

Follow-up Therapy

At the completion of either an Inpatient or Day Program it may be appropriate to attend our Outpatient Physiotherapy Clinic known as Ramsay Health Plus

for follow up management. Bookings can be made by phoning 02 6764 5676.



Our philosophy is that Rehabilitation is a process involving active participation of patients, their families and staff to achieve mutually agreed and meaningful goals. Patients and their families are encouraged to be involved in the Rehabilitation programs and decision making regarding their treatment.

Referral

Your GP, Physician or Surgeon can refer you to our Rehabilitation Physician if they feel your condition can improve by participating in either our Inpatient or Day Rehabilitation Program.

Please contact Tamara Private Hospital on (02) 6766 1955 for further information.



**Tamara
Private Hospital**

Part of Ramsay Health Care

2-6 Dean St
TAMWORTH NSW 2340
Ph: 02 6766 1955
tamaraprivate.com.au

People caring for people.

Rehabilitation Unit



MR0032884 TamPH Rehabilitation 6PP DL

Rehabilitation**Care**



**Tamara
Private Hospital**
Part of Ramsay Health Care

Health Fund Cover

Please check with your selected Health Insurance Fund to ensure that your policy will cover you for private Rehabilitation either as an inpatient or to attend a day program. Workers Compensation and Third Party Insurance requires written approval prior to commencing.

The hospital is approved by the Department of Veterans Affairs for the treatment of veterans.

If you have any concerns about the fee structure, please contact the hospital reception with your enquiries on (02) 6766 1955.

Exclusion Criteria

There are certain exclusion criteria for Rehabilitation programs at Tamara Private Hospital

- The patient's medical practitioner recommends that the patient is unsuitable to participate in a rehabilitation program due to an acute medical illness
- The patient has an acute uncontrollable psychiatric disorder resulting in an inability to actively participate in a rehabilitation program
- The patient is behaviourally violent or requires a high level of personal security due to wandering
- The patient is unable to benefit, cooperate or engage in a sustained therapeutic relationship
- The patient has been deemed to require immediate nursing home care prior to admission

Programs

Tamara Private Hospital Inpatient and Day Rehabilitation Programs include:

- **Orthopaedic program for Upper and Lower Limbs:** Post-surgical procedure, injury or loss of functional ability.
- **Neurological Program:** Recovery from stroke, non-stroke such as Parkinson's disease, peripheral and neurological diseases.
- **Musculoskeletal Program:** Rheumatoid and Osteoarthritis, exacerbation of chronic illness, soft tissue injury.
- **Reconditioning Program:** Following acute surgical procedures, loss of independence in the home, acute exacerbation of chronic illness or acute episode of functional deterioration.

- **Amputee Program:** Recent and non-recent amputation where complications have caused a functional decline in independence. The program is tailored to the stage of the client if in the pre-prosthetic training phase or the post prosthetic phase to promote gait training and independence.
- **Activate Program:** To improve quality of life through exercise, support and education for cancer patients.
- **Persistent Pain Management:** To achieve quality of life and optimal level of function for those with persistent pain.
- **Parkinson's Disease Program:** A program of exercise for those diagnosed with Parkinson's Disease.

There is a weekly Case Conference for all Rehabilitation Patients, to monitor the level of improvement of their functional independence.



The Allied Health Team

The Allied Health Team comprises the following Health Professionals who work in the following areas of healthcare:

Physiotherapist: Works with patients to help improve mobility, strength, pain levels, range of movements, balance and flexibility.

Occupational therapist: Works to assist patients to become increasingly self-reliant in preparation for home or return to work. Home visits, arrangement of specialised equipment, aids and designing home modifications for nominated builder are conducted as required.



Speech Pathologist: Assist patients regain and maximise their speech, communication and if necessary swallowing ability in conjunction with the Dietitian.

Dietitian: Helps guide patients in making the correct choices in nutrition to help change their diet so they can stay healthier and where necessary control weight.

Social Worker: Available for individual counselling if required.

Psychologist: Available for individual counselling if required.

Allied Health Assistant: Assist Allied Health team members with various programs.

Individual Programs

A Rehabilitation Physician will assess all patients to ensure suitability for a rehabilitation program. This may be either an In-patient program if you require Nursing care in addition to the Allied Health management or a Day Program to achieve the best possible outcome.

An Individual Management Plan (IMP) for all Programs, will be formulated by the Rehabilitation Team to best suit your needs and goals at the commencement of your program. There may be times when a Day Program is appropriate following completion of an intensive rehabilitation program in hospital.

Day programs allow you to live at home whilst receiving the required levels of ongoing therapy to improve your level of independence.

Rehabilitation is focused on patient centred goals. It is expected that the patient works closely with the Allied Health and Nursing Team to then achieve these goals. There must be an agreement by the patient to follow the direction of the Allied Health and Nursing team members and consent to involvement in programs such as hydrotherapy and related transport arrangements, gym and exercise programs, wearing of comfortable clothing, using equipment and attending the designated schedules of the program.

Nursing Care

Nursing is an integral component of Inpatient Rehabilitation. The nursing staff will supervise and assist you with achieving the nursing component of your rehabilitation goals.

What to Bring with you to our Rehab Unit Inpatients

- Loose fitting and comfortable clothes, good quality walking shoes, swim wear and night attire
- Health Fund details, membership card, DVA card, X-Rays and current medications
- Please leave all valuables at home.

Day Patients

- Wear comfortable clothes, good quality walking shoes
- Swim wear and towel
- Please leave valuables at home - some lockers are provided