

Area	Rehab Medicine	Process Name	OP Rehab Medicine Scope of Care and Referral Process	Date of Reliable Method	June 2022
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	Major Step	Description	Role Responsible
1	<b>Purpose:</b>	<ul style="list-style-type: none"> <li>To describe the scope of care of outpatient Rehab Medicine.</li> <li>To outline existing resources for providers to use for patients with neurological impairments/disability.</li> <li>To provide referral information for OP Rehab Medicine Clinic within the UW system.</li> </ul>	
2	<b>Rehab Medicine Scope of care:</b>	<p><b><i>Please consider Rehab Medicine referrals to help co treat any patient who has neurological impairments and or disability that is enduring, impacts quality of life, complex symptom management, vocation, equipment needs and care giver burden.</i></b></p> <ul style="list-style-type: none"> <li>To treat impairments with appropriate therapy modalities, ensuring care is coordinated, services are appropriate, and all areas of need addressed timely.</li> <li>To reduce overall disability, serve as expert for degree of disability, ability to return to vocation, ability to drive, ability to care for self, and assess care given burden and home safety.</li> <li>Specific guidance as to when and how a patient can return to work or school with accommodations for the following but not limited to paralysis, impaired cognition, impaired language &amp; other communication, neuromuscular fatigue, neurobehavioral limitations, impairments in mobility, self-care, and instrumental ADLs.</li> <li>To ensure complications are minimized in areas of expertise either by risks incurred or lack of treatment.</li> <li>To improve the overall health and wellbeing of patients through treatment of symptoms within area of expertise. Including but not limited to: Spasticity, bowel/bladder impairments, PEG tube management and tube feeding and if appropriate discontinuation, dysphagia, orthostatic hypotension, autonomic dysreflexia, limb loss, neurobehavioral agitation, wound care, neuropathic pain, depression, sleep disruption, contractures, facilitating musculoskeletal care for impairments, cognitive communication deficits, impairments in self-care or instrumental ADLS, impaired abilities with vocation or ability to care for self or others, competency to understand and make decisions for self-based on degree/type of cognition deficits.</li> <li>To treat medical diagnoses which may result in prolonged impairments in mobility, self-care, and I ADLs, swallow, cognitive communication abilities and vocation. To include but not exclusive to: Stroke, brain injury, multiple sclerosis, spinal cord injury, paralysis, myelopathy, Parkinson's disease, brain tumors, Guillain Barre Syndrome, peripheral neuropathy, oncological conditions, covid, rheumatological or complex orthopedic conditions, and amputations.</li> </ul>	

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		<ul style="list-style-type: none"> <li>To ensure caregiver burden is addressed, advocate for support and make appropriate referrals for safety and to reduce care giver burden for care givers.</li> <li>To ensure equipment for needs are prescribed appropriately and timely. To include but not limited to specialty seating such as custom manual and power wheelchairs, mechanical lifts, hospital beds, upper and lower extremity bracing.</li> <li>To attend to social determinants of health in the vulnerable, disabled population and to leverage organizational support to minimize impact.</li> </ul>	
4	<b>Therapy Referrals</b>	<ul style="list-style-type: none"> <li>Please refer all patients with therapy needs to Valley Outpatient Therapy Services and or Lifestyle Medicine. In the event there is a waiting list, there are excellent community partners that have outpatient neurologic therapy services. A list was provided to the Valley OP therapy manager.</li> </ul>	
5	<b>Spasticity</b>	<ul style="list-style-type: none"> <li>Non PMR Providers may manage with pharmacological measures such as baclofen or tizanidine.</li> <li>Providers may elect to refer to VMC Neuroscience Dr. Jennie Davis for consideration of spasticity management such as Botox or intrathecal baclofen pump.</li> <li>Providers may elect to refer to UW Medicine Rehab Medicine Clinic (UWMC/HMC) in the event Dr. Davis is unable to accommodate.</li> </ul>	
6	<b>Return to Drive</b>	<ul style="list-style-type: none"> <li>Valley Medical Center Occupational Therapy Ref for pre driving readiness. If they recommend an on the road assessment, then see below:</li> <li>Northwest Driver Rehab 319 NW Dogwood Street Issaquah, WA 98027 Phone: 425-373-1315 Fax: 425-373-1320</li> <li>Outpatient Rehabilitation - Issaquah 751 NE Blakely Drive Suite 4010 Issaquah, WA 98029 Phone 425-313-7800 425-313-7801 Phone Initial appointment scheduling: 425-313-7000</li> </ul>	
7	<b>Disability Paperwork</b>	<ul style="list-style-type: none"> <li>Patient may have disability benefits beyond FMLA. Please ask patients to work with their employers to understand their benefits including if they have short term disability and long-term disability. It is important to provide documentation for LTD as it will need to be approved, even if offered as a benefit.</li> </ul>	
8	<b>Neuropsychological Assessment</b>	<ul style="list-style-type: none"> <li>Valley Medical Center, Neuroscience</li> <li>UW Medicine Dept Rehab Medicine HMC/UWMC</li> <li>Advanced Behavioral Medicine &amp; Neuropsychology Associates PLLC 2013 S 19th St, Tacoma, WA 98405 · (253) 383-3355</li> </ul>	

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9	<b>Medicaid Eligibility</b>	<ul style="list-style-type: none"> <li>Please ask your clinic Community Health Facilitator to please direct patients to Valley Financial Advocates to see if they qualify for Medicaid in the event they are losing employer based insurance or if they only have Medicare. This additional resource helps with equipment and long-term care benefits.</li> </ul>	
10	<b>Vocational Rehab</b>	<ul style="list-style-type: none"> <li>Providers may manage return to work needs. However, if new neurological impairments are at risk to persist as patient's reenter the work force with modifications needed including short term/long term disability, or likely to impact vocational security and or livelihood, consider referring patients to the UW system or to State Vocational Rehabilitation Services.</li> </ul> <p>Rehabilitation Medicine Clinic at UW Medical Center - Montlake</p> <hr/> <p><b>Located in:</b> <a href="#">UW Medical Center - Montlake</a>  <b>Address:</b> Main Hospital, 1959 NE Pacific St 8th floor, Seattle, WA 98195  <b>Phone:</b> <a href="#">(206) 598-4295</a>  <b>Appointments:</b> <a href="#">uwmedicine.org</a></p> <p>UW Medicine Rehabilitation Medicine Clinic at Harborview</p> <hr/> <p><b>Located in:</b> <a href="#">Harborview Medical Center   Seattle Hospital</a>  <b>Address:</b> Norm Maleng Building, 410 9th Ave, Seattle, WA 98104  <b>Phone:</b> <a href="#">(206) 520-5000</a>  <b>Appointments:</b> <a href="#">uwmedicine.org</a></p> <p>DSHS-Department of Vocational Rehabilitation</p> <hr/> <p><b>Address:</b> Pacific Tower, 1200 12th Ave S, Seattle, WA 98144  <b>Phone:</b> <a href="#">(206) 273-7100</a></p>	
11	<b>Permanent Disability:</b>	<p>If you have a patient who you deem will not be able to return to the work force for at least one year or longer, you may support them through the following:</p> <p><b>Renton Community Services Office</b>  500 SW 7th St Suite B  Renton, WA 98057  <b>Primary Phone:</b> (877) 501-2233  <b>TTY:</b> (800) 833-6384  <b>Fax:</b> (888) 338-7410</p>	

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		<p>Social Security offers an online disability application you can complete at your convenience. Apply from the comfort of your home or any location at a time most convenient for you. You do not need to drive to your local Social Security office or wait for an appointment with a Social Security representative.</p> <p>Contacting Social Security The most convenient way to contact us from anywhere, on any device, is to visit <a href="http://www.ssa.gov">www.ssa.gov</a>. There are several things you can do online: apply for benefits; get useful information; find publications; and get answers to frequently asked questions.</p>	
12	<b>Transportation food security, or need for case management</b>	Contact your clinic community health facilitator and or RN care manager.	
13	<b>Care giver support:</b>	Contact your clinic community health facilitator and or RN care manager. They can assist with private duty care givers. If your patient has Medicaid, then you can refer your patient to Home & Community Services for a paid care giver assessment.	
14	<b>Custom wheelchair seating:</b>	<ul style="list-style-type: none"> <li>Valley Medical Center Outpatient therapy may be able to assist on a case-by-case basis. Please contact them directly.</li> <li>Rehabilitation Medicine Clinic at UW Medical Center - Montlake</li> </ul> <p><b>Located in:</b> <a href="#">UW Medical Center - Montlake</a>  <b>Address:</b> Main Hospital, 1959 NE Pacific St 8th floor, Seattle, WA 98195  <b>Phone:</b> <a href="tel:(206)598-4295">(206) 598-4295</a>  <b>Appointments:</b> <a href="http://uwmedicine.org">uwmedicine.org</a></p> <p>Indicate this is for specialty seating clinic.</p>	
15	<b>Ankle Foot Orthosis:</b>	<ul style="list-style-type: none"> <li>Pacific Medical P and O Renton</li> </ul> <p><a href="#">350 South 38th Court Suite 110, Renton, WA 98055</a></p> <p><a href="tel:(425)226-5922">(425) 226-5922</a>  <a href="http://www.pacmedical.com">www.pacmedical.com</a>  <b>Specialties:</b>  Orthotics &amp; Prosthetics</p> <ul style="list-style-type: none"> <li>Hanger Clinic: Prosthetics &amp; Orthotics</li> </ul> <p><b>Get online care:</b> <a href="http://hangerclinic.com">hangerclinic.com</a>  <b>Address:</b> 401 SW 41st St, Renton, WA 98057  <b>Phone:</b> <a href="tel:(425)251-3227">(425) 251-3227</a>  <b>Appointments:</b> <a href="http://hangerclinic.com">hangerclinic.com</a></p>	

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16	Supportive Counseling:	<ul style="list-style-type: none"> <li>Rehabilitation Medicine Clinic at UW Medical Center - Montlake</li> </ul> <p><b>Located in:</b> <a href="#">UW Medical Center - Montlake</a>  <b>Address:</b> Main Hospital, 1959 NE Pacific St 8th floor, Seattle, WA 98195  <b>Phone:</b> <a href="#">(206) 598-4295</a>  <b>Appointments:</b> <a href="#">uwmedicine.org</a></p> <p>Indicate this is for Rehab Psychology</p>	
17	Rehab Medicine Provider & Clinic:	<p><i>Rehabilitation Medicine Clinic Harborview Medical Center</i>  <a href="#">Norm Maleng Building, 410 9th Ave., 4th Floor, Seattle, WA 98104</a>  206 520-5000  206.744.6046 fax</p> <p>The Rehabilitation Medicine Clinic at Harborview Medical Center offers comprehensive care for adults recovering from spinal cord injury, traumatic brain injury, stroke, amputations and COVID-19. We offer follow-up care for UW Medicine patients discharged from our acute care and rehabilitation unit. We also offer <u>post-COVID rehabilitation and recovery care</u> for patients who have recovered from an active infection of COVID-19 but continue to have lingering symptoms.</p> <p>Patients are the center of our multidisciplinary team. Care team members include doctors who specialize in rehabilitation medicine (physiatrists), rehabilitation nurses, physical, occupational and speech therapists, patient care coordinators, therapeutic recreation specialists, vocational rehabilitation counselors, rehabilitation psychologists and social workers.</p>	

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## Conditions we see:

- Stroke
- Intracranial Hemorrhage
- Brain AVM (Arteriovenous Malformation)
- Hydrocephalus
- Cerebral palsy
- Genetic brain conditions causing developmental delay and physical disability
- Traumatic Brain Injury
- Anoxic Brain Injury
- Metabolic Encephalopathy
- Brain Tumors
- Brain Lesions
- Degenerative/ Demyelinating brain conditions
- Multiple Sclerosis
- Guillain-Barré syndrome (GBS)
- Parkinson's Disease
- Acute Demyelinating Polyneuropathy/Chronic Demyelinating Polyneuropathy
- Critical Illness Polyneuropathy
- Peripheral neuropathy with weakness
- Spinal Cord Injury
- Paraparesis
- Quadriparesis
- Myelopathy
- Spinal Stenosis with weakness/myelopathy
- Myasthenia Gravis
- Myopathy
- Covid-19 related deconditioning & fatigue
- S/p limb amputation: Above the knee, Below the knee
- Rheumatological disability (Rheumatoid Arthritis; Eller's Danlos)
- Cancer related disability, fatigue, cognitive impairments, physical limitations



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# Rehab Medicine Clinic: When?



- We see patients with conditions that usually affect the brain, nerves and muscles.
  - The conditions cause impairments: weakness, numbness, fatigue or impaired cognition.
  - Impairments that made it hard to move or walk normally or care for your self. This might affect the ability to drive or work or remain independent.
  - Impairments create disability and impact quality of life: ability to work or enjoy life optimally, require special equipment, adaptations, or care givers.
  - Care needs are unique to the interface of medicine and rehabilitation, most optimal when guided by a specialist.
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