



The New Rehabilitation Medicine Department at Soroka Medical Center

Rehabilitation Medicine for Optimal Quality of Life

Background

The field of rehabilitation medicine, whose goal is to decrease disabilities and limitations caused by illness or injury, has been developing rapidly and has increasingly entered the public consciousness. But while the development of society, the continuing improvement in our quality of life, and the successes of modern medicine have contributed to the fact that we are healthier and live longer lives than ever before, we are still subject to diseases and injuries that may be accompanied by disturbances of functioning. For this reason, rehabilitation medicine is now more important than ever before.

Rehabilitation is an intensive, extensive, and dynamic process of diagnosis and treatment that involves multidisciplinary teams of professionals striving to help people deal with the negative functional outcomes of illness or injury, which often include physical, emotional, sensory, and cognitive impairments, to significantly improve their functioning. Rehabilitation has a decisive influence on the quality of life of people who suffer from acute and chronic medical conditions. The ultimate goal of rehabilitation is for these patients to be able to function independently at home and in society and enjoy the best quality of life possible for them. Therefore, a multi-step, multi-component plan that combines inpatient rehabilitation in the hospital and rehabilitation in the community is essential for the modern rehabilitation process.

Rehabilitation treatment is provided by unique multidisciplinary teams that operate in an integrated manner to serve patients and promote their wellbeing. Various professions are involved in the rehabilitation system: rehabilitation medicine, nursing, physical therapy, occupational therapy, speech and communication therapy, psychology, social work, and others. Rehabilitation treatment plans are constructed according to a specialized rehabilitation program under the direction of the team leader, a physician whose specialty is rehabilitation medicine.

In its early stage, rehabilitation treatment must be carried out in a center with a well-trained, professional staff that can provide active, intense, and optimal solutions for many of the functional needs of the patient. Rehabilitation that follows serious injuries and illness takes time, and takes place in stages while maintaining continuity of care and the centrality of patients and the people close to them in the process.



The Need

In Israel, the professional level of rehabilitative medicine is among the highest in the world, but the rehabilitation system is not optimally organized. Most of the rehabilitation facilities are located in the center of the country. In the South, there is a significant lack of rehabilitation beds. Despite the large population of this region, no inpatient rehabilitation center has existed in the entire region until now. Patients from the Negev who are in need of rehabilitation services, among them many IDF soldiers injured in the line of duty, are hospitalized in distant areas, far from their homes and families. The population of the Southern District of Israel constitutes approximately 15% of the total population of the State of Israel (as of 2011). Yet, the number of hospital beds designated for rehabilitation comprises a mere 0.5% of the country's total rehabilitation beds. This is an untenable situation. The number of people for whom Soroka is responsible in its capacity as a tertiary hospital is currently over one million. Moreover, according to population growth forecasts in the Beer Sheva sub-district that take into account natural growth and the imminent transfer of Israel Defense Forces military bases to the South, by 2025 the Negev population is expected to reach nearly one million, an increase of 30% from 2011. This rapid increase in population makes the construction of a new a rehabilitation medicine department that will serve the South a crucially important priority for Soroka.

In practice, this dire situation, which has existed for many years, has led to the transfer of rehabilitation patients from the Negev to the center of the country, or, in some particularly unfortunate cases, to patients not receiving any rehabilitative treatment at all due to the hardships involved in hospitalization far from home and the extremely heavy burden placed on the patients' families in terms of travel time and costs, lost work days, and extreme inconvenience. Rehabilitation after severe injury or illness can be a long and trying process and it is of the utmost importance that it be carried out near the residence of the patient. Family support and involvement are critical to the healing process and significantly ease patients' return to their homes and natural environments upon completion of the hospitalization phase of the process. Being far from home during rehabilitation detracts from its efficacy and adds to the distress of patients and their loved ones. Establishing a rehabilitation service at Soroka will contribute greatly to alleviating the terrible suffering of patients from the Negev and assisting the families who accompany them on their challenging journey to improved functionality and better lives.



Constructing a New Rehabilitation Medicine Department at Soroka

The Goal

In order to bridge the tremendous gap that exists in rehabilitation medicine in the Negev, Soroka will establish a new Rehabilitation Medicine Department.

A rehabilitation facility at Soroka Medical Center is essential as a supplementary and continuous service for patients from the Trauma Unit, hospital wards, and outpatient services. Many patients will be referred directly to the Rehabilitation Medicine Department for continued treatment directly from hospital wards, including Neurology, Orthopedics, Neurosurgery, Internal Medicine, and Plastic Surgery (burns).

Preparation for the creation of a rehabilitation medicine service includes two stages. In the first, we will establish a rehabilitation medicine department with 36 hospital beds. The department will cover the entire spectrum of rehabilitation services in the fields of nursing and physician care, physical and occupational therapy, and nutritional support, and will be accompanied by social workers and psychologists in accordance with individually tailored patient care plans.

The proposed rehabilitation department will include 36 in-patient hospital beds in an area of 2,140 square meters (approx. 23,000 square feet).

The total cost of the project is \$10,000,000.

In the second stage, the rehabilitation facility will be completed with the addition of an ambulatory service, including an outpatient facility and clinic combined with the abovementioned services.

Donations and Donor Recognition

The establishment of the new Rehabilitation Medicine Department at Soroka will mean that for the very first time, the residents of the Negev will be able to receive the rehabilitation treatment that they need and deserve close to home and family and will no longer be relegated to seeking treatment in distant locations.

You can make a difference. Your gift will help us to make this historic change for the benefit of Negev residents in need of vitally important rehabilitation treatment.

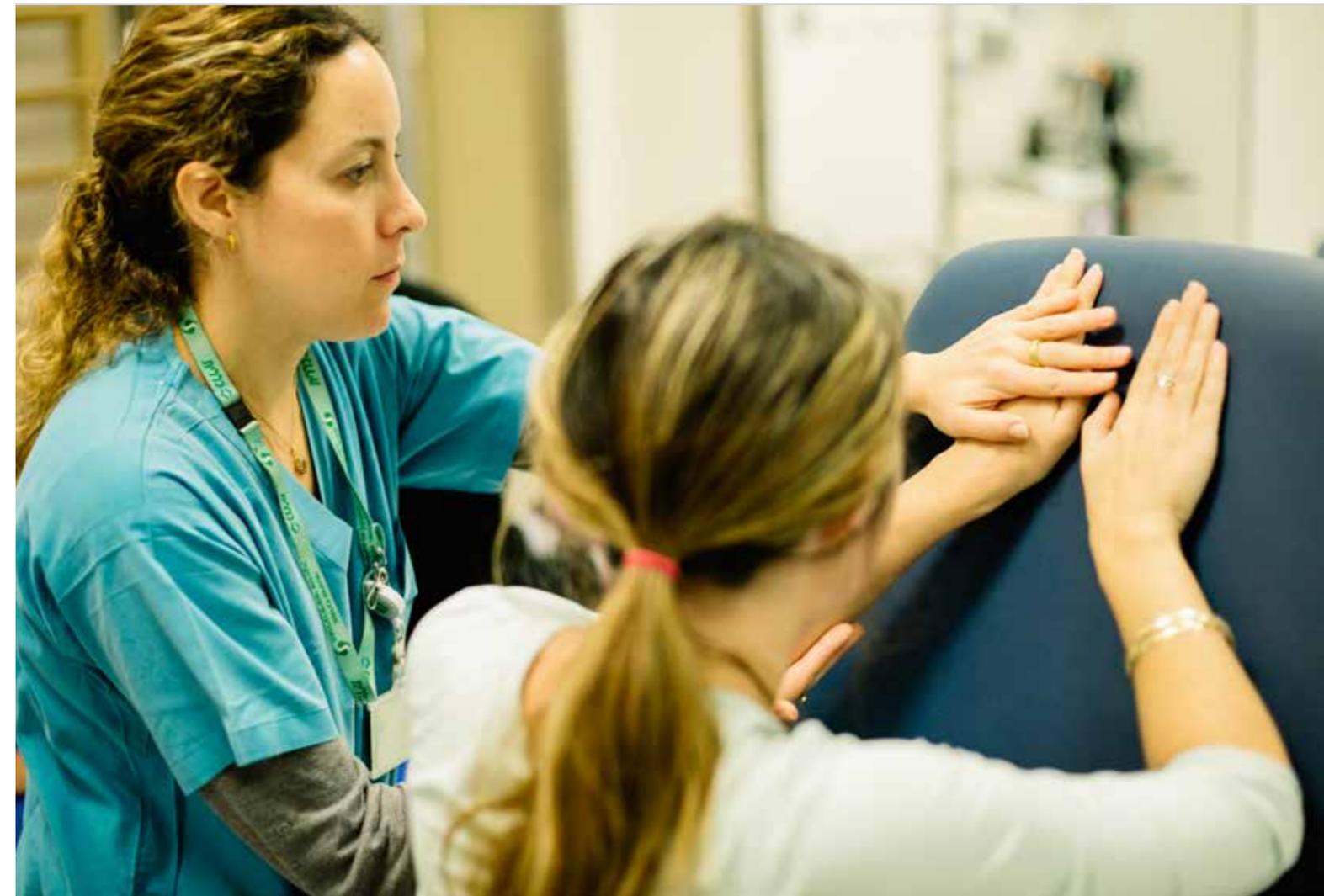
We would be honored to partner with you on this crucial project. Your generosity and our expertise will go far in improving the lives of our patients and those closest to them. Together we can advance the wellbeing of the people of southern Israel by bringing the state-of-the-art rehabilitation care that they deserve close to their homes, to Soroka.

At present, we are in need of funds for the implementation of the first stage of the project.

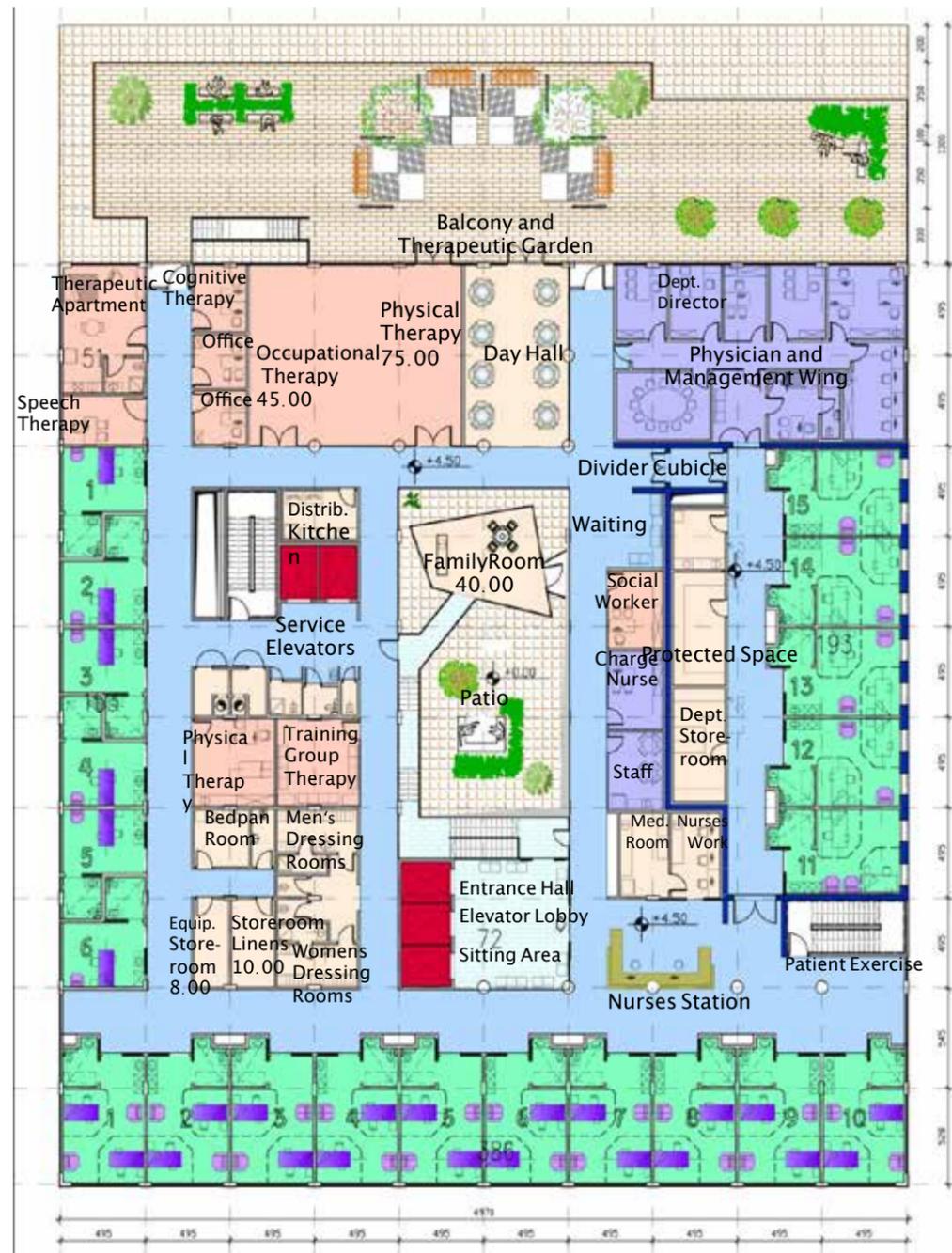
Total construction costs for the new department are \$10,000,000.

The New Rehabilitation Medicine Department will be named in accordance with the wishes of the donor for a gift of \$5,000,000, with matching funds provided by Soroka Medical Center. A commitment has been secured.

Full and prominent donor recognition will be provided both in the new department and on Soroka's Donors' Wall of Honor. The department will be dedicated at a public ceremony in the presence of the donors.



Rehabilitation Medicine Department



Overall area 2,511 sq m.
 Floor area 2,330 sq m. + Family Room area: 40 sq m.
 Total area: 2,370 sq m.
 Patio area 181 sq m.
 Balcony area 478 sq m.



Naming Opportunities

Patient Rooms

Rehabilitation can be a very lengthy process, so hospitalizations are longer than they may be in other departments. Following serious injuries, months of hospitalization may be required. In light of this situation, the appearance and structure of the patient rooms are crucially important elements in the success of treatment. Beyond regular hospital equipment, the room must include a comfortable armchair that can be used as a bed (in case a family member needs to stay the night), a small desk, a computerized system above the bed with an option for television viewing and a computer with Internet access, and the possibility of using the same computer at the desk. This is important for leisure activities and also for transmitting messages and announcements to patients regarding their treatment schedules. A voice-activated system for summoning nurses is also required.

Naming Opportunity: Thirty-six patient rooms are available for naming at \$50,000 each. The donors' names will be prominently displayed in or adjacent to the rooms.

Dedicated Spaces for Patient Reception, Nursing Work, and Visitors

Most patients in rehabilitation suffer from numerous chronic illnesses.

The nursing staff takes an active part in stabilizing these patients, tracking their condition, and providing instruction to them and their families. This kind of treatment can prevent recurring events that may lead to further deterioration of the patient's functional status.

Because patients in rehabilitation are often hospitalized for long periods of time, there is an unusually large number of visitors in the department. There needs to be a large and welcoming space to accommodate these visitors, the friends and family of our patients.

The patient reception area will be spacious, comfortable, and attractive. The area will feature a modern medication room, a work room for nursing staff with computers and a staff rest area, a refrigerator, a microwave oven, a patient and visitors' reception area, and a training room.



The following dedicated rooms and areas are available for naming:

- Medication room \$75,000
- Nurses' work room \$100,000
- Staff rest area \$50,000
- Patient and visitors' reception area \$200,000
- Patient training area \$1,000,000

The rooms or areas will be named in accordance with the donors' wishes, and their names will be prominently displayed in or adjacent to each.

Patient Exercise Room

The success of rehabilitation depends to a large degree on the number of times patients repeat particular exercises. In fact, a direct relationship between the success of rehabilitation and the number of repetitions of exercises has been scientifically proven. For this reason, it is important that patients be able to do their exercises even after the normal hours of operation of the department. Moreover, starting exercises in the department during hospitalization raises the probability that patients will continue to do them at home, which in turn significantly increases the chances of success of the entire process.

The exercise area of the department will be accessible even after the treatment rooms are closed. It will be equipped with desks with computers as well as a number of pieces of simple exercise equipment that are easy for patients to use independently, such as pedal exercisers for arms and legs and a strength and endurance workout station.

**The exercise room can be named for \$1,000,000.
The exercise room will be named in accordance with the wishes of the donor.
The chosen name will be prominently displayed.**



Rehabilitation Training Apartment

One of the most well-known problems in rehabilitation is practicing independent daily functioning at home. The main goal of rehabilitation is to allow the patient to return to his natural environment while maintaining maximum independence within the framework of the home. The classic hospital environment does not allow the hospital to teach the patient to function at home in terms of bathing, using the home bathroom, preparing food, washing dishes, and so on. A rehab training apartment will allow patients to learn how to conduct all the above activities in the department and help us to return them to their homes with as much independence as possible. The training apartment will provide a kitchen environment, including cooking equipment such as an oven and range, a microwave, an electric kettle, a dishwasher, and other pieces of equipment.

The training apartment can be named for \$500,000. The apartment will be named in accordance with the wishes of the donor and the chosen name will be prominently displayed.

Study and Teaching Areas

The Rehabilitation Medicine Department at Soroka is the first of its kind in the southern region. Academic and educational activities are an extremely important part of educating a new generation of professionals in the field of rehabilitation medicine. Since the new department will be the only clinical field in the South in the foreseeable future, teaching spaces in the department will be of vital importance. These areas will include the following rooms, which are available for naming:

Rest and Study Room for Medical Students

This room will provide a comfortable place where medical students and students of other health professions can rest and study. It will include a corner for preparing drinks, desks with computers, and a conference table.

The rest and study room can be named for \$50,000. The donor's name will be prominently displayed in or adjacent to the rest and study room.



State-of-the-Art Seminar Room

This modern seminar room will provide the perfect venue for lectures and seminars for physicians and other health professionals.

The seminar room can be named for \$50,000. The donor's name will be prominently displayed in or adjacent to the seminar room.

Family Room

Support from patients' families is a vital component of the rehabilitation process. In the first stage, patients are disconnected from their natural environment, anxious, insecure, and highly vulnerable. Close family members accompany them, take part in what they are experiencing, and support them. In light of the importance of family members in the rehabilitation process, a comfortable, spacious, and beautiful family room is vital. This room will include sofas and armchairs, tables, a coffee corner, a television, and computers.

The family room can be named for \$150,000. The donor's name will be prominently displayed in or adjacent to the family room.

Department Dining Room

Patients in rehabilitation do not eat in their beds. Serving food in a dining room sends patients the message that they are gradually leaving the period of their illness or injury and returning to "normal" daily life. A dining room in the department is also an area for learning and practicing one of the most important functions of human life—eating. Nursing staff, speech therapists, and occupational therapists help patients relearn and practice eating alone while maintaining safety and cleanliness. The dining room will be furnished with tables that are suitable for use by wheelchair-bound individuals, and will be spacious and attractive, providing a pleasant environment for patients.

The dining room can be named for \$150,000. The donor's name will be prominently displayed in or adjacent to the dining room.

Balcony

During the first stages following illness or serious injury, rehabilitation patients suffer from weakness, are quickly fatigued (both physically and mentally), and need to rest between activities. It has been shown that "active" rest while being exposed to environmental stimuli is more efficient than "passive" rest in bed. In light of this fact, the Rehabilitation Medicine Department will include a large balcony that will be used, among other things, for patients' rest between activities. This area will be colorful, attractive, and relaxing, to allow patients and their families to unwind under parasols around tables with drinks.

The Balcony can be named for \$500,000.

Independence Square

The "Independence Square" is a special project that will include a designated area where patients can practice crossing the street, using an ATM, going up the stairs of a bus or getting onto a train, shopping at a kiosk, and performing other outdoor activities.

**The Independence Square can be named for \$250,000.
The donor's name will be prominently displayed.**

Hydrotherapy Pools

Early initiation of active rehabilitation treatment immediately following patients' stabilization and even before the end of primary medical care is of the utmost importance. It decreases complications connected with recovery and bedrest, facilitates relatively rapid return to independence, and improves patients' quality of life. The Rehabilitation Medicine Department receives patients with head injuries, strokes and other neurological conditions, spinal cord injuries, and orthopedic injuries such as fractures and amputations, as well as patients with extremely decreased functioning due to long-term diseases or severe injuries. Most of our patients suffer from paralysis and muscle weakness, abnormally high muscle tone, limited movement, pain, and instability. Patients with leg fractures are forbidden from putting weight on their fractured limbs until they heal. Getting patients back to walking and other motor activities as soon as possible following various illnesses or injuries is one of the aims of intensive rehabilitation. Here the use of hydrotherapy can significantly advance the rehabilitation process. Water has several properties that provide it with an advantage in primary rehabilitation:

- The force of buoyancy reduces the load on the lower limbs and makes basic walking and motor therapy possible at a very early stage in cases of neurological injuries, fractures, and conditions accompanied by severe muscle weakness.
- The viscosity of water produces resistance and makes it possible to work on strengthening muscles weakened following injury and improve cardiovascular endurance following prolonged illness or serious injury.
- The heat of the water and the hydrostatic pressure reduce pain, improve range of motion, relax spastic muscles, and enable activity and training very soon following injury.
- A decrease in body weight and gravity in water allow greater independence for people who have movement disabilities outside of the water, making walking and aerobic training possible for people with walking disorders that stem from balance impairments and decreased coordination.

The rehabilitation pool system consists of two hydrotherapy pools:

1. A large pool measuring 9 X 14 meters at a temperature of 31 degrees centigrade for individual and group operation, walking in water, and other water activities
2. A small 5 X 5 meter hydrotherapy pool at a temperature of 35 degrees centigrade for individual work on range of motion, reducing abnormally high muscle tone, and relaxation.

The total pool area is approximately 650 square meters. The entrances to the pools will be adapted for people with special needs and equipped with cranes, special stairs, and ladders.

The hydrotherapy pool will advance the quality and effectiveness of intensive rehabilitation treatment in the early stages following injuries and serious illnesses. Patients who successfully go through primary rehabilitation will be able to return to their homes more quickly and with a higher quality of life. The rehabilitation pool system at Soroka will contribute greatly to the rapid and thorough rehabilitation of our patients and start them off on the path to optimal functionality.

The hydrotherapy pools can be named for \$1,500,000. The donor's name will be prominently displayed.



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