

# HEALTHSOUTH



### How is HealthSouth helping stroke patients?

Stroke is the No. 1 debilitating illness in the United States, and Kern County ranks among the counties most impacted by stroke. This is why HealthSouth Rehabilitation Hospital in Bakersfield has held a Joint Commission Disease-Specific certification in stroke rehabilitation for several years. We are the only stroke rehabilitation facility in Kern County that is certified by the Joint Commission. In other words, HealthSouth is the preferred provider for stroke rehab in Bakersfield.

Stroke patients who come to HealthSouth receive a minimum of three hours of therapy per day by physical therapists, occupational therapists and speech therapists, as well as rehabilitation nursing care by licensed registered nurses. No one in our community offers the technology that HealthSouth has, which helps you regain your strength and muscle tone, as well as improve swallowing and speech that might be affected after your stroke.

### What does the American Heart Association/American Stroke Association recommend for stroke?

The American Heart Association/American Stroke Association has issued its first guidelines on adult stroke rehabilitation calling for intensive, multidisciplinary treatment. The findings state that stroke survivors who qualify for inpatient rehab facilities, like HealthSouth, should receive this care in preference to skilled-nursing-facility-based care. In other words, in our community where HealthSouth is the only IRF within about 100 miles, HealthSouth would be the preferred stroke rehabilitation provider recommended by the American Heart Association/American Stroke Association.

### What should a patient expect if they come to HealthSouth for Stroke Rehabilitation?

HealthSouth is a rehabilitation hospital, not a skilled nursing facility/nursing home facility. All rehabilitation hospitals are strictly regulated by Medicare and have guidelines we



Martha Samora, RN, CPHQ, FACHE, Chief Executive Officer

must follow in order to maintain our hospital status. For example, at HealthSouth, each patient must be accepted and overseen by a rehabilitation physician (a doctor who specializes in rehabilitation). A patient will have no less than three hours a day of therapy, five days a week, by a licensed therapist and they will also work with rehabilitation nurses throughout the day to practice everyday tasks. Most stroke patients at HealthSouth stay two to three weeks before returning to their home setting. You can find out more about what to expect at HealthSouth by watching a video at [healthsouthbakersfield.com/expectations](http://healthsouthbakersfield.com/expectations).

### HealthSouth

5001 Commerce Drive  
661-323-5500  
[www.healthsouthbakersfield.com](http://www.healthsouthbakersfield.com)

# Voice Your Choice Insist on HealthSouth...



The **ONLY** rehabilitation hospital in Bakersfield. Insist on HealthSouth Bakersfield Rehabilitation Hospital your first choice for rehabilitation after your illness, accident or injury.

- Physician visits at least 5-7 times per week\*
- 24/7 RN and Respiratory Therapy (5:1 patient-nurse ratio)
- 3 hours of therapy throughout the day, 5 days a week
- Ranked in the top 10% of all rehabilitation hospitals nationwide for three years in a row\*\*



The Joint Commission Disease-Specific Care Certification in Stroke and Pulmonary rehabilitation

\* The hospital provides access to independent physicians.  
\*\* Source: Uniform Data System for Medical Rehabilitation (UDS<sup>SM</sup>)

## HEALTHSOUTH

Bakersfield Rehabilitation Hospital

### Safer, Stronger, Sooner

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