Outcomes
The majority of our patients spend 10-12 days in rehabilitation and are discharged to home. Patients report that they receive excellent care and refer us to others.

Call to Learn More About
ADMISSIONS OR TO ARRANGE A TOUR
Before going home following a hospital stay, some patients need further care that can be provided in a rehabilitation setting. Your physician or discharge planner will give you options of facilities that provide the care you need. You and your caregivers are encouraged to take an active role in selecting the type of facility and location that best meets your needs. The Admission Coordinators at FirstHealth’s Inpatient Rehab Center will be happy to answer your questions and arrange a tour of our facility.

Clara McLean House
Designed with Southern hospitality in mind, Clara’s House focuses on all the needs of families and caregivers with a loved one in FirstHealth Moore Regional Hospital. An innovative approach to hospital hospitality, Clara’s House provides a caring and affordable place to stay and a range of patient support and advocacy services.

Conveniently located across from FirstHealth Moore Regional Hospital.
To learn more about the Clara McLean House, or for assistance arranging your stay, please call (910) 715-4220.

The Inpatient Rehabilitation Center is located on the campus of FirstHealth Moore Regional Hospital at 155 Memorial Drive in Pinehurst, NC.

For more information on rehab services, call (910) 715-1653 or (910) 715-1638.

Moore Regional Hospital is a Joint Commission Certified Primary Stroke Center.
FirstHealth.org/Rehab

When you need Rehab . . . You need FirstHealth.
At FirstHealth of the Carolinas, our 15 semi-private bed Comprehensive Integrated Inpatient Rehabilitation Program is dedicated to being the regional leader in medical rehabilitation services. Our FirstHealth mission, to care for people, drives our focus to help you be as independent as possible in all aspects of your daily life. We use a team approach to your care – with you and your caregivers at the center.

**Patients Served**

Our team helps patients who have experienced a loss of functional skills due to:

- Stroke
- Brain Injury
- Spinal Cord Dysfunction
- Amputation
- Hip Fracture
- Complex Orthopaedic Conditions
- Multiple Trauma
- Neurological disorders (Parkinson’s, MS, Guillain-Barré, etc.)
- Other debilitating conditions

**Admission Criteria**

- Be medically stable and have recovered from the acute phase of your illness or injury, but still require close medical supervision and 24-hour rehabilitation nursing services.
- Be able to tolerate a minimum of three hours of therapy, five out of seven days a week and have the ability to learn new activities and be willing to be an active participant in all scheduled therapy sessions.
- Require at least two types of therapy (physical therapy, occupational therapy and/or speech language therapy).
- Have the potential to improve function or achieve independence in a reasonable amount of time.
- You and your support team will be expected to be active participants in your rehab process.

**PLEASE NOTE THAT WE CANNOT SERVE THOSE WHO ARE:**

- Dependent on a ventilator
- Comatose
- Under the age of 18

**What to Expect**

Each patient will receive a minimum three hours of therapy a day at least five days per week. Depending on what time you arrive on the unit, your therapy may start the day of admission.

Therapy sessions will be scheduled for various times throughout the day. A schedule board on the Rehab Unit will allow you to review your schedule for each day.

We encourage your caregivers to be involved in your treatment and education throughout your rehab stay. Family and friends who would like to visit should try to schedule their visits during non-therapy time.

Your meals will be ordered through Room Service, and meals will be delivered to your room by the dietary staff. Meal delivery times will vary by a few minutes, but are generally at 8 a.m. for breakfast, noon for lunch, and 5 p.m. for dinner.

Bed availability includes private and semi-private rooms.

The Rehab Team will hold a weekly meeting to discuss how you are progressing in your rehab program and will make a plan for discharge. The Social Worker/Case Manager will serve as your representative at this meeting and will review the plan with you and your family following the meeting.

**What To Bring**

To make your stay on the Rehab Center more comfortable, you should bring the following items:

- Several changes of loose-fitting clothes and underwear
- A sweater or light jacket
- Flat, rubber-soled shoes
- Toiletries (deodorant, denture needs, shampoo, comb/brush, make-up, electric razor)
- Eye glasses and hearing aids

**Rehabilitation Team Members**

**YOU AND YOUR CAREGIVERS** are the center of our team. You will be actively involved in establishing your goals, participating in therapy and planning for your discharge.

**THE MEDICAL DIRECTOR** is a physician who is specially trained in rehabilitation and will coordinate an overall treatment plan that will include the management of your medical and functional needs.

**REHABILITATION NURSES** provide around-the-clock personal care and support to manage your medical and functional needs. They will educate you and your caregivers about the procedures and medications that will be continued after discharge.

**A SOCIAL WORKER/CASE MANAGER** will help you through every step of the rehab process from admission to discharge and will serve as the primary contact for you and your caregivers. This person will address any social, financial or emotional needs you may have while planning for discharge – including information about community resources and services that you may need.

**PHYSICAL THERAPISTS** help you improve your ability to get in and out of bed, walk or use a wheelchair, and improve your balance, strength, range of motion and endurance.

**OCCUPATIONAL THERAPISTS** focus on your ability to perform daily tasks such as getting dressed, bathing, grooming and performing home management tasks. They will also help you improve your strength, coordination, endurance and problem-solving skills.

**SPEECH-LANGUAGE PATHOLOGISTS** will work with you to improve your communication skills, thinking skills and swallowing.

**ADDITIONAL RESOURCES** will be used based on your needs. Additional staff who could see you may include a Clinical Dietitian, Respiratory Care, Orthotics and Prosthetics, a Wound Care Nurse, Pastoral Care, Neuropsychologist and physician specialists as needed.

**Insurance Coverage**

We accept Medicare, Medicaid and most third-party insurance plans. If required by your insurance coverage, preauthorization may be necessary before you are admitted to the Rehab Center. If coverage is not available, you will still be considered for admission based on your medical and functional needs. We can make arrangements for you to speak with our financial assistance program.