

“I tell my patients,
‘If I can do it,
you can do it.’”

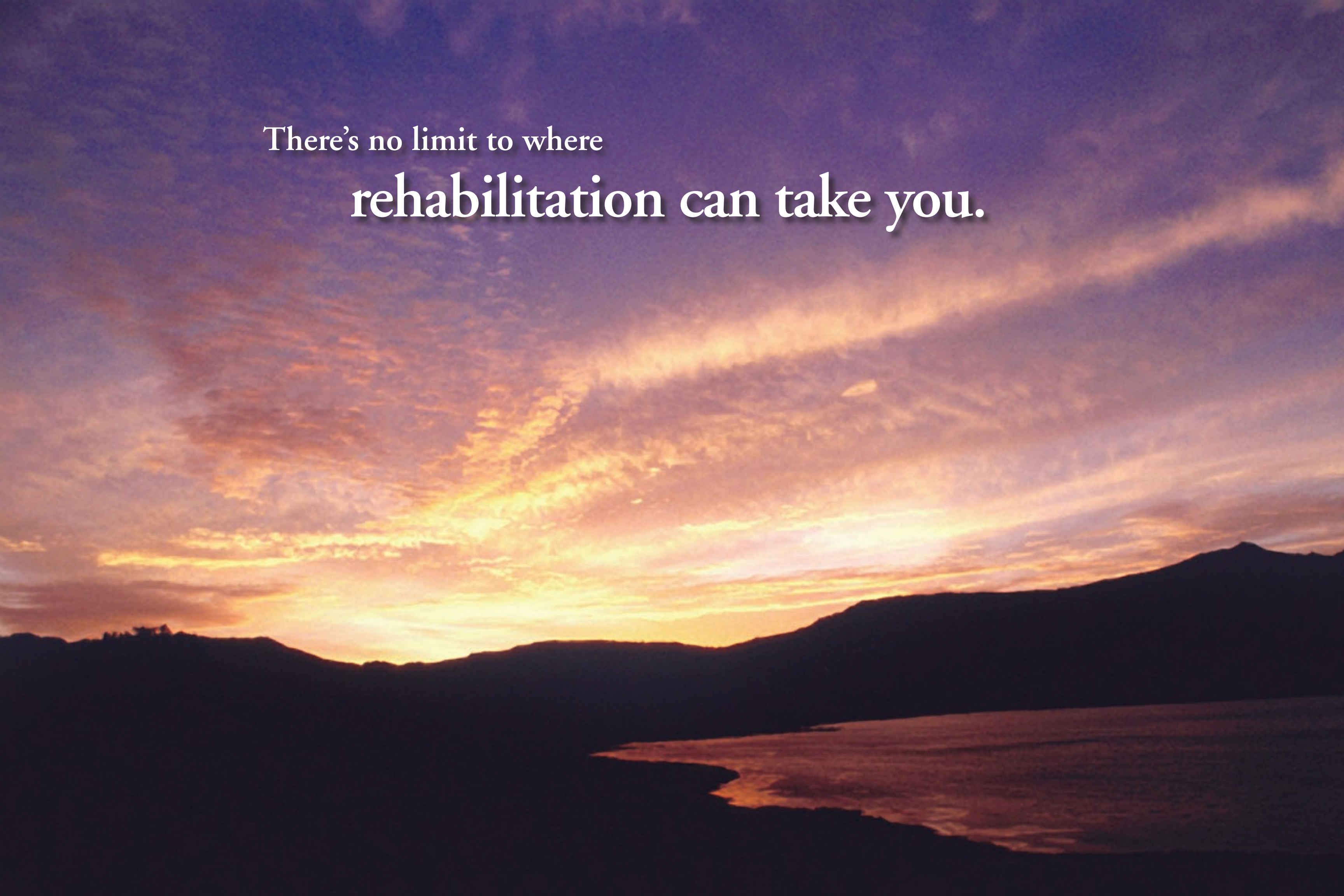
Lea Stewart

BAYLOR INSTITUTE FOR REHABILITATION

Lea Stewart

A traffic accident threw Lea Stewart around the back of a pick-up truck, leaving the life-long athlete with a cervical injury and tetraplegia. Rehabilitation and an iron will restored her athletic lifestyle. Today, in addition to being a Certified Therapeutic Recreation Specialist at BIR, Lea participates in sports ranging from quad rugby to downhill mountain biking, jet skiing, kayaking and handcycling, among others. Lea's next big adventure is skydiving.

There's no limit to where
rehabilitation can take you.



When a person is blindsided by fate, the pieces of one's life topple like dominoes. Then the challenging work of reinventing one's future begins. Specialists and clinicians at Baylor Institute for Rehabilitation (BIR) understand that challenge. Some, like Lea Stewart, have been through it themselves.

BIR is a 92-bed not-for-profit hospital dedicated to restoring an individual's independence, self-confidence and vision of the future after a traumatic brain injury, spinal cord injury, stroke or other orthopaedic or neurological disorder. At BIR, each patient's rehabilitative care is custom-designed by a physiatrist-led interdisciplinary team of licensed physical therapists, occupational therapists, speech-language pathologists, certified recreation therapists, neuropsychologists, rehabilitation registered nurses, nutritionists, social workers and other specialized clinicians.

Our reputation for quality draws patient referrals from 15 states and continues to earn national recognition. We were named 13th among the nation's top rehabilitation facilities in *U.S. News & World Report's* 2008 "America's Best Hospitals" guide, a publication that has recognized BIR 12 times.

Quality of care means quality of life

At BIR, rehabilitation is far more than the restoration of function; it is the means to a fulfilling life. Every patient comes with a unique blueprint for the best rehabilitative care, based on individual circumstances, abilities and goals. With this blueprint, our interdisciplinary clinical teams develop and execute a plan to restore independence, while addressing the patient's social, emotional and psychological needs. We believe that addressing a person's entire experience of life results in care that improves the quality of life not only for the patient, but also for that individual's family, friends and associates.

Highly trained, devoted to you

It's one thing to be committed to patients; it's another to be dedicated to them. The physicians on the medical staff at BIR are physical medicine and rehabilitation specialists who focus their practice on our patients. In addition, some of the physicians have particular expertise and training in specific diagnosis such as traumatic brain injury and spinal cord injury. As leaders of the treatment teams, the physicians on our medical staff are on-site and available to the therapists, nurses and family for consultation which provides a more cohesive environment of care. More than 33 percent of BIR nurses are Certified Rehabilitative Registered Nurses (CRRN), a designation that indicates their dedication to caring for persons with physical disabilities and chronic illnesses as well as their commitment to professional development. A large percentage of our therapy staff has also achieved additional specialized rehabilitation training and certification.

Care for life

At BIR, inpatient rehabilitation is just the beginning. Many patients stay connected to BIR services throughout their lives. Our model of rehabilitation is a life-long continuum of care that not only provides customized therapy for each patient, but also allows patients to return for long-term services that continue to enhance their quality of life. We are committed to helping patients at every stage of recovery with services such as patient and family education, peer support, patient-to-patient mentor programs and more.

BIR support groups allow patients with the same diagnosis to socialize with peers, share successful strategies for navigating everyday routines, discover available resources, learn about advances in therapies, and find ways to improve the delivery of patient care. These support groups include:

- **Focus:** Support and education for traumatic brain injury patients
- **Support, Challenge, Inspire:** Social and educational experiences for spinal cord injury patients
- **Different Strokes for Different Folks:** Education for stroke patients including guest speakers presenting coping techniques, advances in therapies and more

Outpatient Programs: where therapy meets life

Our outpatient programs help patients develop the skills to manage the routines and challenges of everyday life. When patients have completed inpatient rehabilitation, physicians on the medical staff at BIR and team members combine their expertise to determine the best outpatient programs for each patient's needs and abilities.

Day Neuro Rehabilitation helps patients who are not able to live independently resume living skills such as driving, caring for children, or returning to work or school. In the full-day program, patients who have had brain injuries, strokes or brain tumors engage in activities to improve cognitive, communication, physical and social skills.

Real Life Rehab is an exclusive BIR program that bridges the gap between facility-based care and the return to home and community. Specially trained clinicians work with individuals in their everyday living environments to set up normalized lifestyles in which patients participate in self care, home and financial decision-making, social, leisure and eventual professional or volunteer pursuits. The program also assists patients in accessing additional therapy or community resources.

Outpatient Therapy Clinics

From using a wheelchair to driving a car, there's a specialized BIR outpatient clinic to help patients rebuild virtually any life skill. These clinics include:

Adapted Driving Program
Amputee Clinic
Balance/Vestibular Clinic
Dysphagia Clinic
Movement Disorders Clinic
Orthotic Clinic
Spasticity Clinic
Urodynamics Clinic
Vision Rehabilitation Clinic
Wheelchair Seating and Positioning Clinic

Research: where quality outcomes begin

Research at BIR is distinctly focused on helping patients make the most of their lives. Seeking to improve function, reduce secondary complications and increase independence for our patients, research projects conducted at BIR help prove which treatments work best and which are most cost-effective.

Because researchers at BIR are also clinicians, they are intimately connected to our patient's real-life needs. And because we treat a large number of patients, we can engage in significant, pioneering clinical trials that lead to improved rehabilitative therapies. Recent research projects include:

- **Traumatic Brain Injury:**
Human Growth Hormone Study
- **Spinal Cord Injury: Depression Study**
- **Stroke: Body Weight Support Treadmill Training**



Body Weight Support Treadmill Training

It's your call

If you have a loved one who could benefit from a nationally recognized rehabilitation program whose methodologies are based on quality clinical programs and whose staff is highly credentialed and deeply committed to rehabilitative care, please call **214.820.9300** or visit **www.BaylorHealth.com/BIR**.

Award-winning Care



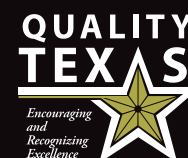
U.S. News & World Report

We were ranked 13th among the nation's top rehabilitation facilities in the 2008 "America's Best Hospitals" guide, marking the 12th time BIR has been named.



Joint Commission

BIR was accredited by this prestigious organization in 2007.



2007 Quality Texas Foundation Performance Excellence Award

We received the Award for Commitment to Organizational Excellence, presented to organizations that have made a commitment to following performance improvement principles to conduct business.



“Our outcomes show what quality rehabilitation can achieve. In spite of proportionately high numbers of patients with severe injuries and complex conditions, our average Functional Independence Measure score — the indicator of how well our patients recover — exceeds the regional and national average.”

Jon C. Skinner, President



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