

COMPLEX CARE UNIT

At HealthBridge St. Louis, our designated Complex Care Unit specializes in serving patients with medical complexities and severe functional limitations, such as those resulting from neurotrauma. These types of conditions require an extensive network of specialized services, equipment and a highly-skilled interdisciplinary medical team. Because these patients need intensive medical care and monitoring, we offer 24/7 care, a very high nurse-to-patient ratio, and high-intensity rehabilitation in our state-of-the-art gym.



OUR COMPLEX CARE UNIT MEDICAL TEAM

Within our Complex Care Unit, our team of specialists includes the Medical Director, Psychiatrist, Pulmonologist, Neuropsychologist, and a Nurse Practitioner Unit Director.

OUR COMPLEX CARE UNIT THERAPY TEAM

A medically complex patient requires a broad spectrum of specialized therapies, all of which are offered within the HealthBridge St. Louis Complex Care Unit. These include:

Respiratory Therapy

- Ventilator care and liberation
- High frequency ventilation for secretion management
- Airway management/tracheostomy care and speaking valve replacement
- Trach decannulation
- 24-hour respiratory care
- Heated high flow oxygen therapy
- Complex bi-level ventilation
- Family and caregiver training

Physical Therapy

Physical therapy helps injured or ill people improve movement through individualized assessment, diagnosis and treatment, utilizing:

- Neuromuscular re-education
- Ultrasound, electric stimulation, diathermy for the management of pain

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- Scar and edema management techniques
- Lower extremity strengthening
- Pain management protocols
- Heat and cryotherapy
- Gait and vestibular retraining techniques
- Manual therapy
- Joint mobilization
- Kinesiology taping
- Work conditioning

Occupational Therapy

Occupational therapy provides the necessary training and tools to assist patients in regaining control for everyday life, including:

- Motor coordination
- Upper extremity strengthening
- Activities of daily living (dressing, mobility, transferring and eating)
- Cognition retraining and sensory integration
- Visual-perceptual deficits and low vision
- Wheelchair seating and mobility training
- Assessment for assistive devices and durable medical equipment
- Splinting/orthosis management

Speech-Language Pathology

A speech-language pathologist works with patients having difficulty speaking, understanding, reading, writing and swallowing, as well as those with cognitive deficits. Patients may require:

- Swallowing evaluation, management and retraining
- Instrumental exam of swallow function (FEES/MBSS)
- Vital Stim/E-Stim for swallowing
- Speech and language evaluation and treatment
- Auditory processing retraining
- Cognitive skills retraining to enhance memory, problem solving and attention
- Melodic intonation therapy
- Aphasia therapy
- Voice therapy
- Speaking valve management
- Augmentative and alternative communication assessment and training

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*Where specialized care begins
and hope never ends*

