

Learning about your rehab stay

Welcome and thank you for choosing the Gilda Trautman Newman Rehabilitation Center at Children's Hospital for your child's rehabilitation.

How best to prepare for rehabilitation

Daily Needs: Your child will be working on activities of daily living with his/her therapists. Your child must have loose, casual clothes to wear to therapy. Some suggested clothing items include washable t-shirts, underwear, socks, tennis shoes, pull-on pants, sweat pants, gym shorts, pajama pants, and a sweater or jacket. We recommend pants and shorts for both girls and boys, but **do not** recommend jeans. Your child will also need various toiletry articles including brush/comb, toothbrush, shampoo, deodorant and other supplies appropriate to your child's age.

Medical info, medication and equipment:

If possible, please bring along:

- Immunization records
- Insurance information
- School records, transcripts, and IEP
- Personal care equipment or assistive devices currently being used by your child
- Familiar comfort objects for your child: photos, stuffed animals, music, toys, blankets, pillows

Getting to know the rehabilitation process

The physicians and rehabilitation team are given notice of your impending arrival.

Once you arrive at the hospital, you will be meeting many new people who will be participating in the care of your child. The nursing staff will ensure you are made comfortable in your new room. The Inpatient Rehabilitation Department will determine/provide the transportation needs of your child, such as a wheelchair, during your stay at Children's Hospital New Orleans.

The Rehabilitation Team will complete a therapy schedule based on the needs of your child, which are determined during the therapists' initial evaluation. Therapies are typically scheduled in 30 minute time blocks and consist of Physical Therapy (PT), Occupational Therapy (OT), Speech and Language Therapy (ST), Music Therapy (MT), and Recreational Therapy (RT). Your child must fulfill 3 hours of therapy per day of PT, OT and/or ST. A lunch break is scheduled each day from 12–1 pm. Please let one of the staff know if your child requires additional nap time or rest periods during the day. This will be factored into the schedule. Additional members of the Rehabilitation team may also perform assessments with your child. These team members include: Audiology, Psychology, Neuropsychology, Respiratory, Nutrition, Nursing and Social Services. You will receive a copy of your child's therapy schedule once it has been completed by the therapists.

Transportation to therapy

You will be assigned a hospital transporter to assist in maintaining your child's therapy schedule. You are always welcome to accompany your child during therapy.

Weekly team meetings/communicating your child's progress

The rehabilitation treatment team will meet weekly while your child is an inpatient. Your child's progress and goals will be discussed, as well as all plans for equipment needs, school planning and transitioning back to home. A discharge date will be set. It is important that you bring any of your concerns to the attention of a member of the rehabilitation team. Team and family conferences can be set up easily at the request of the

family, physician or social worker. Your child's social worker will meet with you following team meetings to discuss your concerns, challenges and gain your insight into your child's progress.

Phone Numbers You May Need:
(Dial extensions from room phone – dial 0 for Operator)

Children's Hospital	899-9511
Guest Services	X84444
Environmental Services	X84358
Inpatient Rehabilitation	X84541
Dietary	X84535
Social Services	X84367
Chaplain	X84546
Psychology	x84484
Respiratory	x84530
Child Life	x84350
Security	x84466
Case Manager	x82177

Around your room and the Hospital

One sleeper chair or pull out sofa is provided per room for the parent accompanying the child. Anyone staying overnight with a patient must be 18 years old or older. No more than 2 people may stay overnight.

The TV controller is located on the patient's bed or on a separate cord attached to the wall. A brochure of the current month's movie lineup is available at the Guest Services desk in the main hospital lobby.

The phone in your room allows you to call all internal hospital numbers. You are also permitted to make local calls.



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Dial 9, wait for tone and then dial the local telephone number. For all long distance calls, please dial the operator (0) for assistance or use a pre-paid calling card. The main hospital phone number is: 504.899.9511. Direct calls to your room from outside can be made by dialing 896-5____ (your room number).

Valuables and lost items

Children's Hospital New Orleans does not accept responsibility for valuables. Patients are asked not to bring valuable items to the hospital.

If you lose something, please notify your nurse immediately, and we will make every effort to help you find it. Unclaimed articles are turned in to Security, where they are kept for 30 days. To inquire about lost articles, call Security at extension 84466.

Meals

All meals are provided to the patient and are organized through your nurse and the Nutrition/Dietary Department. Please do not order food for or feed your child without checking with a nurse or dietician first. There is a refrigerator on each nursing unit for family use. Please label all food with the date and room number if you are choosing to store food. There are two options for family or guest meals during your stay at Children's Hospital:

- The cafeteria is located on the first floor of the hospital. The cafeteria accepts cash, credit & debit cards. The cafeteria is open 24 hours a day.
- Guest tray delivery for inpatient family members can be purchased through the cafeteria cashiers via a predetermined menu selection.

Child Life and family activities

Our Child Life Department strives to promote family centered care. We realize that family members are the most important part of your child's healing process. Parents, siblings and extended caregivers are welcome and encouraged to participate in the wide range of activities provided through our Child Life Department.

Playroom and Teen Room group activities are held Monday through Saturday in the morning, afternoon, and some evenings.

Typical evening activities may include pet therapy, bingo, music groups, comedy, improv, zoo mobile, art festivals or playroom and Teen Room openings. The Hospital also features other special events.

Computer access

As a courtesy to our patients' families, wireless Internet access is available throughout the hospital. The network SSID is "LCMC-Guest". A computer is available for families on the 4th floor in the Parents' Lounge. The Parents' Lounge is available 24 hours a day.

Smoking

Children's Hospital is a smoke free facility. Smoking is permitted in the designated area only.

Going home/discharge

In preparation for being discharged and transitioning to home, you may be required or offered one or both of the following options:

Community reintegration outings:

When your child is medically stable, you and your child will be given the opportunity to take outings into the community with a well-trained staff member, using the transportation of our van, which is equipped with a lift for wheelchairs. This program will give both you and your child the opportunity to practice skills necessary for your transition back home in a fun, yet realistic community environment. You and your child are always included in the process of deciding which destination would be most suitable.

Home Trial: This situation asks the family to be responsible for providing all of the care of their child, while in the secure hospital environment. The family is responsible for any administering of medication, feedings, ventilator or tracheostomy care following appropriate training by hospital staff. This allows the family to become comfortable with the level of care needed by their child, while under supervision of the hospital staff.

Discharge criteria

Your child will be discharged when they have achieved maximum benefit from inpatient rehabilitation.

Once again, welcome to the Gilda Trautman Newman Rehabilitation Center at Children's Hospital New Orleans.