injury, Amputation, and Stroke. This accreditation is the result of a rigorous three-day CARF survey conducted in December. This achievement further validates what I have come to appreciate on a daily basis: Sunnyview is an excellent, world-class rehabilitation hospital that provides exceptional care to all its patients, both inpatient and out.

During the closing conference, CARF surveyors were clear they did not have the time to touch on all of Sunnyview's strengths, but they did make special note of a number, including robust and engaged support from the Sunnyview Rehabilitation Hospital Foundation; ongoing use of information to improve quality; excellent team communication; the art and recreation therapy programs; our Wellness Center; 98% recommendation rate; availability of assistive technology; comprehensive outpatient programs; post-discharge support programs; and high number of Certified Rehabilitation Registered Nurses.

Our success is possible because of the collective efforts of our Sunnyview colleagues each and every day. Their consistent hard work, professionalism and commitment to our patients truly sets us apart from our competitors. What also sets Sunnyview apart is the ongoing generosity of our donors, which enables us to invest in colleague education, research, and clinically advanced technology to improve care for our patients. In this issue, you will read about the Xcite FES clinical station, a portable therapy system that stimulates weak or paralyzed muscles to create patterned movement in the arms, legs and trunk. The purchase of which was made possible because of the generosity of donors Nan and Hugh Murphy.

I am both grateful and proud to work beside such talented and amazing colleagues and to experience firsthand the value of philanthropy in transforming the lives of our patients.



Chip Eisenman
Chief Executive Officer



Address Change? Duplicate Mailings?

If your address has changed or if you receive more than one copy of our newsletter, please alert the Foundation office at (518) 382-4586 or Sunnyviewfoundation@sphp.com so that we can streamline our database.

Thank you!



John Holland and therapist Lisa Kurtelawicz, PTA, during outpatient therapy at Sunnyview Therapy Services in Troy.



Troy Man's Stroke Recovery

Continued from page 1

50-75 percent assistance in just sitting up, not to mention walking and transferring from the wheelchair to bed.

"John's strength came back rather quickly and within a couple of weeks he was walking with assistance and doing stairs," she noted. At Sunnyview, John worked on the RT300 Stim bike, which uses functional electrical stimulation (FES) to help with strengthening and endurance.

Stephanie Hornston, MS, OTR/L, CSRS, CHES, helped John with activities of daily living such as dressing, toileting and transferring from wheelchair to bed.

"We concentrated on preparing John to be independent once at home, since he would be alone part of the day," stated Stephanie. "We problem solved on getting dressed lying down in bed and preparing meals from a sitting position because he was still in a wheelchair."

To improve coordination and movement in his right arm and hand, John used the hospital's In-Motion robot. Eventually he was able to raise his arm to shoulder height.

"John was very invested in his therapy, coming up with short-term goals that he could work toward," she added.

In addition to the hospital staff, which he said was "amazing," John credits the support of his family for his recovery, especially his wife, Mary Kay, who was at the hospital every day.

As his discharge neared, Mary Kay attended a family teaching session, including hands-on practice to prepare for his return to home. A shopping outing and lunch at the Blue Ribbon Diner with Sunnyview staff and patients helped prepare John for his return to the community.

John was discharged on December 5, and continues outpatient therapy at Sunnyview Therapy Services at Hudson Valley Plaza in Troy. Opened in October 2018, the location at 75 Vandenburg Avenue is less than a mile from John's home.

Manager Susan Paurowski, PT, DPT, said the site offers a complete range of rehabilitative services and treats patients from 5 years old to 100, with

the focus on identifying underlying problems and emphasizing prevention through education.

She explained that the Troy site, like all Sunnyview satellite offices, allows for a smooth and safe transition from inpatient to outpatient by offering the same quality care the main hospital provides.

"We are passionate about helping patients achieve their goals and resume their normal daily activities with their family and friends. As a satellite office, we are able to communicate directly with the physicians and therapists at the main campus, which helps us quickly establish a program and resume the patient's physical therapy," Paurowski said. "Patients often mention that they are grateful that they can access the same quality care yet with the comfort and convenience of being close to home."

Today, thanks to twice weekly therapy sessions with his lead outpatient therapist, Lisa Kurtelawicz, PTA, John is walking with a cane and continues to work on regaining function in his right arm and hand. He is back in the driver's seat thanks to Sunnyview's Driver Training Program. As for John's next goal ... he hopes to be ready for hunting season this fall.

Sunnyview Acquires New FES Technology

In January, the Neuro-Rehab Institute at Sunnyview acquired the latest in functional electrical stimulation (FES) technology to enhance the treatment of patients with a variety of neurological diagnoses, including spinal cord injury, traumatic brain injury, stroke, and Guillain-Barre Syndrome.

The Xcite FES clinical station, manufactured by Restorative Therapies, is a portable therapy system that stimulates weak or paralyzed muscles and creates patterned movement in the arms, legs and trunk. FES enables muscles to work and perform activities, even in cases where the individual may not be able to consciously participate.

The technology was purchased after intensive evidence-based research by Sunnyview clinicians and review by the hospital's Practice Innovations group.

"FES is a well-established rehabilitation technique that uses pulses of electrical current to stimulate muscles to restore or improve their function," stated Casey Cowan, MS, OTR/L, one of the project's leaders along with Karah Lenge, PT, DPT, and Brittany McQuide, MS, OTR/L. Casey and her colleagues explained that repetitive practice of task-specific, strengthening and gross motor activities has long been a cornerstone of physical and occupational therapy rehabilitation for patients with neurological impairments or muscle weakness.

"Consistent repetition helps re-establish communication between the brain



Spinal cord injury patient, Ray Otten, works with therapists Casey Cowan, OT, and Cassandra Berghammer, PT, using the Xcite sit-to-stand program to regain nerve and muscle function in his legs and hips.



and the body, and actually helps to re-wire the brain to accomplish a task," she added.

Prior to the Xcite system, therapists used small FES systems to stimulate just one or two muscle groups, which was challenging and time consuming. The new Xcite system can stimulate up to 12 muscle groups at one time, greatly enhancing physical therapy and occupational therapy sessions and allowing patients to accomplish many more repetitions.

The system's activity libraries include upper-extremity activities such as brushing hair, brushing teeth, feeding, forward and overhead reach, and pressure relief pushups. Lower-extremity activities include sit to stand, standing squats, stepups, and exercise

in supine, side-lying, sitting, and standing positions.

In addition, general activities include transferring, bridging, neurodevelopmental positions, situps, and supported standing, while hand activities help patients with grasping and handwriting.

Purchase of the FES was made possible through a generous donation to Sunnyview Foundation from Nan and Hugh Murphy. "We are continually amazed by today's technological advancements which

result in the development of equipment like the Xcite. We believe it is critical that Sunnyview possess these best and latest technologies to aid in the recovery and rehabilitation of their patients," they commented.

The Xcite is currently being used with both inpatients and outpatients. It is expected that approximately 120 patients will use this new technology annually.

Sunnyview is one of just a few leading rehabilitation facilities in the Northeast that currently offers the Xcite system. Others include Helen Hayes Hospital in West Haverstraw, NY; Burke Rehabilitation Hospital in White Plains, NY; Kessler Rehabilitation Center in West Orange, NJ; and Hospital for Special Care in New Britain, CT.

Legacy Circle

Mary and Seeley Phillips of Cobleskill always believed in giving back to their community.

A veterinarian for nearly 40 years, Dr. Seeley Phillips was a pioneer in preventive medicine for dairy cattle, serving farmers from throughout Schoharie County and beyond.

Mary spent her life assisting Seeley in his practice while raising their five children. To say their life was rich is an understatement; however, not in the typical sense of the word. The richness they enjoyed was all about family, volunteering and helping others through their life's work.



Mary Phillips

Mary and Seeley believed in sharing their wealth, as humble as it was, with their church and with other worthy organizations, including Sunnyview Rehabilitation Hospital.

When Seeley suffered a transient ischemic attack (TIA), otherwise known as

a mini-stroke, Sunnyview was there for him. When Mary needed rehabilitation following a knee replacement, Sunnyview was there for her.

The family described the care received at Sunnyview as "impressive."

Mary became a member of Sunnyview's Legacy Circle when she designated a gift to the hospital through her estate.

She made Sunnyview a beneficiary of her IRA, a thoughtful gift made possible by completing a simple form.

Last July, Mary passed away, yet her legacy lives on. Thanks to her generosity, the gift will help Sunnyview with its mission to improve the lives of people with disabilities and the lives of their families.

Sunnyview is grateful for these purposeful gifts from people like Mary who believe in investing in the best acute care rehabilitation medicine in our region and beyond.

To learn how you might use your estate to help Sunnyview, please contact Kathie Ziobrowski at Kathleen.Ziobrowski@sphp.com or call (518) 525-1529.

Research Improves Patient Care

At Sunnyview, we continually review scientific research for new practices, treatments and equipment that may improve the lives of our patients. When research is not available, we often conduct our own study.

Examples of ongoing research at Sunnyview include:

- Examining how a patient's ability to manage medications is impacted by their cognitive status and health literacy. This research may improve patients' health and safety after they are discharged.
- Studying how the use of the Ekso Bionic Exoskeleton improves gait for patients with traumatic brain injury, stroke and spinal cord injuries.
- Rensselaer Polytechnic Institute Professor Mariana Figueiro, PhD, and Sunnyview researchers are examining how specialized lighting might improve sleep and help recovery from brain injury.
- Sunnyview researchers are collaborating with Russell Sage College to study the effectiveness of body-weight supported treadmill training in improving balance, gait, cardiopulmonary status, and quality of life in adult traumatic brain injury patients. This study is open to adult

community members who have experienced a traumatic brain injury with ongoing gait problems. If you are interested in participating, please contact Patti Valenza, DPT, at (518) 386-3585.

When patients decide to participate in research at Sunnyview, in addition to the benefits of the treatment they may receive, they can take satisfaction in knowing that it has the potential to help other patients' recoveries in rehabilitation hospitals around the globe.

To learn more about research at Sunnyview, visit www.sphp.com/research-and-publications-svh.

You Can Make a Direct Impact on the Work at Sunnyview!

Sunnyview Rehabilitation Hospital regularly identifies critical needs that will help fulfill our commitment to bettering the lives of our patients and their families. These investments in care are important but can strain our not-for-profit budget. The Sunnyview Foundation is committed to fulfilling these needs through the generosity of grateful patients, their families, and generous donors like you. Here are just some of the ways you can help.

Contribute Where Your Gift is Needed Most

Any Dollar Amount

Each year, there are unforeseen needs that require immediate investment – technology upgrades, mandated safety equipment, or repairs to critical therapy technology. You can contribute whatever amount meets your budget, to help support our great patient care.

Keep the Wellness Center Fit

\$500 - \$10,000 (\$25,000 in total)

With 1,200 members and additional use from many patients, the Lifestyle Wellness Center and Golub Therapy Pool keep many people healthy and active. Recumbent bikes and treadmills wear out with so many workouts. Help us keep our clients moving with new and upgraded equipment.

Provide Patients Some Fresh Air Comfort

\$250 - \$5,000 (\$30,000 in total)

Patients, families, staff, and volunteers have found the courtyard at our café a refreshing oasis outside the busy hospital. We are upgrading the outdoor furniture and lighting to accommodate guests throughout the day and into the evening. Come visit our beautiful outdoor patio!

Invest in Sunnyview's Outpatient Offices

\$100 - \$15,000 (\$15,000 in total)

Sunnyview Outpatient Therapy Services has expanded our scope of care beyond Schenectady, now with offices in Albany, Latham, Guilderland, Glenville, and Troy. Your gift can help us improve or upgrade therapy equipment in an office near you.

Make Each Night's Sleep Safer

\$1,000 - \$8,000 (\$80,000 in total)

Sunnyview is investing in lower beds to allow restraint-free sleep on our brain injury unit and other nursing units in the hospital. These beds lower to seven inches from the floor at night to prevent unnecessary falls, replacing older high beds that require safety restraints. The beds provide for a safer and sounder night's sleep!

Train a Therapist or Nurse

\$700 - \$1,500 (\$30,000 in total)

Continuing advances in care and new technologies adopted at Sunnyview require continuous training and upgrading of skills. Put your resources toward advancing the skills of one of our talented clinicians. Your investment will impact patients for a lifetime.

Sponsor a Patient in Need

Any Dollar Amount (up to \$50,000 annually)

Many Sunnyview patients don't have the income or the insurance to cover some of their therapies. Each year, Sunnyview makes up the difference to continue their care through outpatient services in the Wellness Center,

Post-Stroke Group, Studio Arts Program, and Recreation Therapy. The Patient Needs Fund has a direct impact on our patients' well-being.

Thank you!



Adaptive Recreation at Sunnyview

Sunnyview's Adaptive Recreation Program provides individuals with disabilities the opportunity to enjoy activities they may have thought impossible, such as sailing, golfing, or even rock climbing.

The adaptive recreation program at Sunnyview began in 2001 with an adaptive golf clinic. The program has greatly expanded and now offers five summer clinics: fishing, rowing, sailing, golf, and kayaking, as well as multiple clinics in the fall. This year's fall programs include fishing, indoor rock climbing, an indoor rowing event, and their annual Adaptive Recreation, Health, & Wellness Expo.

The program aims to provide participants the opportunity to return to previously enjoyed activities or to try something new. Sessions are designed to encourage and assist each participant to have fun, and reach their personal level of success. Sunnyview therapists, volunteers, and experts in that

specific activity work to provide participants with the resources and knowledge needed to succeed.

Sunnyview works closely with other adaptive sports agencies to connect program participants with a way to pursue the activity on a more frequent basis.

For more information, visit sphp.com/adaptive-recreation-svh, or email Jen Battle at Jennifer.Battle@sphp.com

Summer 2019 programs:

Fishing – June 7

Sailing – July 16

Golf – July 19

Kayaking – August 6

Rowing – August 13



Save the Date



Saratoga Race Course,
"At the Rail Pavilion," Saratoga Springs

Wednesday, July 24, 2019

Post time 1 pm

Tickets: \$175 per person

To benefit Sunnyview Rehabilitation Hospital

Register online at www.givetosunnyview.org

A Member of Trinity Health

Helping patients get back on the road

THANK YOU to Sean and Marc Garvey of Garvey Auto Group of Queensbury for their generous gift to Sunnyview Rehabilitation Hospital. The gift, a "certified used" 2014 Mitsubishi Outlander SUV valued at approximately \$18,000, was donated in appreciation for the care given to a family member who was an inpatient of Sunnyview last fall and continues as an outpatient this spring.

As part of the inpatient discharge process, Sunnyview offers community outings and home visits where therapists accompany patients and family members to help prepare them for the transition back to the

community and home. On just such a community outing, the Garvey family used the hospital's wheelchair transport van — not ideal for a family outing. Casey Cowan, MS, OTR/L, mentioned the hospital could really use a designated vehicle for such trips and that suggestion stuck with Sean.

"Our family was so pleased with the care our loved one has received at Sunnyview," noted Sean. He added that the family cannot offer donations of vehicles very often, but, in this instance,



Allison Ceci, PT; Casey Cowan, MS, OTR/L; and Cono Cirone, DPT, admire the new Sunnyview car with Sean Garvey at their side.

they made an exception. "We hope our gift to Sunnyview will help other families who are experiencing a family member's recovery as we did."