

Going Beyond



**Joe DiMaggio
Children's
Hospital
celebrates
expansion**

Page 6



**A non-surgical
approach to
back pain**

Page 10



**How therapy
dogs help heal**

Page 16

At the Helm

**Memorial Healthcare System
welcomes Scott Wester as its
new President and CEO**

Memorial Orthopaedic Surgery and Sports Medicine Center

now available at

Memorial Hospital Miramar



Whether in Miramar, Hollywood or Fort Lauderdale, Memorial's team of orthopaedic surgeons and primary care sports medicine specialists offer advanced diagnostic workups with outpatient surgical and nonsurgical treatment options for a variety of orthopaedic conditions, including:

- Minimally invasive and advanced arthroscopic surgery of the knee and shoulder, including treatment of:
 - meniscus tears
 - ACL tears
 - cartilage injuries
 - rotator cuff tears
 - shoulder, elbow and knee instability
- Fracture surgery for broken bones
- Shoulder replacement
- Total and partial knee replacement
- Total hip replacement
- All sports injuries including injuries of the knee, shoulder, ankle, hip, elbow
- Non-operative care including advanced techniques like PRP and viscosupplementation injections
- Sports Medicine PT/Rehab on site

To refer a patient, call 954-932-5176



James MacKenzie, MD
Orthopedic Surgeon and
Sports Medicine Specialist



Alexander Nguyen, MD
Primary Care
Sports Medicine Specialist

New Location

Memorial Hospital Miramar
1951 SW 172nd Avenue, Suite 405
Miramar, FL 33029



Memorial Orthopaedic Surgery and Sports Medicine Center

Memorial Hospital Miramar · 1951 SW 172nd Avenue, Suite 405, Miramar, FL 33029

Fort Lauderdale · 2122 W. Cypress Creek Road, Suite 202, Ft. Lauderdale, FL 33309

Hollywood · 1150 North 35 Avenue, Suite 130, Hollywood, FL 33021



Douglas A. Zaren, FACHE
Chief Executive Officer,
Memorial Regional Hospital South
and Memorial Rehabilitation Institute,
Memorial Post-Acute Care Network

James A. Salerno, MD
Chief of Physical Medicine and Rehabilitation,
Medical Director of
Memorial Rehabilitation Institute

Shelly Delfin, APRN, MSN, NP
Chief Nursing Officer,
Memorial Regional Hospital South
and Memorial Rehabilitation Institute,
Memorial Post-Acute Care Network

Dawn S. Broksch, DPT, MAOM, FACHE
Associate Administrator,
Memorial Regional Hospital South and
Memorial Rehabilitation Institute,
Memorial Post-Acute Care Network

Caitlin Stella, MPH
Chief Executive Officer,
Joe DiMaggio Children's Hospital

Dennis Hart, MD
Chief,

Pediatric Physical Medicine and Rehabilitation,
Joe DiMaggio Children's Hospital

Jineal Shinn, MSN, RN, NEA-BC
Chief Nursing Officer,
Joe DiMaggio Children's Hospital

Tony Milian, MBA, AT – RET
Administrative Director, Pediatric
Orthopedics, Sports Medicine,
Rehabilitation & Neurosciences,
Joe DiMaggio Children's Hospital

Jeremy Allen Jacobs, DO
Graduate Medical Program Director,
PM&R Residency Program
Memorial Rehabilitation Institute

Editor
Debbie Lessard, DPT, OCS

Creative Services
Spark It Communications

Editorial Contributors
Amanda Alison Porro, MD
Alison Diaz, PT, DPT
Jackson Cohen, MD, PM&R
Anna Castaneda, PT, DPT, NCS
Paula Jacobs PT, DPT
Desiree Ross, SLP

Going Beyond is published quarterly by
Memorial Rehabilitation Institute and
Joe DiMaggio Children's Hospital Rehabilitation
Center. Reproduction in whole or part without
written permission is prohibited. To send
comments or unsubscribe, please contact
Administration Office, Memorial Rehabilitation
Institute, 3600 Washington Street,
Hollywood, FL 33021.

Contents

Features

2 **WELCOME SCOTT WESTER, CEO**
Memorial welcomes a new President and
Chief Executive Officer to the health system.

6 **JOE DIMAGGIO CHILDREN'S
HOSPITAL EXPANDS**
The \$170 million expansion includes
leading-edge surgical capabilities.

10 **A Comprehensive Approach to Back Pain**

11 **Meet Sarah Pastoriza, DO**

12 **PROGRAM HIGHLIGHTS**

Voice Therapy
Telehealth Group Exercise Program

13 **Robotic Knee Replacement Surgery**

14 **A Partnership for Complex Care**
JoeDiMaggio/Boston Children's Alliance

15 **A Bridge to Heart Transplant**
GME Program Offerings Expand

16 **IN THE COMMUNITY**

Therapy Dogs Provide Healing Touch
Virtual Research Symposium

17 **Memorial Rehab by the Numbers**



The Joint Commission
accredited



CARF-accredited
(Commission on
Accreditation for
Rehabilitation
Facilities)



Florida Department of
Health Brain and Spinal
Cord Injury Program

NEW CEO SCOTT WESTER'S VISION FOR MEMORIAL – AND POST-ACUTE CARE

From Healthcare to Health

For just the fourth time in its 70-year history, Memorial Healthcare System has welcomed a new President and Chief Executive Officer. Scott Wester, FACHE, arrived in July 2022 to help steer Memorial into the future – and to take a leadership position in an ever-changing healthcare landscape.

He's feeling confident about it, too.

"With healthcare continuing to increase its percentage of total GDP, baby boomers consuming more of our services, and with all the new entrants into the field, Memorial is very well-positioned to be the provider that successfully connects all the pieces necessary to ensure people's health and well-being," he says. "We can be the healthcare provider for a large segment of the population."



Memorial Rehabilitation Institute



Left: Mr. Wester with Karen Schiff, Director of Outpatient Rehabilitation, Memorial Regional Hospital South

Below: Mr. Wester, left, Celeste Perez and Anthony Vempala, Director, Cardiac and Pulmonary Rehabilitation and Medical Fitness



“Even with all the disruptions in healthcare, Memorial’s mission is still the same. We’re about caring for people. Knowing all the tools we have in the toolkit – from in-hospital acute care to the post-acute care environment – Memorial is in a better position than any other health system in South Florida to help patients and families navigate the complex maze that’s healthcare today. No other system knows its own community like we do.”

Mr. Wester is a magna cum laude graduate of Saint Louis University, earned his master’s of hospital and health administration (MHA) degree from Cincinnati’s Xavier University, and brings 30 years of healthcare leadership in management and operations, finance, academia, philanthropy, and partnership-building to his role at Memorial. Most recently, he served as executive vice president, strategic partnerships and

advocacy for Franciscan Missionaries of Our Lady Health System, a nonprofit, faith-based health system in Baton Rouge, Louisiana, where he led a historic \$250 million partnership with Louisiana State University and the system’s Our Lady of the Lake Regional Medical Center. That partnership completed the center’s transition into a nationally recognized teaching hospital.

Mr. Wester sees many similarities

between the Our Lady Health System and Memorial.

“The Our Lady Health System is a nonprofit, mission-focused healthcare ministry run by the Franciscan Sisters,” he says. “I see a lot of natural connections between its culture, which is very strong, and Memorial’s. The main purpose of both systems is to serve the community, through clinical care and also through health and wellness.”

Mr. Wester believes that Memorial’s 14,000 employees, as an extension of the South Florida community, are committed to owning this mission – ready to work as long-term partners with patients and families to promote and enhance their well-being.

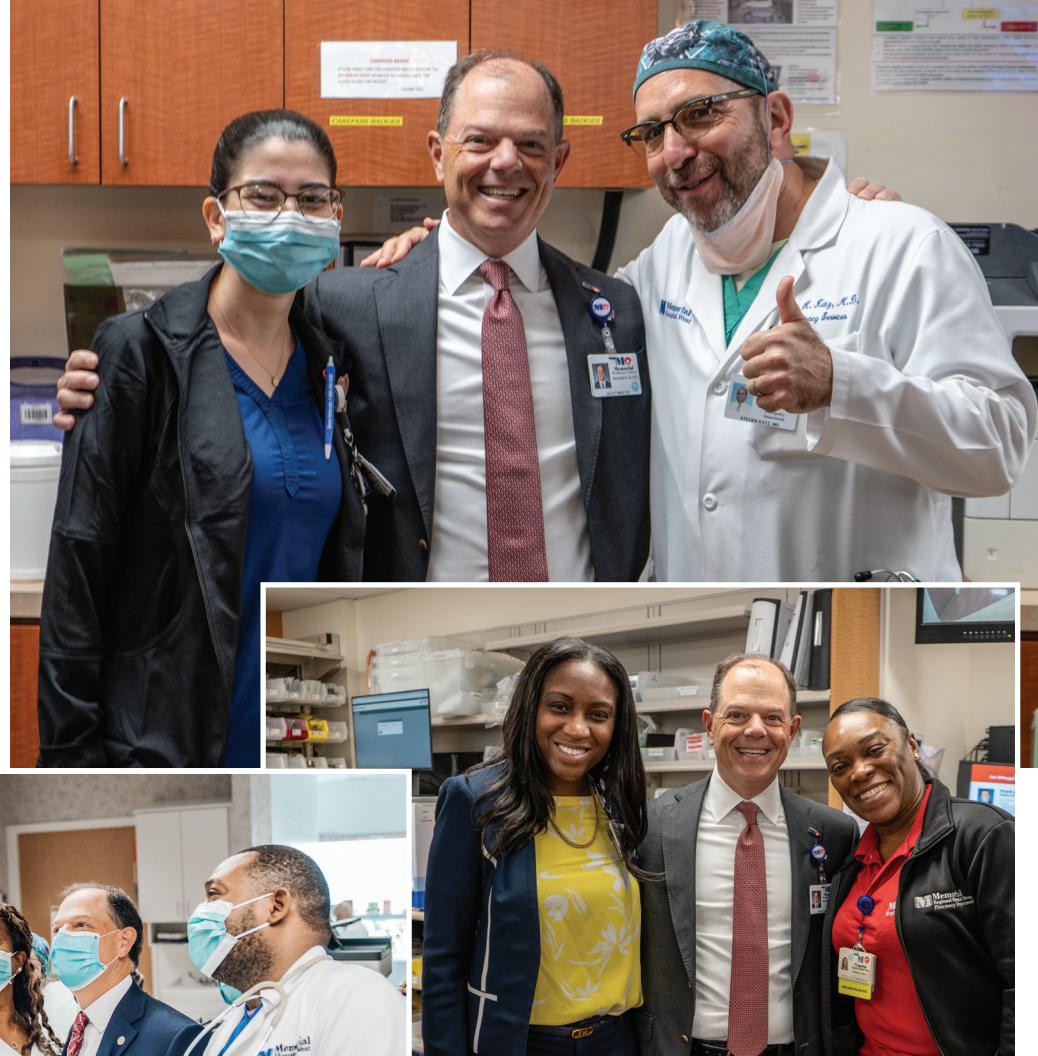
“We need to provide people with healthcare that touches all aspects

of their lives – not only when they're sick and come to our hospitals and emergency departments to get well," he says. "That means partnering with them through services like chronic care management, health education, and wellness programs – a change in focus from healthcare to health."

Memorial is a leader in delivering high-quality, patient-centered acute care – the kind of care that great hospitals have provided for years. Today, as healthcare shifts from inpatient to ambulatory, Memorial is transitioning to 360-degree, person-centered care, outside the four walls of its hospitals. Memorial's post-acute care providers will play an important role in this transformation.

"With Scott's leadership, we are developing a master plan for the next five to 10 years to address the growing footprint of post-acute care," says Douglas A. Zaren, FACHE, Chief Executive Officer, Memorial Regional Hospital South. "Our patients' needs will always be at the foundation of that plan. Our goal is to efficiently and appropriately move them out of the in-hospital, acute-care environment and put them in the environments they need to get better."

Just as developing strategic partnerships will be crucial to Memorial's overall delivery of care, it will also be a crucial player in the post-acute care arena. Memorial has already joined with other providers



Above, center and left: Mr. Wester with Memorial staff members as he tours Memorial Rehabilitation Institute

with similar values and missions – like Luna Healthcare (for at-home physical therapy), Alternate Solutions Health Network (for post-acute and hospice care) and AccentCare (for hospice and palliative care services).

Patient flow also will be key to expanding the post-acute footprint. Memorial has convened a Patient Flow Task Force to address capacity – linking all providers electronically so that safe transfers, and ultimately, safe discharges can occur.

All these changes are indicators of an inescapable fact: Memorial is entering a pivotal chapter in its history. But as the system explores

new ways to provide care, Memorial's adherence to its mission and vision will guide its transformation to this new era.

"Even with all the disruptions in healthcare, Memorial's mission is still the same," Mr. Wester says. "We're about caring for people. Knowing all the tools we have in the toolkit – from in-hospital acute care to the post-acute care environment – Memorial is in a better position than any other health system in South Florida to help patients and families navigate the complex maze that's healthcare today. No other system knows its own community like we do."



After Years of Planning, Joe DiMaggio Children's

It's official: Joe DiMaggio Children's Hospital has opened the doors to its new expansion – adding 156,000 square feet of space and **enhancing its ability to treat children with the most complex and critical conditions**, right here in South Florida.



Building – and Lots of Love – Hospital Expands

The \$170 million expansion has doubled the hospital's floors from four to eight, with areas dedicated to the Heart Institute, a medical-surgical unit, intensive care, a rehabilitation unit, and 72 private rooms, among other areas.

For the first time, the hospital will offer a neurosurgical operating suite with a leading-edge, intraoperative MRI that will provide real-time imaging in the surgical environment. The hospital also has added a comprehensive cardiac care floor that brings together complex procedures and specialized services

in one location. The Helene and Stephen Weicholz Pediatric Cardiovascular CVICU houses 20 cardiac ICU beds, a preoperative and recovery care unit, and four cardiac procedural suites – including The Frederick A. DeLuca Foundation Cardiac Hybrid Operating Room. The expansion also features the Center for Complex Care, an alliance with Boston Children's Hospital.

*Upper Left: Aerial view of Joe DiMaggio Children's Hospital
Above: The new intraoperative magnetic resonance imaging (iMRI) machine in the neurosurgical operating suite*





Pictured above: New areas in the expanded Joe DiMaggio Children's Hospital

In the spirit of the Power of Play, the new floors and areas follow the themes of Imagine, Rhythm, Adventure, and Grow. They include:

- A new gym for rehabilitative therapy services, including the outdoor Hope Terrace
- A patient classroom for ongoing education by Broward County Public Schools
- A simulation lab for teaching staff, residents, and students
- A lounge, spa room, and fitness room for families
- The Garth Brooks Teammates for Kids Child Life Zone, supported in part by the Finker-Frenkel Family Foundation, with play areas, an expanded classroom, the Lollipop movie theatre (sponsored by BBX Capital Foundation), dining area, and more

Joe DiMaggio Children's Hospital's expansion was a labor of love for the

community. One-third of the \$170 million investment was generated by community philanthropy through the "Catch the Love" capital campaign, and involved a wide variety of contributors.

Moving-in day was the culmination of these years of work, with 55 children and their families transferred through the skywalk to three of the new floors on November 8, 2022. It wasn't just a matter of moving the systems, equipment, pharmacy, technology, and other infrastructure for the new space – it required detailed, individual logistics for each patient's needs, so that everyone could be relocated safely and efficiently.

"We spent more than 600 hours planning for this eight-hour move," says Caitlin Stella, MPH, Chief Executive Officer, Joe DiMaggio Children's Hospital and Pediatric Services. "Our team – more than 50 of us – created a command center to handle every detail of moving our most precious asset, our patients."

New Pediatric Rehab Unit Provides Next-Level Care

Joe DiMaggio Children's Hospital celebrated the completion of its new pediatric inpatient rehabilitation unit and therapy gym last November. The modern unit comes fully equipped with a world-class inpatient rehabilitation gym, several treatment rooms, six large inpatient rooms (which provide families with plenty of space during their admission and enhanced capabilities for hospital staff to treat complex diagnoses), a sensory room, a virtual reality treadmill and the Bioness Vector Track, which is used in gait, mobility and balance rehabilitation. In addition, patients, families, nurses and therapists can now access a new outdoor terrace and expand their inpatient rehabilitation experience outdoors.



A Comprehensive Approach to Back Pain

Back pain is one of the most common health complaints in the United States. Some 65 million people have short-term back pain, and another 16 million experience chronic pain and discomfort. Back pain can become so severe in some cases that it prevents individuals from performing simple daily activities like washing dishes or walking up the stairs. A person's sleep may also suffer. In fact, many with this type of pain stop doing the things they enjoy most.



If back pain is so severe that it has an impact on your quality of life, you should consult with a medical professional to address the cause and assess treatment options. Fortunately, Memorial Healthcare System has established a comprehensive center for those suffering from back pain.

Memorial's Division of Physical Medicine and Rehabilitation (PM&R) has partnered with the Division of Neurosurgery to form the Memorial Spine Center, a trusted, comprehensive center for people experiencing back pain.

Medical experts in both divisions address all aspects of back pain. Physiatrists, medical doctors who specialize in physical medicine and rehabilitation, like David Valdes, MD, are experts in musculoskeletal medicine. These specialists use imaging studies, such as X-rays and MRIs, to diagnose and pinpoint the source of back pain.

Using this information, the PM&R doctor will recommend holistic, nonsurgical treatments to get the patient back on the path to recovery. Treatment options may



Aquatic Therapy: Rehabilitation for Spine Patients

Aquatic therapy is an ideal treatment for patients experiencing back pain and core weakness.

Memorial Rehabilitation Institute houses a 27,000-gallon, heated, therapeutic salt-water pool. Our aquatic physical therapists specialize in caring for patients with pain and neuromuscular dysfunction. Exercises are easier to perform in the water, and patients with spinal disorders benefit from the inherent properties of water.

Buoyancy reduces the weight on your spine. You weigh less depending on the depth of the water.

Heat decreases pain and helps the muscles relax. A therapeutic pool is kept at temperatures of 92 to 98 degrees Farenheit. The warm water also enhances circulation, which can speed up healing.

Hydrostatic pressure reduces swelling and supports the spine.

Water provides **resistance** to help strengthen muscles during exercise.

include physical therapy, medications, activity modification and ultrasound-guided injections, to name a few.

If the condition doesn't respond to such conservative methods, Memorial interventional pain specialists Jackson Cohen, MD, and Sarah Pastoriza, DO, will recommend a different course of treatment.

Care plans are designed for the specific patient and may include:

- Epidural steroid injections
- Facet blocks
- Intracept procedure
- Minimally invasive lumbar decompression (MILD) procedure
- Radiofrequency ablations
- Spinal cord stimulation

If surgery is required, fellowship-trained spine surgeons at Memorial offer evidence-based surgical options.

Luis Romero, MD, from the Division of Neurosurgery, visits the PM&R office once a month to see patients who need surgery. Dr. Romero and other PM&R physicians collaborate on each patient's case, ensuring the right treatment is offered. This partnership ensures patients receive the best possible spine care.

Meet Sarah Pastoriza, DO

As a physiatrist and interventional pain specialist at Memorial Healthcare System, Sarah Pastoriza, DO, cares for patients with chronic pain and musculoskeletal concerns. "If I can visualize it with an X-ray or ultrasound, I am able to treat it," she explains.

Dr. Pastoriza is double board-certified in physical medicine and rehabilitation as well as pain medicine. She also completed a second fellowship in interventional orthobiologics, an emerging specialty that aims to decrease surgeries for certain conditions related to sports injuries, arthritis, and trauma.

"I decided to go into a field where I could develop treatments without surgery to help people heal and return to their full functional capacity by utilizing their body's own healing capabilities," says Dr. Pastoriza.



Breaking the Silence

RJ, a 48-year-old pediatric registered nurse, had experienced increasing hoarseness and voice loss over the last year. Her ear, nose, and throat (ENT) specialist diagnosed her with bilateral vocal fold nodules and referred her to Memorial Rehabilitation Institute Voice Clinic at Memorial Hospital Miramar. Following a comprehensive evaluation at the clinic, the team of therapists created a comprehensive treatment program to help RJ recover her vocal abilities.

"We created action plans for specific times and settings in her life that she knew would require increased vocal effort," says Desiree Ross, MS, CCC-SLP, a speech-language pathologist at Memorial Hospital Miramar. "We taught her how to problem solve to avoid triggering voice symptoms. Then we established an ongoing home exercise program to generalize these positive voice habits in her everyday life and to reduce the chances of a recurrence."

The Voice Clinic at Memorial Hospital Miramar Outpatient Rehabilitation is equipped to treat

a wide range of voice-related issues. Staff work closely with ENTs and strive to improve patient outcomes with specific treatment plans that are both functional and designed to improve the patient's quality of life.

Vocal disorders can develop in children and adults following injury, illness, or a spontaneous event. Physiological causes can include vocal fold nodules or polyps, paresis or paralysis, neurological diseases, spasmodic dysphonia, or vocal fold dysfunction. Symptoms can include a loss of voice or significant voice changes lasting longer than a few days that are unrelated to sickness, hoarseness lasting longer than two or three weeks, voice changes that affect quality of life or the ability to complete job duties, sensations in the throat, or a severe or prolonged sore throat.

"We are seeing an increase in



COVID-19-related voice disorders secondary to excessive coughing, prolonged intubation, and tracheostomy placement," says Ms. Ross.

Approximately 17.9 million adults reported vocal disturbances last year, while 1.4 percent of children complained of issues that lasted a week or longer. Being evaluated by an otolaryngologist or ENT is key to facilitating a patient's recovery – especially if symptoms are unrelated to illness or injury and last two or more weeks. A laryngoscopy is the gold standard in diagnosis and ultimately drives treatment for these patients.

This was RJ's journey. Thanks to the staff and treatment program at Miramar's Voice Clinic, she recovered beautifully. "After four to six weeks of treatment, in addition to voice improvements, RJ followed up with her referring ENT and her nodules were nearly resolved," says Ms. Ross.

Parkinson's Patients Benefit from Virtual Exercise Program

Carmen Ortiz, CCC, SLP, and Alison Diaz, PT, DPT, from Memorial Hospital West, submitted a poster presentation on Memorial's Telehealth Group Exercise Program for patients with Parkinson's disease. Patients who participated in the virtual program reported positive outcomes, including maintaining and enhancing physical movement and voice production. The poster was presented at the Annual American Medical Rehabilitation Providers Association Conference last October. The innovative program is managed by the Outpatient Rehabilitation Department at Memorial Hospital West and partially funded by a grant from the Parkinson's Foundation.



ROBOTIC TECHNOLOGY REVOLUTIONIZES KNEE REPLACEMENT SURGERY

An estimated 900,000 knee replacements are performed in the United States each year, but about 15% of current knee replacement patients are not completely satisfied after surgery since they often encounter persistent pain, stiffness, and/or instability.

With the use of advanced robotic-assisted knee replacement technology, surgeons at Memorial Orthopaedic Surgery and Sports Medicine Center are improving these outcomes. As the first in South Florida to use the VELYSTM Robotic-Assisted Solution, Memorial orthopaedic surgeons are performing knee replacement surgery that's specifically tailored to each patient's unique anatomy. As a result, patients experience increased mobility, less pain, and a faster recovery, so they can return to their normal, active lifestyle sooner than before.

"This new robotic technology allows us to offer greater precision in terms of implant placement and soft tissue balancing for our patients, all in the hopes of improving patient outcomes," says Daniel Chan, MD, chief of Orthopaedic Surgery and Sports Medicine, Memorial Healthcare System. "The robotic arm facilitates the multiple cuts necessary for knee replacement based on patient-specific anatomical landmarks and soft tissue tension, while providing

real-time intra-operative data that guides decision-making. Unlike other systems, the VELYSTM platform is completely image-less and does not require patients to go through the expense and radiation exposure of a pre-operative CT scan."

Since every patient is unique and every knee is different, orthopaedic

"THIS NEW ROBOTIC TECHNOLOGY ALLOWS US TO OFFER GREATER PRECISION IN TERMS OF IMPLANT PLACEMENT AND SOFT TISSUE BALANCING FOR OUR PATIENTS, ALL IN THE HOPES OF IMPROVING PATIENT OUTCOMES."

— DANIEL CHAN, MD

surgeons at Memorial Regional Hospital South are using the VELYSTM system to provide a patient-specific knee replacement surgical plan without the limitations of manual instrumentation. The use of the robot allows for very precise adjustments in implant orientation and alignment to achieve a balanced knee throughout a full arc of motion with minimal release of soft tissue. This results in a knee that feels more natural for

the patient while facilitating a faster recovery.

"The Rehabilitation Institute at Memorial Regional Hospital South is poised to combine new technologies in complex orthopaedic surgeries with intensive rehabilitation to ensure our patients benefit from the continuum of care offered by



Dr. Chan using a VELYSTM robot for knee replacement surgery

our multidisciplinary teams – from diagnosis to surgery to rehabilitation and recovery," says Doug Zaren, CEO, Memorial Regional Hospital South. "Our goal with every patient is to take them beyond their previous limitations into an active life in motion."



A PARTNERSHIP FOR COMPLEX CARE

Children and adolescents with complex healthcare needs require a multidisciplinary approach to address a multitude of medical issues. Enlisting the help of varied specialists is key to providing young patients with a chance at their best life.

At Joe DiMaggio Children's Hospital, the Center for Complex Care meets those children's needs and offers a range of services – from transitional care and medical consultation to coordination of care and needs assessment.

Along with her small team, Amanda Porro, MD, Medical Director of Clinical Effectiveness and Complex Care Programs at Joe DiMaggio Children's Hospital, focuses on optimizing patient care.

"A lot of our patients are NICU graduates, so those babies are often referred to us. These cases can be a lot for pediatricians to manage on their own," explains Dr. Porro. "We have the ability to bring in other hospital resources when needed and have access to social workers, dietitians, surgeons, and other subspecialists, in addition to providing traditional care coordination. Most of the patients we see end up receiving Physical Medicine and Rehabilitation (PM&R) referrals, which is why there's this great synergy."

The center also provides healthcare for children who've been diagnosed with a rare disease, who are dependent on technological devices like feeding tubes or ventilators, and/or are followed by multiple specialists. Dr. Porro and her team facilitate advanced care initiatives and seek out second opinions for challenging diagnoses.

Despite the experience and knowledge available to them at Memorial, Dr. Porro and Jason Adler, MD, Medical Director, Pediatric Complex Care, Joe DiMaggio Children's Hospital, welcome external support. In 2021, Joe DiMaggio Children's Hospital formally began a collaboration with Boston Children's Hospital, which gives the center the ability to confer with specialists there to approve or improve upon a treatment plan.

"Children who have chronic critical illness and those who have survived hospitalization for critical illness, including survivors of extracorporeal life support, may have significant ongoing healthcare needs. We have the ability to provide that care and collaborate with external experts when warranted," says Dr. Adler.

While patients at Joe DiMaggio Children's Hospital are always in good hands, Dr. Porro says that a

second opinion or confirmation can be sought out if needed. "If there's a child with a rare syndrome and there's only one specialist who treats that disease and they are at Boston Children's, we can connect either the family or their child's specialist with Boston," says Dr. Porro. Often, though, Boston specialists will take a look at the care we provide and they'll say, 'You're doing great. There's no need for the child to come here."

"It's a great collaboration and very reassuring to the families," Dr. Porro adds. "Both institutions put the patient first, and it works very well."

A Strategic Partnership

The relationship with Boston Children's Hospital began in 2019 with complex patient referrals but was formalized in 2021 as a strategic alliance. The relationship now includes programmatic engagements, provider consults, education, and service line agreements. This has allowed Joe DiMaggio Children's Hospital patients, faculty, and staff with access to world-class expertise while keeping the care local.



A Bridge to Heart Transplant

For patients with severe, chronic, or end-stage heart failure who still experience symptoms even when on medication, left ventricular assist devices (LVADs) can act as a viable treatment option (known as destination therapy) or as a bridge to heart transplant. A ventricular assist device is a mechanical pump that helps poorly functioning heart ventricles efficiently pump blood throughout the body.

Patient-centric treatment programs at Memorial Rehabilitation Institute, such as the Inpatient Rehabilitation Unit at Memorial Regional Hospital South, have been specifically created with advanced heart failure patients in mind. Staff members are highly trained to meet the unique medical and rehabilitative needs of LVAD patients so they can maintain their health when they return home.

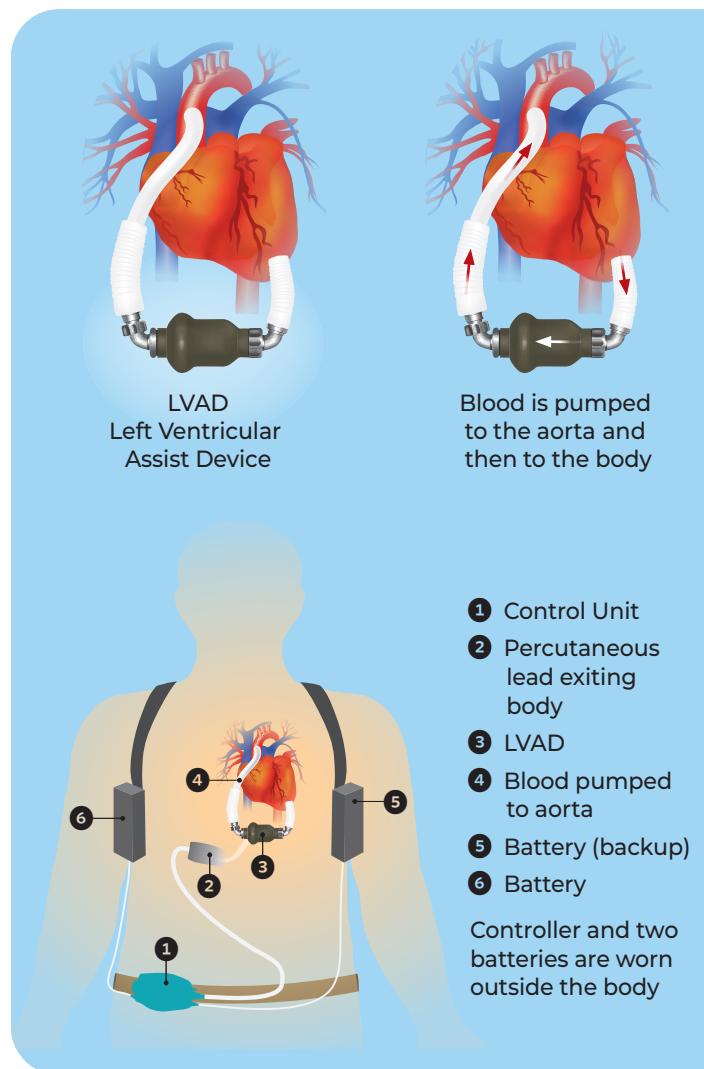
"The success of our patients has made Memorial Rehabilitation Institute the referral destination of choice for the inpatient rehabilitation of LVAD patients in our area."

"We offer comprehensive rehabilitative services, coordination with surgical teams, and hands-on training for the patients and their families," says James A. Salerno, MD, Chief of Physical Medicine and Rehabilitation and Medical Director of Memorial Rehabilitation Institute.

"The success of our patients has made Memorial Rehabilitation Institute the referral destination of choice for the inpatient rehabilitation of LVAD patients in our area."



"The success of our patients has made Memorial Rehabilitation Institute the referral destination of choice for the inpatient rehabilitation of LVAD patients in our area."



Graduate Medical Education Program Expands

Through an ever-expanding list of Graduate Medical Education (GME) programs, Memorial Healthcare System provides opportunities for medical school graduates and fellows to train at one of the most dynamic public healthcare systems in the United States.

Currently, the residency and fellowship programs include: Cardiovascular Disease Fellowship Program, General Surgery Residency Program, Hematology and Oncology Fellowship Program, Infectious Disease Fellowship Program, Physical Medicine and Rehabilitation Residency Program, Pediatrics Residency Program, Psychiatry Residency Program, and Transitional Year Residency Program.

"Being a physician means constantly learning and paying attention and experiencing things," says Jeremy Jacobs, DO, Program Director for the Physical Medicine and Rehabilitation Residency Program. "We want students (residents) to know learning doesn't stop when they graduate."

Therapy Dogs Provide a Healing Presence

Sometimes, the best medicine for a sick or injured child is puppy love. In fact, research shows that animal-assisted therapy can significantly reduce pain perception and anxiety in children. Fortunately, Joe DiMaggio Children's Hospital offers healthy doses of the fluffy stuff that only a dog can provide.

Freedom and Scrunchie are two such members of the hospital's Animal-Assisted Therapy Program. The two golden retrievers have been trained extensively in the art of gentle, calming play. Whatever a child's needs – whether it's a confidence boost during rehabilitation, a distraction from worry or pain, or a loneliness-relieving cuddle – these pets turn therapy into "theraplay."

One young patient, for example, began having difficulty taking her oral medications, saying she was afraid to do so.

"We know that children who are in the school-age stage of development are accustomed to independence and control within their environment. Hospitalized children – who now need to take daily medications, get their vitals taken repeatedly, or undergo unexpected procedures –



often lose their sense of control and can experience challenges with developmental task mastery," says Paula Jacobs DPT, CLT, AAT, Therapy Dog Handler and Supervisor of Outpatient Rehabilitation at Memorial Hospital West.

The animal-assisted therapy and child-life teams brought in Freedom to explore the patient's fears and misconceptions related to medication

compliance. During the therapeutic visit, the young patient gave her medicine – water in a syringe – to Freedom, which allowed her to experience a renewed sense of control.

By observing how Freedom quickly and bravely swallowed the medicine, the child gained confidence about taking her own.

For a 10-year-old who was being weaned off his opioid medication, Freedom jumped onto the hospital bed and sprawled across the child's lap like a weighted blanket. The close contact with the dog provided the young patient with not only a distraction but with a loving dose of non-pharmaceutical pain management.

Scrunchie reported for duty to help a patient living with autism. During his speech therapy sessions, the boy struggled with marked irritability and cried the entire time.

At the request of the speech therapist, Scrunchie's handler included the dog in a session, in which the pup calmly brought over a toy and then planted himself beside the boy. Scrunchie's steadfast presence served as a distraction from the therapy, promoting a sense of security in the child. It also provided some much-needed relief and hope for the young boy's father.

"By seeing Scrunchie, the young patient voluntarily entered the treatment area without a negative behavioral response and participated in speech therapy with a positive outcome," says Paula Jacobs, AAT, Handler at Memorial Hospital West.

Lessons from the Pandemic

After a two-year hiatus, the Rehabilitation Clinical Ladder Committee hosted the virtual 2022 Memorial Rehabilitation Symposium for Therapists last October.

The online meeting highlighted lessons learned from the pandemic and provided participants with strategies on how to deal with the lasting effects of COVID-19. The next conference is slated for October 2023.



Pictured above: Presenters Nicole Prothero, PT, DPT; Tina Milian, MS, OTR/L; Geisha Rivera, MS, OTR/L and Paula Jacobs PT, DPT

Memorial Rehabilitation By the Numbers

2022 Inpatient Summary

M Adults

Total Patients Served

2,153

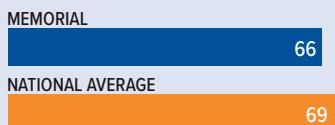
Average Length of Stay (days)

12.6

Average Daily Hours of Therapy per Week (5 days)

2.8

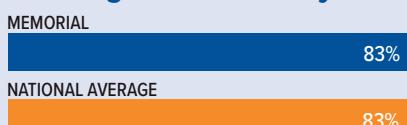
Average Patient Age



Patient Satisfaction



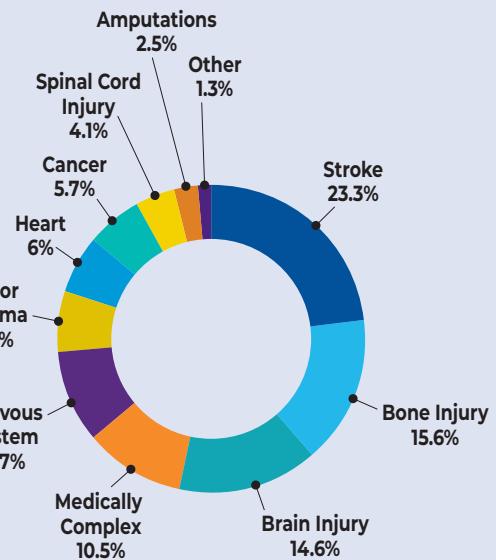
Discharge to Community



Patients Walking at Discharge

88%

Admission Diagnoses



Heart Pediatrics

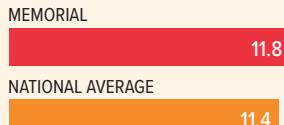
Total Admissions

58

Average Daily Hours of Therapy per Week (7 days)

2.6

Average Patient Age



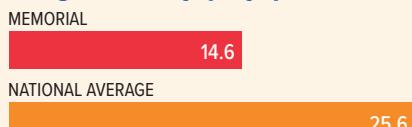
Patient Satisfaction



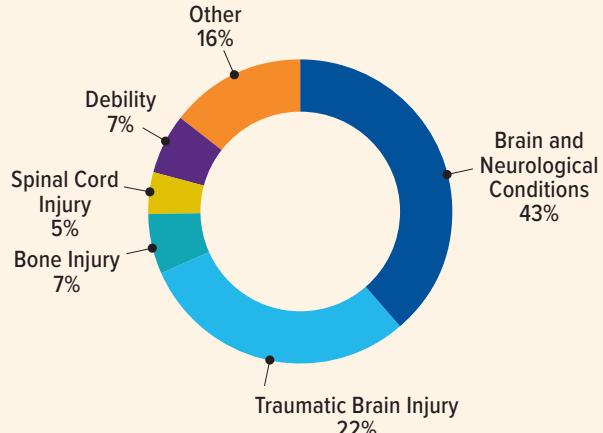
Discharge to Community



Length of Stay (days)



Top Diagnoses



Improvement Rating Increase per Day



3600 Washington Street
 Hollywood, FL 33021

Non-Profit
 U.S. Postage
 PAID
 Fort Lauderdale, FL
 Permit No. 348

Inpatient and Outpatient Rehabilitation Locations

INPATIENT REHABILITATION

-   **Memorial Regional Hospital South**
 3600 Washington Street
 Hollywood, FL 33021
 Main Hospital: 954-966-4500
 Rehab Admissions: 954-518-5725
-   **Joe DiMaggio Children's Hospital**
 1005 Joe DiMaggio Drive
 Hollywood, FL 33021
 954-518-5725

OUTPATIENT REHABILITATION

-   **Memorial Regional Hospital South**
Joe DiMaggio Children's Hospital
 300 Hollywood Way
 Hollywood, FL 33021
 954-265-5453
-   **Joe DiMaggio Children's Hospital, Coral Springs Specialty Center**
 5830 Coral Ridge Drive, Suite 120
 Coral Springs, FL 33076
 954-575-8962
-   **Joe DiMaggio Children's Health Specialty Center**
 3377 South State Road 7
 Wellington, FL 33449
 561-341-7005
-   **Memorial Hospital West**
 703 North Flamingo Road
 Pembroke Pines, FL 33028
 954-844-7180

  **Memorial Hospital Miramar**
 1951 Southwest 172 Avenue, Suite 109
 Miramar, FL 33029
 954-538-4760

 **Memorial Orthopaedic Surgery and Sports Medicine Center**
 2122 West Cypress Creek Road
 Suite 220
 Fort Lauderdale, FL 33309
 954-276 9660

SKILLED NURSING

Memorial Manor
 777 South Douglas Road
 Pembroke Pines, FL 33025
 954-276-6200

