



Practice Number: **0959073**



WELLNESS RESTORED

WHY SUBACUTE & REHABILITATION CARE?

Recovering after an acute illness, injury, surgery, physical or cognitive debilitating event is often a long and intense journey where patients need the necessary care and support to recover.

"A journey of a thousand miles begins with a single step" – Chinese Proverb. Recovering from an acute event requires an expert recovery and support partner to help patients take that first step and walk the path with them to achieve their highest level of **INDEPENDENCE**, as safely and as quickly as possible.

Greentree Subacute and Rehabilitation Hospital offers patients continued post-hospital care through a team of **hand-picked nursing and rehabilitation experts** focused on restoring patients' independence. Our top-class facility provides cutting-edge, comprehensive inpatient subacute and rehabilitation care that **accelerates patients' return to wellness**, with the potential to shorten their recovery period.



A journey of a thousand miles begins with a single step

SUBACUTE & REHABILITATION SERVICES

- Stroke Rehabilitation
- Orthopaedic Rehabilitation
- Surgical Care and Recovery
- Cardiac Post-operative Care
- Post-medical Patient Care
- IV Antibiotic Therapy
- Amputee Rehabilitation
- General Rehabilitation
- Joint/Hip Replacement Rehabilitation
- Wound Care

Greentree Subacute and Rehabilitation in association with The Stroke Survivors Foundation offers a wide range of post-discharge support programmes for both the family and patient.



PDSS
Post Discharge Stroke Support





THE BENEFITS OF OUR CARE

HOW ARE OUR PATIENTS ADMITTED, ASSESSED & TREATED?

Referral and Admission: After the hospital and the treating specialist refers the patient to us, the Greentree Health team assesses if the patient can be admitted. If the patient can be welcomed and assisted, we will contact the hospital ward and facilitate the medical aid authorisation, transfer and admission process with the hospital. For further information on how to refer and admit a patient visit www.greentreehealth.co.za/journey

Assessment & Treatment Plan: A detailed assessment is done so nursing care and rehabilitation treatment can commence.

- 1 An individualised treatment plan is developed by our rehabilitation experts and carefully implemented step-by-step.
- 2 Our nursing team ensures compassionate and expert care during the patient's recovery journey.
- 3 Close monitoring, reporting & communication is continually facilitated with patients, their families and the patient's referring specialist.
- 4 Our facilities provide a beautiful healing environment where patients can reach their highest level of independence.

Discharge & Return Home: Our goal is to move patients to an independent lifestyle as they improve. Discharge planning, a final assessment and communication is done with patients and their families before discharge. A tailor-made exercise programme is provided and demonstrated to ensure a maximum recovery benefit. Possible outpatient treatment requirements are discussed to ensure sustainable support until patients reach their full potential independence.

At Greentree Health, our purpose is to enable a **seamless** and **best-practice** return to wellness.

- Beautiful healing hospital environment **specifically built and designed** for effective subacute and rehabilitation services.
- Highly skilled and experienced nursing manager with a team of hand-picked, capable and **friendly nursing staff closely monitoring patients** to ensure continuous progress and good patient outcomes.
- Close communication and feedback updates to referring specialists on patient progress. Specialists are welcome to visit patients any time.
- Skilled rehabilitation experts (physiotherapists) advising and implementing rehabilitation programmes. Specialists are welcome to make use of own physiotherapists at our facility.
- A registered nurse (RN) always on duty and a doctor on call if needed, **creates peace of mind**.
- Ability to resus, do ECGs and close observations. Immediate intervention can be done where required.
- Paramedics-on-call in case of an emergency where patients are taken to a hospital emergency unit when required.
- Close relationship with Pathcare Pathologists to assist with blood tests where required.
- Proper and appropriate medical equipment.
- **Peace of mind** for the family that their loved-one is receiving medical services.
- A means to better serve patients and their families by putting less strain on finances and medical expenses that come with injury or illness.
- **A dedicated case manager** who liaises with the hospital's case manager and the medical aids to obtain authorisations and motivate for extensions to ensure patients receive the necessary care and rehabilitation they require.



"With competent subacute & rehabilitation care we help patients achieve their highest level of independence as quickly as possible"



WHAT DAILY SUPPORT DO WE OFFER OUR PATIENTS?

Visit our doctor's portal for more info:
www.greentreehealth.co.za



Compassionate and expert nursing care. Administering medication at required times, monitoring vitals closely, documenting care provided, food intake, medicine administered, rehabilitation therapy received and any other medical assistance required, while reporting back to the referring specialist and family.



Mobility support and rehabilitation to assist and teach patients to sit up, get in and out of bed, sit on a chair/wheelchair, get in and out of the shower/bath, use the toilet, walk around, etc. as well as supporting patients to learn new mobility skills and do exercise in our newly equipped gymnasium to improve movement and strength.



Assistance with personal care, including washing, mouth care, grooming, going to the bathroom and getting dressed. As patients differ in their acuity, we adapt our personal care approach according to the patient's needs with the patient's guidance and input. Required assistance is re-assessed continually.

- Facilitating a patient's journey from hospital to home in the best and most seamless way possible by building patients' mental confidence, promoting physical mobility and educating patients on what to expect, how to operate at home and at work, while discussing follow-up out-patient support services.
- Ensuring patients receive and enjoy nutritional meals to promote restored wellness.
- Ensuring patients receive the necessary care with compassion and expertise to help them achieve their highest level of independence as quickly as possible.

CONTACT US TO REFER A PATIENT



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