



# INTEGRIS Jim Thorpe Rehabilitation THORPE REPORT

SUMMER 2011

## WELCOME TO INTEGRIS JIM THORPE REHABILITATION

For more than 26 years, INTEGRIS Jim Thorpe Rehabilitation has been the facility of choice for thousands of patients with physical rehabilitation needs. It is the choice of the NFL Players' Association for rehabilitation services, and offers one of America's largest and most respected facilities.

Approximately 2000 patients from across the state and more than 50 from across the nation choose INTEGRIS Jim Thorpe annually for the quality of services and the specialty programs offered.

Some of the specialty programs include aquatics, community outings, horticulture, music therapy, pet assisted therapy, specialized seating and positioning clinic, and support groups.

To demonstrate its commitment to quality, INTEGRIS Jim Thorpe maintains its certification from the Commission on Accreditation of Rehabilitation Facilities (CARF.) This certification demonstrates our conformity to nationally and internationally recognized service standards and our focus to deliver the highest standard of service and quality.

Not only are we certified as a Comprehensive Integrated Inpatient Reha-

bilitation program but also as a Stroke Specialty program. Stroke Specialty programs are recognized by CARF as programs that "foster an integrated system of care that optimizes prevention, recovery, adaptation and participation" for individuals and their families/support systems."

In addition to our CARF certifications, our patients recently ranked us in the top six percent in the nation for patient satisfaction.

Since 1985, INTEGRIS Jim Thorpe Rehab has provided personalized inpatient and outpatient treatment programs for adolescents and adults needing care for traumatic brain injury, spinal cord injury, stroke, balance and vestibular rehabilitation, complex medical (multi-trauma), neuromuscular, amputee, orthopedic conditions or pain management.

INTEGRIS Jim Thorpe Rehabilitation is located in a beautiful three-story facility located on the campus of INTEGRIS Southwest Medical Center. This facility is the arena from which we can offer the most diversified programming, ensuring continuity among an ever-expanding portfolio of programs.

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**INTEGRIS**  
**JIM THORPE**  
*Rehabilitation*



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## continued...WELCOME TO INTEGRIS JIM THORPE REHABILITATION

Two additional units are located on the campus of INTEGRIS Baptist Medical Center. Across the state, Jim Thorpe units are also located in INTEGRIS Clinton Regional Hospital, and Comanche County Memorial Hospital in Lawton. Together, these units are designed to accommodate the best patient care and outcomes possible.

In addition, outpatient services are

available at four locations throughout the Oklahoma City metro area.

Through team-based personal care, patients benefit from the expertise of physiatrists (medical physicians who specialize in rehabilitation), nurses, therapists, psychologists, case managers, social workers and others specially trained in rehabilitation. Coordinated and collaborative communication between staff

members, patients and families enhances the continuity of our programs while increasing momentum as the patient moves toward recovery.

For more information regarding INTEGRIS Jim Thorpe, please visit [www.integrisOk.com/jimthorpe](http://www.integrisOk.com/jimthorpe) or [www.integrisrehabilitation.com](http://www.integrisrehabilitation.com).

## NURSES TRUSTED TO CARE

INTEGRIS Jim Thorpe Rehabilitation would like to say thank you to our many nurses. Our nurses are vital members of the rehabilitation team.

We currently have 17 individuals who have passed the CRRN (certified rehabilitation registered nurse) exam. This represents approximately half of the nurses in Oklahoma who have these credentials.

In order to sit for this examination, the individual must be a licensed nurse who has been employed either for two years as a rehabilitation nurse, or one year as a rehabilitation nurse with at least one year of

advanced training in the field of rehabilitation nursing.

The CRRN certification indicates a specialized level of nursing focused on caring for the patient who is undergoing physical rehabilitation. In order to maintain one's certification, the CRRN must complete at least 60 hours of continuing education hours in five years.

Rehabilitation nursing is a vital component of any quality rehabilitation program. It has been said that, "rehab nursing is a philosophy of care, not a work setting or phase of treatment." Rehabilitation nursing



is provided around the clock.

The rehabilitation nurse designs and implements treatment strategies that are based on scientific nursing theory related to self-care and that promotes physical, psychosocial and spiritual health. Our nurses serve in a variety of roles: from caregiver, to teacher, to collaborator, to advocate; to improve the health and functional outcomes of each of our patients.



## 2011 COURAGE RUN A BIG SUCCESS



More than 660 runners, walkers and wheelchair/handcycle racers participated in the seventh annual INTEGRIS Jim Thorpe Rehabilitation Courage Run. The support and enthusiasm for all participants could be felt throughout the event.

Because of the great response in the past, this year it was relocated to the Lake Hefner area, a beautiful, yet windy, venue. Additionally, a 10K event was added to the 1 mile fun run/walk, 5K race, wheelchair and handcycle divisions, and kiddie dash.

The wheelchair and handcycle divisions continue to grow each year. This is an excellent opportunity for someone with a disability to come out

and participate in an event planned to accommodate different ability levels.

This community event is for both the serious athlete and the family. Seven years ago, it was started to promote our mission, "to improve the health of the people and communities we serve," as well as honor the individuals who courageously overcome obstacles that life has handed them.

Courage can be defined as "the quality of mind or spirit that enables a person to face difficulty ... without fear; bravery." Many smiles and high fives were given during the event. One alumnus of our program had 35

participants this year to demonstrate their support.

Money raised allows us to enhance the experience of those we serve. We have purchased items such as a Wii gaming system, new technology items and daily newspapers for the unit.

Please mark your calendars for the eighth annual Courage Run to be held May 5, 2012. For more information, please contact Susan Shepard at 405-644-5376, or Greg Horneber at 405-552-2847, or visit our website at [www.integrisjimthorpe.com](http://www.integrisjimthorpe.com).



## DYSPHAGIA TREATMENT

INTEGRIS provides speech-language pathology services to patients undergoing inpatient or outpatient rehabilitation, as a home health service, and to elementary schools via our telehealth video conferencing system.

One of many conditions treated by speech-language pathologists is dysphagia. Dysphagia is a medical term that means difficulty swallowing. Several diseases, conditions and surgical interventions can result in swallowing problems.

According to the American Speech-Language-Hearing Association, general signs of dysphagia may include:

- coughing during or right after eating or drinking
- wet or gurgly sounding voice during or after eating or drinking
- extra effort or time needed to chew or swallow
- food or liquid leaking from the mouth or getting stuck in the mouth
- recurring pneumonia, or chest congestion after eating
- weight loss or dehydration from not being able to eat enough.

If an individual is experiencing dysphagia, a speech-language pathologist may recommend specific

swallowing treatments that could include exercises to improve muscle movement, positions or strategies to enable a more effective swallow, and/or specific food and liquid textures and consistencies that are easier and safer to swallow.



Our speech-language pathologists may also incorporate the modality of VitalStim® into the treatment plan for dysphagia. VitalStim® is a non-invasive, external electrical stimulation therapy in which electrodes are placed on the muscles of the throat to help re-educate the muscles used for swallowing. Our speech-language pathologists have passed the certification course to utilize this modality in conjunction with other treatment exercises.

For more information, please call one of our outpatient service areas.

INTEGRIS Jim Thorpe North Outpatient  
5300 N. Independence, Suite 100  
Oklahoma City, OK 73112  
405-945-4500

INTEGRIS Jim Thorpe South Outpatient  
4100 S. Douglas  
Oklahoma City, OK 73109  
405-644-5445



## INTEGRIS JIM THORPE UTILIZES NEW TECHNOLOGY TO IMPROVE INDEPENDENCE

The Spinal Cord Injury team at INTEGRIS Jim Thorpe Rehabilitation recently utilized the Bioness® H200 to improve hand function and independence with a patient with C5 quadriplegia.

This medical device improves hand function and range of motion by improving voluntary movement, reducing muscle spasms, re-educating muscles, maintaining or increasing range of motion, prevention of contractures, preventing or retarding disuse atrophy, and increasing local blood circulation. It is designed to provide electrical stimulation to open and close an individual's hand for functional use.

By incorporating this device with the client's individualized treatment plan, this individual's independence with activities of daily living significantly increased. For example, one ADL that we often take for granted is brushing our teeth. Working with his occupational therapist, this individual is now able to brush his teeth

with an electric toothbrush after being set up with the device.

During his treatment sessions, he practiced with the occupational therapist how the activity could be completed with the most independence. To assist him with being able to turn the electric toothbrush on and off, we modified the toothbrush by taping a button over the "on/off" control. To assist with the application of toothpaste onto the toothbrush, the toothpaste was left in a cup, upside down, without the lid on the tube.

Once set up with the device and utilizing these simple modifications, the task that once required someone else to complete, can now be performed independently. Together, he and his occupational therapist have used the same problem solving and practice techniques to increase his independence with eating, drinking and shaving.

At INTEGRIS Jim Thorpe Rehabili-



tation, we work with approximately 65 individuals each year who have sustained a spinal cord injury. The multidisciplinary team of physicians, nurses and therapists work collaboratively with each individual and his/her caregivers to promote the most independent lifestyle possible.

For more information about INTEGRIS Jim Thorpe Rehabilitation or a virtual tour, please visit our website at [www.integrisk.com/jimthorpe](http://www.integrisk.com/jimthorpe). For more information regarding our Spinal Cord Injury program, please contact Dana Duroy, clinical manager, at 405-644-5355.



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## JIM THORPE CONTINUING EDUCATION SERIES

INTEGRIS Health supports the continuing education of health care professionals. Since January, the INTEGRIS Jim Thorpe education department has been able to host five full or half day courses and 11 one hour courses for a total of 43.5 contact hours. These courses provide physical and occupational therapy and speech language pathology staff pertinent education on the latest information available. This, in turn, improves our delivery of care.

The one hour courses are referred to as our Continuing Education Series, or CES. Utilizing our video conferencing system, these courses are made available across the state at our spoke sites.

These INTEGRIS facilities participate.

- INTEGRIS Baptist Medical Center, Oklahoma City
- INTEGRIS Southwest Medical Center, Oklahoma City
- INTEGRIS Baptist Regional Health Center, Miami
- INTEGRIS Bass Baptist Health Center, Enid
- INTEGRIS Blackwell Regional Hospital, Blackwell
- INTEGRIS Canadian Valley Hospital, Yukon

- INTEGRIS Grove Hospital, Grove
- INTEGRIS Marshall County Medical Center, Madill

Other facilities that participate include the following.

- Comanche County Memorial Hospital, Lawton
- Mercy Memorial Health Center, Ardmore
- Tulsa Community College, Tulsa
- Watonga Municipal Hospital, Watonga

Please visit our website at [www.jted.integrisk.com](http://www.jted.integrisk.com) or contact Tina Waters at 405-644-5273 for more information regarding upcoming courses.



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# INTEGRIS Jim Thorpe Rehabilitation

## THORPE REPORT

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## INTEGRIS Jim Thorpe Educational Offerings

### TWO DAY, FULL DAY AND HALF DAY COURSES

#### Date: July 11

Time: Noon to 1:30 p.m.  
Course: Ethical and Legal Issues  
Presenter: Aliya Chaudry, PT, M.B.A., J.D.  
Location: INTEGRIS Baptist Medical Center Auditorium  
Target audience: PT/A

#### Date: Sept. 10 and 11

Course: Cardiovascular Disease: Implications for the Physical and Occupational Therapist  
Presenter: Konrad Dias  
Location: INTEGRIS Baptist Medical Center Auditorium  
Target Audience: PT/A, OT/A

### ONE HOUR CES CLASSES

#### Date: July 7

Time: Noon to 1 p.m.  
Course: Management of Severe Spasticity  
Presenter: Luke Purkey  
Location: INTEGRIS Southwest Medical Center Auditorium  
Target Audience: PT/A, OT/A, SLP

#### Date: July 14

Time: Noon to 1 p.m.  
Course: Pelvis and Acetabulum Fractures  
Presenter: Dr. Steve Sands, Orthopedic Trauma Surgeon  
Location: INTEGRIS Baptist Medical Center Auditorium  
Target Audience: PT/A, OT/A

#### Date: July 28

Time: Noon to 1 p.m.  
Course: Aspiration/Pneumonia  
Presenter: Jill Moore, SLP-CCC  
Location: INTEGRIS Southwest Medical Center Auditorium  
Target Audience: PT/A, OT/A, SLP

#### Date: Aug. 2

Time: Noon to 1 p.m.  
Course: Extending Evidence Based Practices Across the State through Telehealth: A Nursing Perspective  
Presenter: Jamie Popp, RN  
Location: INTEGRIS Baptist Medical Center Auditorium  
Target Audience: PT/A, OTA, SLP

#### Date: Aug. 16

Time: Noon to 1 p.m.  
Course: The Cervical Spine  
Presenter: Dr. Tartaglione, Neurosurgeon  
Location: INTEGRIS Southwest Medical Center Auditorium  
Target Audience: PT/A, OT/A

### SUPPORT GROUPS

#### Stroke Support Group meets the 2nd Tuesday of each month

Time: 6 to 8 p.m.  
Location: INTEGRIS Southwest Medical Center, Cancer Center West  
Contact person: Mary Pinzon, 405-644-6867

### SUPPORT GROUPS continued

#### Spinal Cord Injury Support Group meets the 1st Thursday of each month

Time: 5:30 to 7 p.m.  
Location: INTEGRIS Jim Thorpe Rehabilitation, Jones Education Room  
Contact person: Dana Duroy, 405-644-5355

#### Traumatic Brain Injury Support Group meets the 4th Thursday of each month

Time: 6 to 7:30 p.m.  
Location: INTEGRIS Jim Thorpe Rehabilitation, Jones Education Room  
Contact person: Karen Bryan, 405-644-5381

#### ALS Support Group meets the 2nd Tuesday of each month

Time: 6 to 8 p.m.  
Location: INTEGRIS Jim Thorpe Rehabilitation, Jones Education Room  
Contact person: Wendy Beson, 405-644-5170

#### Limb Loss Support Group meets the last Tuesday of each month

Time: 5:30 to 6:30 p.m.  
Location: INTEGRIS Jim Thorpe Rehabilitation, Jones Education Room  
Contact person: Susan Shepard, 405-949-3253 or Greg Hornebar, 405-552-2847

INTEGRIS

# JIM THORPE

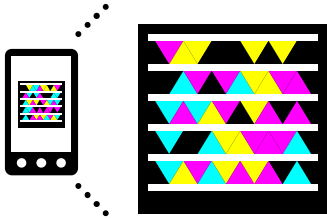
*Rehabilitation*

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Oklahoma City, OK 73109

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**COMING SOON OCTOBER 2011**

INTEGRIS Jim Thorpe Outpatient  
Located at 4833 INTEGRIS Parkway  
Edmond, OK 73034  
Physical Therapy positions available  
Apply online at [integrisk.jobs](http://integrisk.jobs)



Get the free mobile app at  
<http://gettag.mobi>

The background of the poster features a sepia-toned image of a football player in a dark jersey with a large white letter 'C' on the front, and a statue of Jim Thorpe wearing a football helmet. The text is overlaid on this background.

INTEGRIS  
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*Rehabilitation*

COURAGE  
AWARD

*Save the Date*  
**Saturday, Aug. 20, 2011**  
National Cowboy and  
Western Heritage Museum  
1700 NE 63rd Street, Oklahoma City  
RSVP: [sharon.jackson@integrisk.com](mailto:sharon.jackson@integrisk.com)  
**405-644-5256**

*Gala*

Photos courtesy of Jim Thorpe Association Inc.