Specialized Care for Individuals with Medically Complex Issues

Bluebonnet Medical Rehabilitation Hospital

512-444-4835 or 800-252-5151
www.texasneurorehab.com
Austin, Texas
Bluebonnet Medical Rehabilitation Hospital

Patient Profile
Age: 13 years & up
Gender: Male & Female
Common Diagnosis: Traumatic Brain Injury, Stroke, Anoxia, Brain Tumor, Multiple Sclerosis, Parkinson’s, Respiratory Failure, Vent/Trach Dependent, Wounds, Diabetes, Amputations, Orthopedic or Severe Physical Disabilities, and other neurological or debilitating diagnoses.

Levels of Care
▪ Acute Medical Rehabilitation
▪ Long Term Acute Care (LTAC)
▪ Outpatient Rehabilitation

Areas of Expertise
▪ Acquired Brain Injury
▪ Complex Wound Care
▪ Stroke/CVA
▪ Complex Medical Care including Dialysis
▪ Other Neurological Diagnosis
▪ Pulmonary Disease including Ventilator/Tracheotomy Weaning
▪ Multiple Trauma including Orthopedic Injuries

Services for Treatment
▪ Comprehensive Evaluation
▪ Physical, Occupational and Speech Therapies
▪ Respiratory Therapy
▪ Neuropsychological Services
▪ Formal Family Education and Training
▪ Case Management and Discharge Planning
▪ Advanced Technology Rehab Devices

Funding
▪ Insurance ▪ Medicare ▪ Medicaid (under age 21)
▪ Workers’ Compensation ▪ Private Pay

All patients benefit from one of the largest rehabilitation therapy departments in the Austin area. In addition to superior therapy staff, Bluebonnet Medical Rehabilitation Hospital exceeds the industry standard in direct care staffing ratios.
Bluebonnet Medical Rehabilitation Hospital doctors have over 147 years of combined experience. Through advanced training in some of America’s leading medical institutions and with years of clinical practice, our doctors provide the highest quality rehabilitation care.

Meet Our Doctors

Bluebonnet Medical Director
James L. Boysen, MD
Joined team in October 1986
- The University of Iowa, M.D.
- Stanford University, B.S.
Practice: Pulmonary Disease, Critical Care Medicine
Board Certification: Internal Medicine, Pulmonary Disease, Critical Care Medicine

Nancy L. Childs, MD
Joined team in September 1987
- University of Mississippi, M.D.
- University of Kansas, B.A.
Practice: Neurology, Brain Injury, Medical Management
Board Certification: Neurology

Jason Fought, MD
Joined team in April 2011
- Texas Tech University Health Science Center School of Medicine, M.D.
- The Ohio State University, B.A.
Practice: Nephrology
Board Certification: Nephrology, Internal Medicine

David W. Morledge, MD
Joined team in December 1998
- Texas Tech University, M.D.
- University of Texas, B.A.
Practice: Neurology, Brain Injury
Board Certification: Neurology

Gregory R. Tempest, MD
Joined team in September 2010
- Wayne State University School of Medicine, M.D.
- Michigan State University, B.S.
Practice: Neurology, Sleep Medicine
Board Certification: Neurology, Sleep Medicine

Norman M. Whisenant, DO
Joined team in October 1999
- Texas College of Osteopathic Medicine, D.O.
- University of Texas, B.A.
Practice: Physical Medicine and Rehabilitation
Board Certification: Wound Care

Additional physicians include:
Abburi, Madhava
Amjadi, Erin Michelle
Arrant, Amy
Aubrechtova, Hana
Bartek, William
Benevich, Matthew
Brod, Delbert Ray
Bundrant, Lu Ann
Davidson, Antonia
Dayal, Melani
Dempsey, Anne
Ellington, Kent
Hudson, Rosalie
Llanera, Marissa
Malsa, Eric
Martin, Dieter Robert
Masood, Mujahid
Oza, Saleem
Rodriguez, David
Shih, Daniel
Verona, Montgomery
For over 20 years, the Medical Rehabilitation Program provides quality care with the goal of discharging each patient to the least restrictive environment.

**Specialized Services**

- Pulmonary disease, including ventilator/tracheostomy weaning
- Complex medical care including dialysis
- Orthopedic injuries/multiple trauma
- Stroke/CVA
- Complex wound care
- Acquired brain injury
- Other neurological diagnoses

**Treatment Team & Evaluations**

Patient are under the care of a physician-directed treatment team. Treatment team is comprised of clinical therapists, nurses, support staff, case manager, social worker, and family. The team sets goals, evaluates progress, and bases decisions regarding treatment and discharge plans on goal achievement.

The high rate of success is a result of individualized evaluations and treatment, in addition to high therapist-to-patient ratio. Frequent communication occurs among team members to review level of effectiveness of patient’s program. Staff members are experienced with years in treating complex patients and work to structure unique treatment programs specific to patient needs.

**Living Environment**

Texas NeuroRehab Center’s 47 bed Bluebonnet Medical Rehabilitation Hospital provides 24-hour physician-directed nursing care. Each patient has a private room with shared bath. Patients enjoy a 67-acre countryside campus located within the Austin city limits. Patients that have not responded to traditional therapies often respond to stimulation of a park-like setting, with opportunities to enjoy the outdoors in the central courtyard.

**Additional Information**

With over a decade of collected data, Bluebonnet Medical Rehabilitation Hospital has treated 2675 patients, including those with:
- Strokes, 321 patients;
- Pulmonary, 209 patients;
- Orthopedic injuries (including fractures), 226 patients;
- Other neurological issues (including Parkinson’s), 351 patients.
The Wound Care Program provides individualized treatment plans supervised by our on-site wound care physician, effective wound care management, and frequent reassessment. The goal is to promote normal wound healing while managing other illnesses, controlling environmental factors, and implementing proper positioning.

**Wounds Treated**

- Pressure ulcers
- Ulcers from peripheral vascular disease
- Diabetic ulcers
- Problematic surgical wound
- Chronic wounds
- Osteomyelitis / Infected wounds
- Post amputation wound care

**Comprehensive Services**

- Daily physician-directed “hands on” complex wound evaluation and patient care
- Targeted sharp debridement of necrotic tissue by physician
- Continuing collaboration with referring professional by wound care physician
- Tight control of glucose and overall metabolic state
- Ongoing nutritional status and appropriate intervention and supplementation
- Individualized specialty support services that control pressure surfaces both sitting and lying
- Control of edema
- Utilization of current treatment modalities, including wound VAC if needed
- Increased mobility assisted by physical therapy and entire team
- Patient/Family education

**Dr. Norman ‘Chip’ Whisenant**

Dr. Norman ‘Chip’ Whisenant, a full-time on-site physician has directed the Wound Care Program since 1999. He coordinates the interdisciplinary care team and has extensive experience in the use of wound care dressings, negative pressure assisted wound care, excisional sharp debridement.

Dr. Whisenant completed his residency in Physical Medicine and Rehabilitation at the University of Texas Health Science Center at San Antonio and is a certified Wound Care Specialist.
For more than twenty years, Texas NeuroRehab Center has been helping individuals recover from stroke. Our Stroke Rehabilitation Program provides the highest quality stroke rehabilitation care, educates stroke survivors and the community about stroke rehabilitation, and advocates for stroke survivors and their families. Our goal is to help patients achieve high functional independence while decreasing the risk of future strokes or other complications.

Program Overview
- Over 200 years of combined experience treating stroke and neurological injuries
- Patient & family education on adaptation, rehabilitation and prevention
- Individualized and intensive therapy regime
- Specialized physical, occupational, speech, respiratory, and vocational therapies improve functionality, strength, flexibility, and endurance
- Direct care staffing ratios that exceed industry standards
- Bilingual staff
- Early & on-going discharge planning

Benefits of Treatment Approach
- Early and intensive interventions enhance long term outcomes
- Improvement in physical state, medical stabilization, and family training help avoid long term complications
- Structured education on adaptation, re-learning, and prevention for long term success

Treatment Team
- Board-certified neurologists
- Interdisciplinary team with extensive experience in medical, neurological and stroke management
- Specialized stroke rehabilitation nursing care

Patient Overview
- Average age is 72 years
- 67.8% male; 32.3% female
- 9% African-American; 16% Hispanic; 72% Caucasian; 3% Other

Patient & Family Satisfaction
- 100% rated quality of care as excellent or good
- 100% rated treatment outcome was excellent or good
Discharge planning begins upon admission in preparation for successful transition to the next level of care. The discharge planning process is individualized based on the patient’s living situation and progress during rehabilitation. Beginning with admission and continuing through discharge, the treatment team develops and implements a treatment plan with the patient and family.

Planning may include:
- Steps to ensure a safe living environment
- Coordination of the care, assistance and special equipment required
- Arrangements of additional rehabilitative services
- Assistance in choosing a healthcare provider
- Determination of the caregiver
- Community service resources e.g. meal delivery, transportation, visitor programs and caregiver relief programs

Family involvement and education are integral parts of the rehabilitation process. Psychologists and social workers offer grief counseling and crisis intervention to assist with emotional concerns that may arise during treatment. Extensive family education and resources are provided, and family members are encouraged to attend and actively participate in therapy sessions. Family support during rehabilitation provides encouragement and assurance in re-establishing familiar routines.

Patient & Family Satisfaction

In order to maintain and improve the quality of care, satisfaction surveys are collected from both the patient and family upon discharge.
- 95% rated the quality of care at TNC Medical Rehab Program as good or very good
- 95% rated their therapists as good or very good
- 93% believed the program would improve their quality of life after discharge

Discharge Disposition & Function

Bluebonnet Medical Rehabilitation Hospital discharges more individuals to a community setting and fewer to nursing homes. This exceeds national standards for other subacute rehabilitation programs.
Bluebonnet Medical Rehabilitation Hospital at Texas NeuroRehab Center provides acute medical rehabilitation and long-term acute care services. Specializing in the treatment of individuals who have sustained severe brain injuries, the facility is located on 67 acres of serene countryside within Austin’s city limits.

**Rehabilitation Therapies**

- **Physical Therapy**
  - Neuromuscular re-education
  - Serial casting/Splinting
  - 1:1 pool therapy
- **Advanced Technology Rehab Devices**
  - Bioness Hand and Foot Electrical Stimulation Systems
  - Saebo Dynamic Neurological Orthoses
  - WalkAide System
  - Lee Silverman Voice Treatment (LSVT®)
  - Neuromuscular Electrical Stimulation (NMES)
- **Speech Therapy**
  - Intensive swallow therapy
  - On-site radiographic swallow studies
  - NMES and Deep Pharyngeal Neuro Stimulation
  - Augmentive communication system assessment
  - Cognitive therapy
- **Occupational Therapy**
  - Neuromuscular re-education
  - Serial casting/Splinting
  - Cognitive therapy
  - 1:1 pool therapy
- **Recreational Therapy**
- **Vocational Therapy**
- **Education through on-site accredited school**
- **Pet Therapy**

**Areas of Expertise**

- Acquired Brain Injury
- Stroke/CVA
- Other Neurological Diagnosis
- Pulmonary Disease, including Ventilator/Tracheotomy Weaning
- Complex Medical Care Including Dialysis
- Complex Wound Care
- Multiple Trauma including Orthopedic Injuries

**Additional Program Features**

- On-site Medical Director
- On-site Neurology Staff
- Case Management Services
  - Coordination of care
  - Funding source interface
- Social Work Services
- Formal Family Education and Training
- Private Rooms
- Activities of Daily Living Suite
- Clinical Education and Research Site
- Coordinated Full Time Wound Care Team
  - Physician wound care specialist
  - Wound care certified nurse
  - Physical therapy staff
- On-site Neuropsychological Services

**Patient & Family Satisfaction**

- 92% rated quality of care as excellent or good
- 90% believed their treatment outcomes were excellent or good
- 95% rated therapists as excellent or good
Texas NeuroRehab Center’s Bluebonnet Outpatient Rehabilitation Program offers specialized outpatient treatment for individuals recovering from medical complications, brain injury, stroke, and other neurological impairments. The program is caring, small community-based and provides focused individualized evaluation and treatment sessions to enhance recovery, function, and quality of life. The goal is to provide the treatment and tools allowing the patient to return to their life as fully and quickly as possible.

Who Can Benefit?
Anyone age 13 and older that has:
- Neurological disorders; brain injury, stroke, anoxia, ataxia, multiple sclerosis, parkinson’s disease, or other presenting issues
- Physical, cognitive, or behavior disorders
- Musculoskeletal, sensory, or generalized impairments
- Congenital neurologic disorders
- Visual-motor deficits
- Aphasia/slowed speech
- Dizziness or balance/Vestibular disorders
- Other limitations in physical function, sensory deficits, oral/motor skills, or communication skills
- Decline in ability to perform activities of daily living

Hours
Monday - Friday from 9:00am – 4:00pm
Phone: 512-462-6790
Client participation & schedule vary according to individual needs.
Most Insurance Accepted. In the event that there is not a pre-existing contract, an Individual Patient Agreement can be negotiated.
Contracted Sources

* Individual Patient Agreements for out-of-network benefits will be negotiated.
**In the event that a Managed Care Organization is not indicated on this list, the behavioral services may be managed through an affiliate network.

- Aetna Health Care
- Aetna Workers’ Comp
- Austin Regional Independent Associates (ARIA)
- Beech Street
- Blue Cross Blue Shield
- CIGNA HealthCare
- Texas Department of Assistive and Rehabilitative Services (DARS)
- Texas Medicaid
- Texas True Choice
- TRICARE - Humana
- Medicare
- MultiPlan / PHCS / Wellmed
- Physician’s Health Choice
- Scott & White Health Plan
- Seton Health Plan
- Texas Community Care-Arcadian Health Plan
- First Health-Coventry
- Humana
- Humana Medicare
- UnitedHealthCare

Updated Spring, 2012
From the South:
I-35 North: exit Slaughter Lane
West (left) on Slaughter to South First Street
Right on South First Street
Left at light/Dittmar Road
Entrance approximately 1 mile on right

From the West:
Highway 71 or 290 to William Cannon
East (right) on William Cannon to Manchaca
Right on Manchaca
Left at second light/Dittmar Road
Entrance approximately 1 mile on the left

After entering campus please check in.
Follow road at main entrance up the hill to the administration building (6) or keep left at the fork and proceed to the entrance of Bluebonnet Medical Rehabilitation Hospital.

From the North:
I-35 South: exit William Cannon
West (right) on William Cannon to South First Street
Right at light/Dittmar Road
Entrance is approximately 1 mile on the right

From the Northwest:
Mopac/Loop South: exit William Cannon
East (left) on William Cannon to Manchaca
Right on Manchaca
Left at second light/Dittmar Road
Entrance is approximately 1 mile on the left
For additional information or to make a referral:
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