

THE TRANSITIONAL CARE UNIT

AT MONTEFIORE NYACK HOSPITAL



Montefiore | Nyack

TRANSITIONAL CARE UNIT

Montefiore Nyack Hospital's new Transitional Care Unit (TCU) is a special unit designed for patients transitioning from an acute hospital stay to a safe return home or to a skilled nursing facility. Our Unit provides round-the-clock expert care in a comfortable environment to patients who no longer need to stay in the hospital, but need extra time to recover before being discharged. Patients generally stay from 5 to a maximum of 21 days.

OUR TRANSITIONAL CARE UNIT OFFERS:

- 16 spacious private rooms with a private bathroom
- Continuity of care with 24-hour nurse coverage
- On-site physicians
- Comprehensive on-site treatment—patients don't have to leave the building
- State-of-the-art medical equipment and therapy gyms
- Up to 3 hours of daily rehabilitation therapy
- More intensive rehab than outpatient therapy services can provide
- Focus on reducing risk of hospital readmission
- Comprehensive patient and family education
- Amenities such as a grooming salon, activities program, and separate dining room

Patients who may benefit from rehabilitation in the Transitional Care Unit can include those who are:

- Recovering from hip or knee replacement surgery, fractures, other orthopedic conditions
- Flare-up of chronic illness
- Medically deconditioned due to surgery, injury, or other complications

PATIENT-CENTERED APPROACH

Our multidisciplinary team of rehabilitation specialists designs an individualized treatment plan that restores patients' maximum functioning in the shortest period of time.

The highly skilled rehabilitation team includes:

- Physicians specializing in rehabilitation medicine and orthopedic rehabilitation
- Rehabilitation nurses
- Physical therapist who helps patients restore mobility, endurance, strength and range of motion, and designs an individual home exercise program
- Occupational therapist who works with patients on activities of daily living, including self-care and home and food management skills
- Speech/language pathologist
- Respiratory therapist
- Registered dietitian
- Social worker

Treatment goals may include independent stair climbing, managing daily routines, such as bathing and dressing, and regaining strength, and endurance. Our team focuses on:

- Patient satisfaction
- Pain management
- Minimizing unplanned transfers to hospitals
- Reducing falls

Family members are encouraged to participate in the rehabilitation process. If appropriate, therapists may incorporate family care partners into training sessions, so that they are prepared to assist after the patient is discharged.

For more information, call 845-348-7310 or visit montefiorenyack.org/transitional-care-unit

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**The Transitional Care Unit at
Montefiore Nyack Hospital**
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