



MedStar Health

# Welcome to the **Cardiopulmonary Rehabilitation Program**

MedStar Good Samaritan Hospital  
Inpatient Rehabilitation Center  
in partnership with  
MedStar National Rehabilitation Network

**It's how we  
treat people.**

# Cardiopulmonary Rehabilitation Program

The Cardiopulmonary Rehabilitation program at MedStar Good Samaritan Hospital provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility. The objective of this phase of treatment is to optimize medical, physical, emotional, and cognitive function and provide education for ongoing recovery, with a goal of discharging the patient to the community.

The treatment team will perform individual assessments during the first few days of the patient's stay. The treatment team works together to develop an individualized plan of care for each patient. The care plan is updated throughout the patient's stay to meet his or her changing needs.

Our ultimate goal is a successful discharge home with appropriate follow-up care, although some patients may need to be admitted to a skilled nursing facility to continue their rehabilitation prior to a discharge home. The discharge planning process begins at admission. The

discharge plan includes a review of resources, caregiver availability, adjustment concerns, equipment needs, and availability of services. The discharge plan is discussed with the patient and family and is based on their individualized needs.

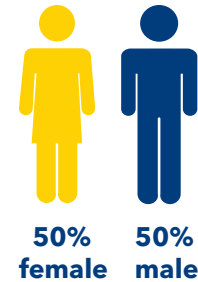
## What is a typical day like?

- Meals are served in your room.
- You will receive a schedule of the day each morning.
- During the fiscal year, which ended June 30, 2021, patients received an average of 3.4 hours of therapy (a combination of physical therapy, occupational therapy, speech-language therapy) as needed per day for a minimum of 5 days per week.
- You will receive individual therapy, and may participate in groups as well.
- You will have scheduled rest breaks, which is an important part of your rehabilitation.

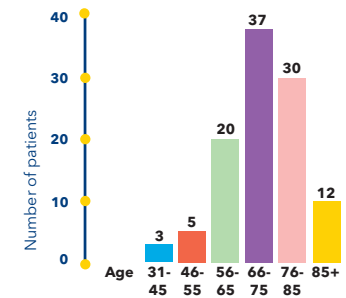
## A year in review

We cared for 107 patients with a cardiopulmonary condition during the fiscal year, which ended June 30, 2021. What did our patients look like?

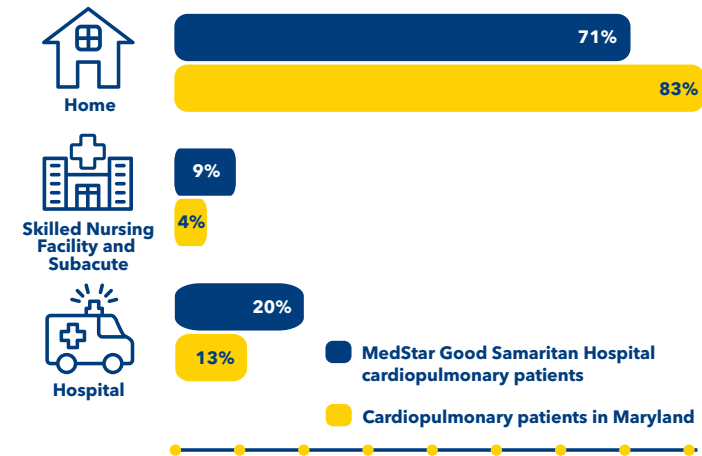
### Patient gender



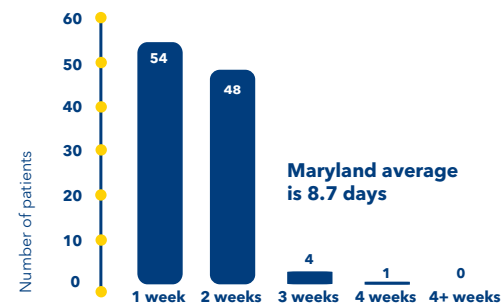
### Age range



## Where do our patients go after MedStar Good Samaritan Hospital?



## How long did patients stay at MedStar Good Samaritan Hospital?

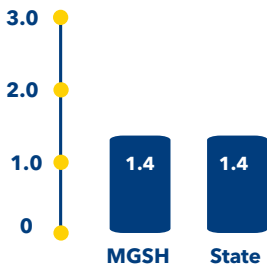


## How effective is our cardiopulmonary program?

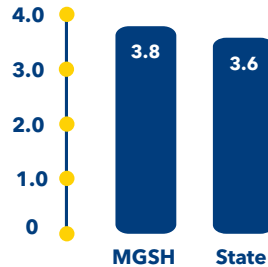
Gains are made by patients across all areas of daily activities including the ability to perform self-care and mobility tasks such as bathing, dressing, using the bathroom, getting in and out of bed, and moving around in one's home and community.

Gains are measured with a standardized rehabilitation tool called Quality Indicators (QI) on a scale of 1 (Dependent) to 6 (Independent).

### Gains in self-care per day



### Gains in mobility per day



## How satisfied were patients?

Satisfaction with MedStar Good Samaritan Hospital 3 months after discharge

(1=Very dissatisfied, 4=Very satisfied)



**3.8/4.0**  
**MedStar Good Samaritan Hospital**



**3.7/4.0**  
**National average**

## What if I have more questions?

Talk to your doctor, nurse, therapist, or any other team member if you have questions, concerns, comments, or feedback. Your team is available to help you. You have a right to ask questions about your care.

### For more information:

- Call the admissions office at **443-444-4701**.
- Take our virtual tour at **MedStarHealth.org/InpatientRehab**.



**MedStar Health**

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