



Capital Health

REHABILITATION OF PEOPLE WITH SPINAL CORD INJURY AND NEUROLOGIC DISORDERS ADDING LIFE TO YEARS



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WHAT IS REHABILITATION

Over 40,000 Canadians suffer from the sequelae of traumatic spinal cord injury (SCI) and many more from non-traumatic diseases of the spine. Even more people suffer from the complications of other neurologic disorders like Multiple Sclerosis and peripheral nerve disease.

As a neurorehabilitation team our focus is on giving a person with spinal cord injury or other neurologic disorders back their independence and restoring their function and quality of life. We do this by working with you as a team. We use many different treatments to help you do this including adaptive aids, exercise, education and sometimes medications.

The Nova Scotia Rehabilitation Centre in Halifax serves as the tertiary rehabilitation centre for the province of Nova Scotia. We have both inpatient and out-patient services that can help people with SCI and other neurologic disorders. If you want to know a little more about our team and some of our programs keep reading.

NURSING

On our neurorehabilitation unit and in our out-patient clinics, Rehab nurses work with people with Spinal cord Injury and other Neurologic Disorders to improve the quality of their life. The patient is at the center of care and the goals are to optimize health and to reintegrate them back into life after an event like a spinal cord injury. We are providers and coordinators of patient care and we play a critical role in patient education. Rehabilitation staff nurse designs and implements treatment strategies that are based on scientific nursing theory related to self-care and promotion of physical, psychosocial, and spiritual health.

PHYSIOTHERAPY

As primary health care professionals, physiotherapists combine in-depth knowledge of how the body works with specialized hands-on clinical skills to assess, diagnose, and treat people with spinal cord injuries and neurologic disorders. A physiotherapist's goal is to restore, maintain, and maximize a person's strength, function, movement, and overall well-being.

The physiotherapy team can include both a physiotherapist and a physiotherapy assistant. They educate and work closely with the individual and family to achieve optimal independence, to help avoid complications such as those from a spinal cord injury, and promote the benefits of exercise and fitness throughout life.

VOCATIONAL COUNSELING

Vocational Counselors work with you to identify your interests and your strengths and build a program with you to help you return to or pursue your educational and career goals.

REHABILITATION DOCTOR

The rehabilitation specialist is a doctor specially trained in the area of physical medicine and rehabilitation. As a part of the neurorehabilitation team our focus is on maximizing function in people with spinal cord injury and other neurologic disorders like multiple sclerosis or peripheral nerve disease. As Doctors we work with the team using exercise, devices and sometimes medication to help you reach the highest level of independence possible. Specific to neurorehabilitation we often focus on the management of spasticity, weakness, pain, bowel, bladder, sexual function and mobility.

NUTRITION

The Dietitian works with individuals to assess nutrition requirements in people with neurologic problems like spinal cord injury or multiple sclerosis. The Dietitian works with the patient and care team to determine the energy, protein and nutrient needs to ensure optimal health. An individualized nutrition care plan is developed with you and education is provided. Goals may include things like, achieving and maintaining a healthy weight and ideal skin integrity. A diet that is high in fiber and meets each individual's fluid needs is critical. The Dietitian works with an individual during their rehab phase of care and acts as a support upon their return to the community.

OCCUPATIONAL THERAPY

Occupational Therapy aims to enable independence with clients. Clients with spinal cord injuries and other neurologic disorders work with Occupational Therapists to find ways to return to participating in their day-to-day activities as independently as possible. Occupational Therapists and occupational therapy assistants offer guidance on adapting environments to ensure accessibility and recommend adaptive equipment to help with day-to-day tasks. Your independence is our business.

SOCIAL WORK

Social Workers practice client-centered care. We collaborate with the patient and their supports throughout their admission taking into account their values and unique situation. We play a vital role maximizing wellness during the hospital stay, in easing the transition back to the community and providing support throughout the clinical treatment process.

Social work is informed by social justice values and the social determinants of health. We know that health includes not only physical health but also emotional health and the ability to meet needs such as safe housing, access to food and meaningful community engagement. As such, we work with patients in a counseling role, around grief, adjustment to living with a disability and role change. Social workers support patients to use their existing strengths and work with them to access appropriate external resources.

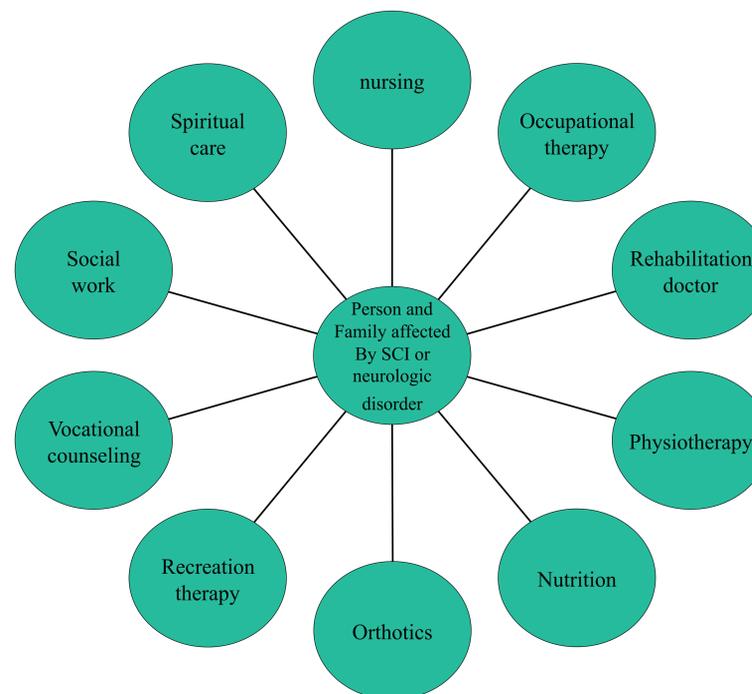
ORTHOTICS

Orthotic devices play a critical role in improving function and independence in people with spinal cord injuries and other neurologic diseases. The Orthotist is an invaluable member of our neuro-rehabilitation team. The orthotics service provides an expertise in evaluating, designing, and fabricating braces for patients. Braces are used to support, protect and restore function. You may require a brace for an upper or lower limb or for different parts of the spine. The Orthotist helps to provide patient-specific braces and is able to customize the brace and make any changes that are needed to ensure the brace is comfortable and provides the needed support for the patient.

SPIRITUAL CARE

The chaplains in our department of spiritual care play an important role on our neurorehabilitation team. They help to provide spiritual and emotional support to patients, their families and hospital staff, by coordinating the services offered by hospital chaplains and pastoral visitors from community churches and faith groups.

OUR TEAM



RECREATIONAL THERAPY

Statement of Purpose:

To provide comprehensive therapeutic recreation services that will improve and/or maintain patient abilities in the areas of physical, emotional, social, and cognitive functioning; that promote patient leisure awareness, knowledge of resources, and development of leisure skills; and that are supportive of independent leisure choices.

Goals:

- To provide services in which patients improve and utilize social interaction skills that can be used in a variety of leisure contexts.
- To provide services that improve cognitive functioning that enables patients to practice self-determination in leisure.
- To facilitate an awareness of emotional issues and how they impact on leisure issues.
- To provide leisure services through which patients improve and/or maintain physical functioning allowing them to be physically engaged in their leisure lifestyles.
- To provide educational services that improve and maintain personal perceptions of leisure opportunities, its relevance to health and contributing to overall leisure satisfaction.
- To provide services that enable patients to exercise independent choices in leisure.