

# Best Practices in Stroke Rehabilitation: Lessons from a Patient Family Advisory Council

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INOVA  
**MT. VERNON**

Rehabilitation

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Alexandria, Virginia

67

**BEDS**

425

**STROKE  
PATIENTS**

per year

13.2

**DAYS**

Avg LOS



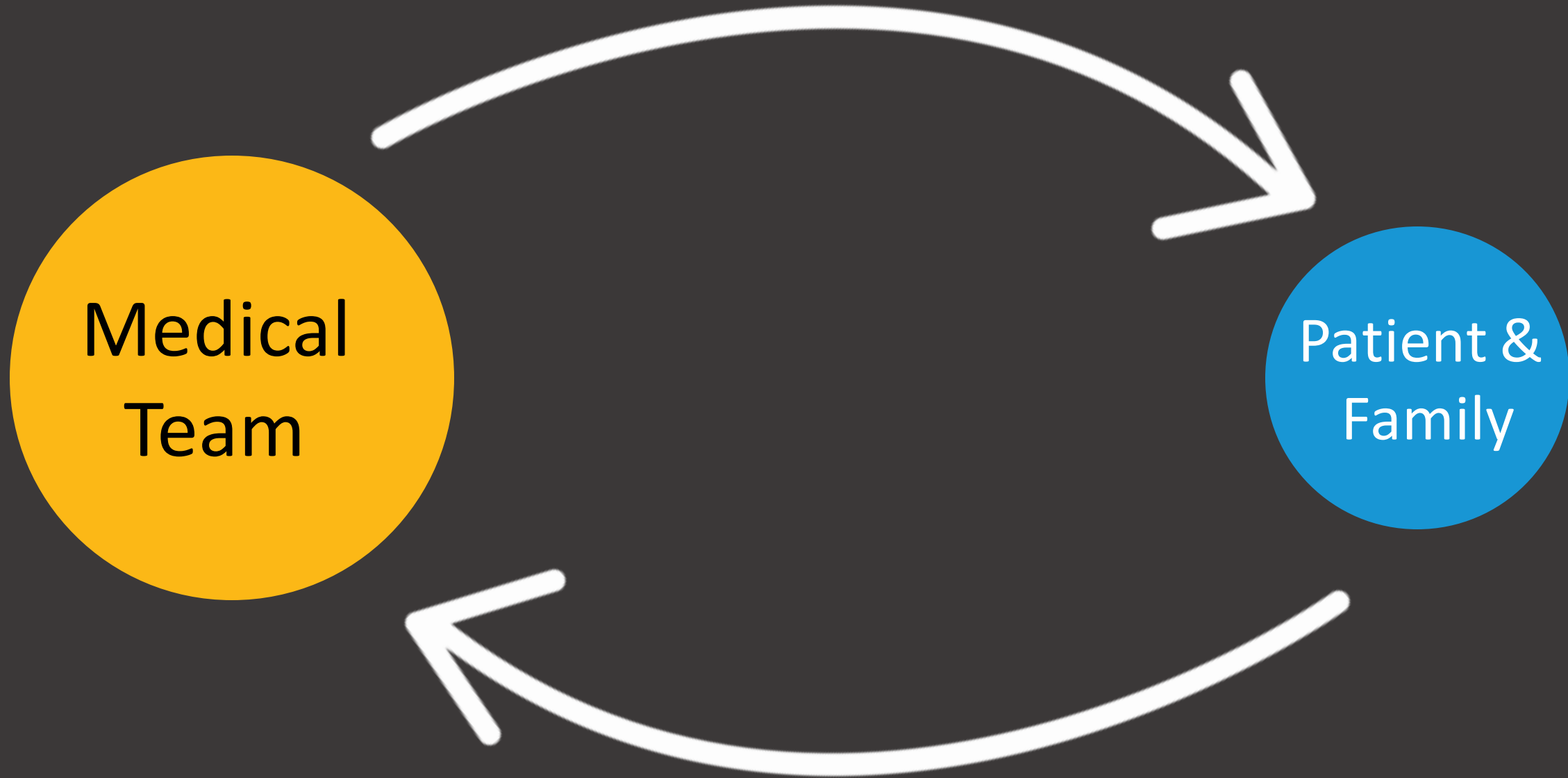
Patient  
Satisfaction

Discharge  
Process

Likelihood  
To  
Recommend







Medical  
Team

Patient &  
Family

A woman with long blonde hair, wearing a blue shirt, is seated at a wooden table. On the table in front of her is a white laptop, a spiral-bound notebook with a pen resting on it, and a white coffee cup on a saucer. The background is softly blurred, showing what appears to be an indoor setting with large windows. A dark blue horizontal band is overlaid across the middle of the image, containing white text.

# Rehabilitation Patient Family Advisory Council









LISTEN

&

COLLABORATE



The background of the image is a complex network of glowing nodes and connecting lines. The nodes are represented by small, glowing spheres of varying sizes, some of which are larger and more prominent. The lines are thin and light-colored, creating a web-like structure that fills the entire frame. The overall color palette is a mix of warm, golden-yellow and cool, greyish-blue tones, giving it a futuristic and interconnected appearance.

What if we...?

Why can't we...?





Who is taking care of me?



Who is taking care of me?



How does my team  
communicate important  
information about me?



Early Caregiver Support





Early Caregiver Support



Educational Resources  
and Opportunities

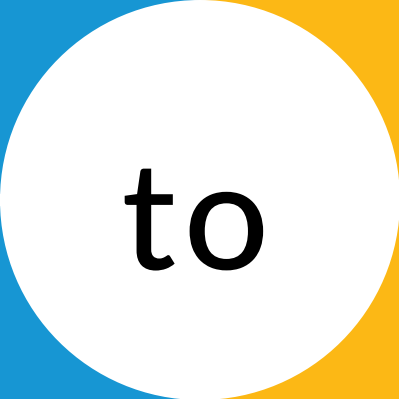
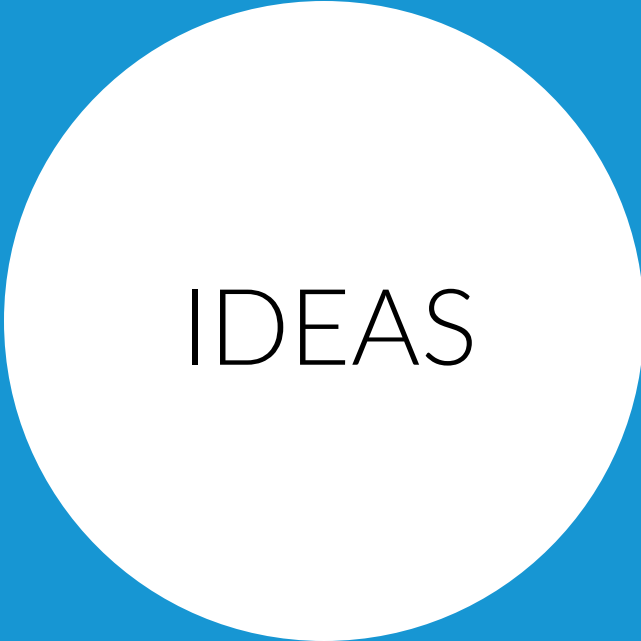
# The Rehab Binder



Welcome to  
Inova Rehabilitation Center



Inova Mount Vernon Hospital  
2501 Parkers Lane  
Alexandria, Virginia 22306



IDEAS

to

**ACTIONS**





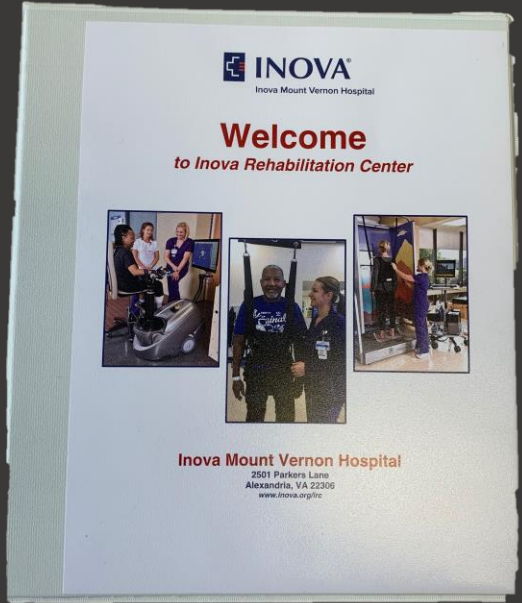
**Welcome**  
*to Inova Rehabilitation Center*



**Inova Mount Vernon Hospital**  
2501 Parkers Lane  
Alexandria, VA 22306  
[www.inova.org/irc](http://www.inova.org/irc)

# The Rehab Manual

Medical  
Team



Patient &  
Family



# Getting Started Process







A scenic view of a river with a stone path leading through it. The path is made of large, flat, mossy stones that create a series of small waterfalls or rapids. The water is clear and reflects the sunlight, creating a shimmering effect. The surrounding area is lush with green trees and foliage, suggesting a forest or park setting.

Walking my Dog

Needing help to  
sit up in bed



A scenic view of a river with a stone path leading across it, surrounded by lush greenery. The water is clear and flows over the stones, creating small rapids. The path is made of large, flat stones, some of which are covered in moss. The background is filled with dense trees and foliage.

Walking my Dog

Walking while holding something

Taking steps

Standing

Sitting without support

Needing help to  
sit up in bed



“What worries you?”

We identify the team





**We identify the team**

Meet Your Team



# We identify the team



Meet Your Team

Schedule and provider listed  
each day on the Whiteboard

# We identify the team



Meet Your Team

Schedule and provider listed  
each day on the Whiteboard

Show off our teamwork

# We standardize communication

Tell Me Three hand-off



# We standardize communication



Tell Me Three hand-off

Review and update progress



# We standardize communication



Tell Me Three hand-off

Review and update progress

Share what we've learned

**We rally support earlier**



**We rally support earlier**

Neuropsychology referrals



# We rally support earlier

Neuropsychology referrals

Family Meeting: Week 1



# We rally support earlier



Neuropsychology referrals

Family Meeting: Week 1

Hands-on Family Training



We educate



# We educate

Customize for needs/health literacy level



# We educate



Customize for need/health literacy level

*Life After Stroke* booklet

# We educate



Customized for need/health literacy level

*Life After Stroke* booklet

Stroke Education Group

What is a Stroke?

Risk Factors

Signs of Stroke

Secondary Prevention



What is a Stroke?

Risk Factors

Signs of Stroke

Secondary Prevention

Stroke Recovery

Community Resources

Peer Support

Empowerment

# Improving Quality along the Continuum of Stroke Care



# Improving Quality along the Continuum of Stroke Care

