

PAM HEALTH

LVAD REHABILITATION PROGRAM



BUILDING STRENGTH AND INDEPENDENCE

For patients who have had a left ventricular assistive device placed, we offer a specialized rehabilitation program to help them return home safely and confidently.

Our interdisciplinary program incorporates medical services, nursing care, specially trained staff, and physical, occupational, and speech therapy in a coordinated manner to help patients improve their abilities to perform activities of daily living.



www.PAMHealth.com



HOW CAN THERAPY HELP?

Following surgery, LVAD patients may not be strong enough to return home safely and could benefit from intensive inpatient therapy. Our therapy teams will evaluate each patient's unique situation, co-occurring medical conditions, medical history, functional status, and goals to develop a treatment plan.

Physical therapists can work with the patient to build strength, endurance, and confidence. They may incorporate exercises to build cardiovascular strength, improve breathing, and regain independence.

Occupational therapists will help the patients manage activities of daily living including self-care, dressing, and ambulating with or without an assistive device.

Therapists can also teach patients how to manage their device, including changing batteries and understanding alarms. They can educate patients on what activities to do and which to avoid. In addition to helping the patient manage better at home, therapy can help reduce potential hospital readmissions.

During an inpatient stay, patients receive an average of 3 hours of therapy, 5 days a week.



www.PAMHealth.com