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Newsletter Date
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Saginaw, Aleda E. Lutz VAMC

Inpatient Rehabilitation Unit

Community Living Center Building 22

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Welcome to the second volume of our rehab news letter. In this issue, we will discuss updates to our department, and highlight our comfort therapies programs offered to you.

Every member of your team is a specialist in their field and dedicated to providing you with the most evidenced-based and effective care. If there is anything we can do to make your stay more pleasant, please let us know. We also encourage you to attend our after care program once you are discharged from the facility. You will receive an invitation to this program. We are interested to know how you are doing at home after your discharge and if you need any further needs. We have a great team of specialists working for you.

Mary Miller DO
Medical Director, Inpatient rehabilitation program

Inpatient Rehabilitation "Update"

When compared to the other national facilities, our program meets or exceeds outcome measures and customer satisfaction. In 2018 we discharged 64 patients from our program and the majority returned to the community.
We are growing!
We now have two programs in our rehabilitation program. Low intensity and moderate intensity to accommodate the many and varying needs

The low intensity program provides combined therapy minutes of at least 60 minutes, 3 times a week and our moderate intensity program provides 2 hours of combined therapy at least 5 days a week.
All Veterans participating in our programs have daily access to our recreation and comfort care teams highlighted in the upcoming pages.

We look forward to discussing your specific needs and developing your individualized care plan!

Your TEAM

Your Rehabilitation team includes:

- Board Certified Physiatrist
- Medical Doctor
- Nurse Practitioner
- Rehabilitation Nurses
- Dietitian
- Social worker
- Psychologist
- Physical Therapist
- Occupational Therapist
- Recreational therapist
- Speech Pathologist
- Respiratory therapist
- Pharmacist

After Care Event

Our Rehabilitation team invites all our patients for an After Care Follow-Up Event in which Veterans from the past year are invited to attend. Veterans are offered refreshments and an opportunity to share their progress as well as enabling us to answer questions and gain feedback on what we are doing right and how we can improve.

Comfort Therapies

Every Veteran has access to the following alternative therapies that serve to promote relaxation, help with pain management and elevate well-being.

Aroma Therapy

What is Aromatherapy?

Aromatherapy is the use of essential oils from plants (flowers, herbs, or trees) to help you feel better and more comfortable.

Examples of Essential Oils and their benefits:

TRUE LAVENDER: Calming, uplifting, may reduce stress and anxiety, helps with sleep

PEPPERMINT: Energizing, helps with sinus and nasal congestion, may help decrease nausea, headaches, and mental fatigue

MANDARIN: Calming, uplifting, reduces stress and anxiety, helps with sleep, may help decrease nausea

FRANKINCENSE: Calming, decreases agitation, helps with chesty coughs, helps quiet the mind

TEA TREE: Boosts the immune system, soothes colds and headaches

Auricular and **Battle Field Acupuncture**

Auricular or Ear Acupuncture is a form of acupuncture where needles are placed only on the surface of the ear.

The theory behind Ear Acupuncture is that the entire body is represented on various points on the ear. These acupuncture points are linked to different organs in the body through energy pathways or "meridians". The needles activate the energy along those pathways. This produces different effects, depending on the points needled. There is evidence that acupuncture needles cause the release of body chemicals. These chemicals help with tissue healing or help decrease pain sensation.

Battlefield Acupuncture (or BFA) was created by Dr. Richard Niemtzow while on active duty in the United States Air Force in 2001.

Battlefield Acupuncture

BFA is usually recommended to help you manage your pain.

BFA needles are different from regular acupuncture needles. They are tiny and actually stay in your ears for few days. You may have up to 5 needles in each ear.

Benefits

BFA may help decrease pain by:

Blocking the pain signals from going to the brain

Releasing chemicals (like endorphins) that also help decrease pain

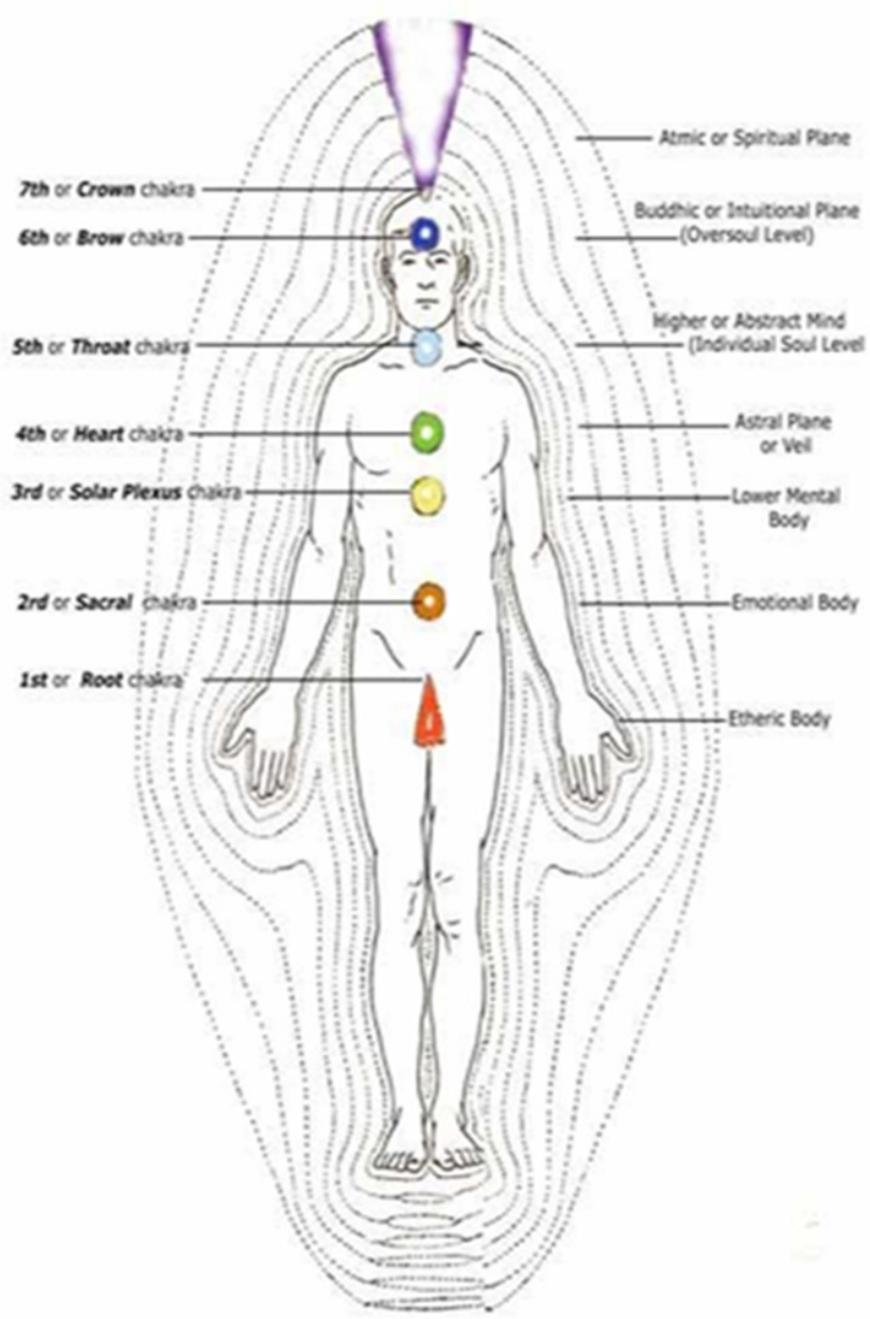
BFA may help you feel more comfortable also by helping you sleep better, have more energy, and improve our overall sense of wellbeing.

Healing Touch

Healing Touch (HT) is an 'energy therapy'. HT staff use their hands in an intentional and gentle way to balance your energy fields. This is done to help you feel more comfortable and relaxed. The goal is to help your body heal itself.

HOW DOES IT WORK?
When your body is stressed physically, mentally, or emotionally, the flow of energy can become disrupted or congested. HT releases the congestion from your energy fields (auras) and energy centers (chakras).

WHAT TO EXPECT:
You may receive Healing Touch while fully clothed and sitting in a chair or lying on your bed. Healing Touch staff will use their hands to work on the energy fields around your body. They may hold their hands close to your body without touching your skin. Or, they may apply light touch depending on the technique.
A session may take anywhere from 10 minutes to 60 minutes, depending on your needs.
You may experience a feeling of peace and calm during the treatment. You may also fall asleep.



BENEFITS OF Healing Touch:
Decreased pain
Relaxation
Increased wound healing
Stronger immune system
Increased sense of well-being

Tai Chi

What is it?

Tai Chi is “moving meditation.” A form of martial art that encompasses coordinated movements, breathing and focus with the goal to achieve a deep state of relaxation.

What are the benefits of Tai Chi?

Pain relief!

Improves focus!

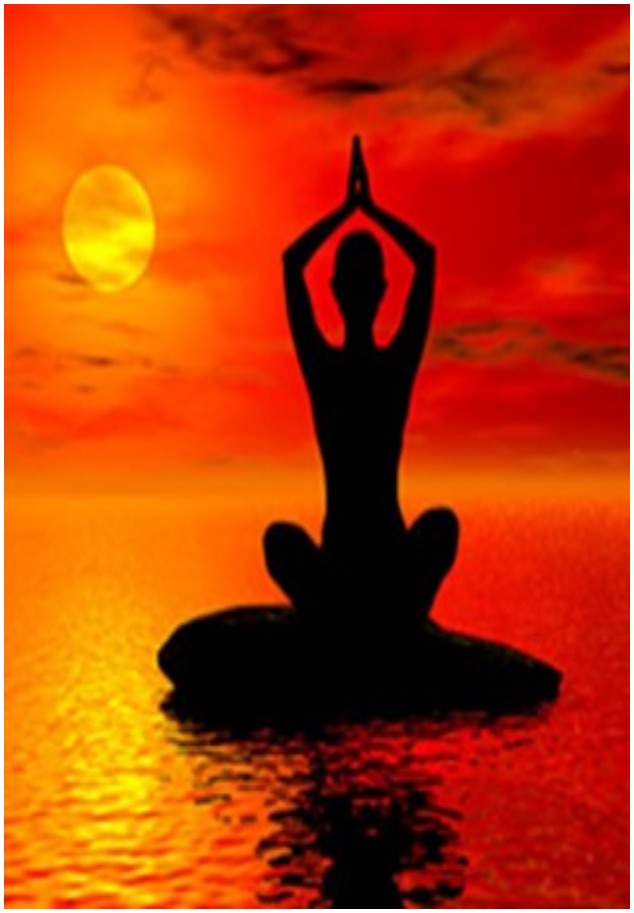
Improve balance!

Builds strength!

Yoga

Need the department write up please

What are the benefits of Yoga?



Pain Relief!

Improves flexibility!

Improves Balance!

Reduces anxiety!

For more information on the Inpatient Rehab Program
Please contact Constance Louis, CARF Coordinator at
(989) 497-2500 Ext 11091