

Topic: Rehab Space

Gathering information regarding inpatient rehab space... We are in the planning stages of remodeling some inpatient space.

1. What upgrades, new equipment, technology, etc. would you recommend and why?

-overhead lift or assisted ambulation system. There are several new things on the market, so I'm not sure what would best meet your needs. These tend to help staff physically manage patients, so that the patient can spend more time on task, without physically taxing the therapist; some kind of visual perceptual training system, such as bioness produces. However, I would get the most mobile type (don't build it in) because of how quickly technology changes.

-parallel bars, BITS system, FES Bike, Biodex treadmill with unweighting system, Biodex bike.

-Tyromotion and EKSO. The Tyro system is really engaging for many of the patients, and can be used for a variety of purposes (from assessment to therapy), and can span disciplines (OT, PT, even SLP/cognition). Several of the pieces do take up space, so keep that in mind. But it also a step toward a more technologically-advanced approach to things. EKSO has been really well-utilized by PT team.

2. What equipment, technology, items, would you say you could do without and why?

-We have an FES system that we do not use much. Anything that takes quite a while to set up, and then has limited usability, I would stay away from; stay away from anything you could have a vendor come in and demonstrate/provide a short term loan or lease for a specific patient.

-added good technology and equipment for our rehab program.

3. What are some great space-utilization ideas? (in regards to treatment space, personnel space, and storage)

-We had our process improvement department help with a "4S" of our wheelchair space, we use metro racks to have a second level of storage for chairs, cushions, accessories etc; dedicated splinting/casting area, but keep the space usable for other things too.

-Try to keep as much wall space as possible; add closet space.

-For our rooms with shared walls, we created cabinets that were "pass through", meaning that you could access them from Room A and Room B. That way, we could have shared materials/toys/equipment in those cabinets, and not have to duplicate materials. One other idea for work space is to have flexible stations with docking stations, and issue laptops to therapists. You can have "assigned" work spaces, but if there are shared workspaces, the docking stations allow people to hop on another spot and still document.

4. What kind of space do you have for storage? What equipment do you keep "close by" to treatment space? What equipment is stored farther away?

-Not enough!! space for wheelchair, and other equipment storage, on a lower floor level; clean storage area with a moving metro cart area for storage that was built into the room, had a professional organizer come in and set up the space. It's been a great way to manage our toys.

-only thing really stored far away is wheelchairs and other type of equipment we might only use occasionally.

-We look at utilization and size; so the less utilized, the further away; specialized tricycles, walkers, gait trainers, etc. are stored in different locations. We also have an amazing therapy aide team, who help us retrieve, store and organize our equipment through a check out/in process.

- Braces, ADL stuff, thera band/putty, toys, games and some crafts

5. Any other thoughts, tricks ideas you may want to share...

-It would be nice to have some storage or “parking space” for some of the bigger stuff close by; bikes, W/C, etc., currently being used for a patient sit in a corner of our gym and therapists have to be careful this “stuff” doesn’t start getting in the way and creates a lot of clutter.

-Over build if possible. In the planning they will try to keep it smaller than you want. You cannot have too much space, but you can have too little space if you program grows.

-BIGGEST piece of advice is that, during the planning process, find a large area (parking lot, etc.) and take some tape or chalk and mark out the dimensions of rooms, and then bring actual equipment to that space or block off equipment. Our spatial skills are a bit sub-par when it comes to figuring out how big a space is, and what all will fit in it comfortably. When you start to think about plinths or treadmills or other pieces of equipment, getting a sense of how a room can be organized to maximize the space is key, and will help you in the long run (or help you advocate for MORE space).