

It is the process of preparing you to live independently at home. Its purpose is to help you in maintaining the benefits of rehab after you have been discharged. It starts early during your rehabilitation and involves you, your loved ones and the rehab team. This may include: ensuring you have your own medication, a safe place to go, deciding on the special equipment you might need, arranging for outpatient rehab and other services needed.

Before Discharge, you and your family need to know: Your medications, diet, exercise program, transfer skills, endurance issues, equipment, home modifications and your future appointments.

Food for thought

Being with your family and friends is integral to your recovery. We all need support and you are no exception. Talk to them openly regarding your concerns.

It is our desire to go with you in your journey to achieve a successful rehabilitation.

Remember: A positive attitude will help you find ways to overcome your difficulties.

We also welcome any queries from you.

QRI Inpatient Rehabilitation Program

Participating in rehabilitation will help you regain independence and improve your Quality of life



Patient and Family Education

@ patienteducation@hamad.qa

مركز قطر لإعادة التأهيل
Qatar Rehabilitation Institute

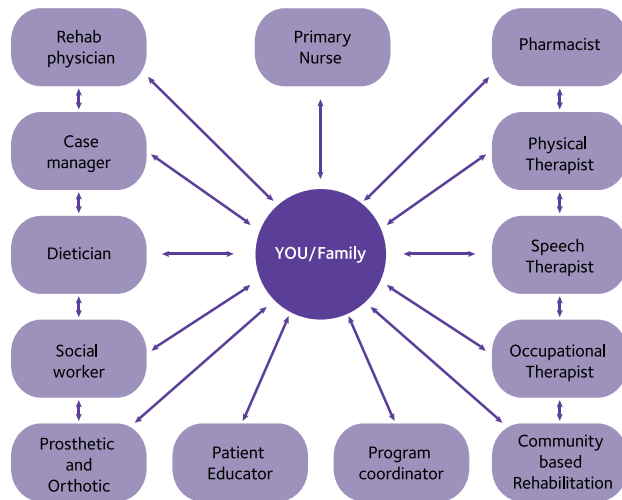
QRI Inpatient Rehabilitation Program

We hope your time in QRI will be as beneficial as possible and we wish you success with your rehabilitation program. This pamphlet provides useful information regarding Rehabilitation Program in our facility- QRI.

What is your Rehabilitation Program?

Your individualized rehabilitation program will involve you and your rehabilitation team working together to identify areas you may have difficulties with: such as walking, eating, dressing, or communicating and coping with your emotional reactions to your injury or illness. Your Program may also focus on memory, thinking skills, study, and work and leisure skills.

Your rehabilitation program will include individual therapy and group therapy as well as activities. It may also include outings in the community and education for both you and your family.



Communication between you, family and the rehabilitation team is very important. It means working together, sharing ideas, suggestions and constructive feedback. We all work towards the same goal: that is, to help you to become as independent as possible

Rehabilitation Team

Rehab Doctor: Directs your care in the rehabilitation unit and ensure continuity of care from acute stay till discharge.

Primary Nurse: Will provide you direct daily nursing care, wound management and medications.

Pharmacist: Takes care of the medications that are prescribed to you.

Physical Therapist: Aims to improve balance, the ability to move in bed/sit/stand/walk or climb steps. Reduce muscle stiffness and pain. Increase muscle strength and function of affected limbs.

Occupational Therapist: Aims to maximize your ability to be independent through improving your physical, cognitive and functional abilities or teach compensatory strategies.

Speech Therapist: Aims to help you, to improve speech/ language /communication skills, learn alternative ways to communicate, and work with swallowing problems.

Prosthetist / Orthotist: Provide devices to improve physical ability.

Dietitian: Provides you a holistic nutritional care.

Case Manager: Liaise among health care providers and community resources for smooth and safe discharge

Social Worker: Assist in managing social issues.

Program Coordinator: Help in coordinating your rehabilitation care.

Patient Educator: Will provide education as needed

Community Based Rehabilitation Team: Help to facilitate community reintegration.

What will happen during Rehabilitation?

Initial Team Assessment: Upon Admission all team members will visit you for evaluation to identify your needs and develop your rehabilitation plan.

Case Conference: A meeting of health care providers to plan and ensure written and verbal communication of the interdisciplinary care plan, patient and family goals and resources, which will help to prepare for safe discharge.

Unit Round: Conducted every week to assess and review your progress in your rehabilitation program, including your medical, physical and functional condition or other health related issues that may interfere in your early recovery.

Daily Therapy: You will receive daily therapy sessions depending on your needs. You may also have group activities that includes but not limited to:

- Breakfast/Lunch Group.
- Functional Groups.
- Leisure Groups.
- Social Groups.

Patient/Family Meeting: This provides an opportunity for you and your family to receive feedback and to raise any concerns or questions you may have with the team.

Out on Pass: It is an opportunity given to you by your attending physician which focuses on reconnecting you with the community to help you regain self-confidence and restore self-esteem, to enable you to a successfully rejoin the community.

Patient and Family Education: Education sessions are provided to give you and your family or significant others the essential information and training needed to support the plan of care and improve function and health throughout the course of rehab care.

Discharge planning: It is never too early to start thinking about recovery and discharge. The options and decisions can be overwhelming. You, your family, and your Rehabilitation team will work together on the discharge plan.