

Amputation Rehabilitation Program

**Regional Rehabilitation Centre at the
Hamilton General Hospital**

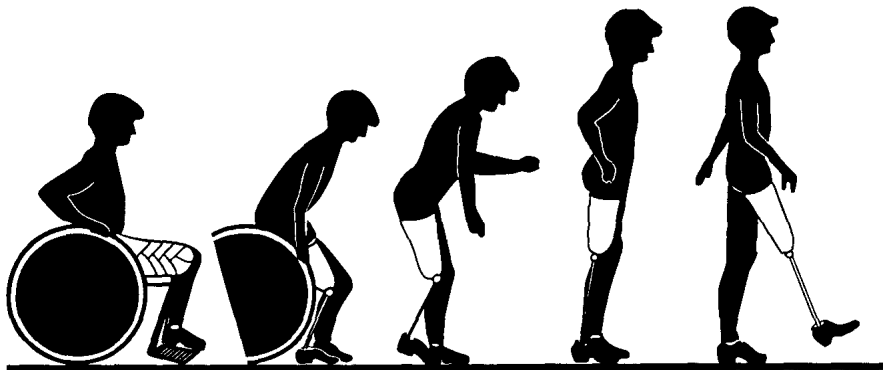


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Introduction

In the Amputee Rehabilitation Program you will be fit with an artificial limb. An artificial limb is called a prosthesis. You will be taught how to use it. This will help you to become as independent as possible.

Getting ready to start the Amputation Rehabilitation Program

You are now on the waiting list for the Amputation Rehabilitation Program. There are a limited number of places, so you may have to wait a few weeks before a spot becomes available.

You may be admitted to our Medical Day Care (MDC) Program or our Inpatient Program depending on your health care needs.

When a place becomes available in the program we will call you about 3 to 4 days in advance. This call will confirm the date and time of your admission to the program.

The Amputation Rehabilitation Program

The Amputation Rehabilitation Program is located in the Regional Rehabilitation Centre behind the Hamilton General Hospital.
Address: 300 Wellington Street North, Hamilton.

In our program you will be working with many different therapists during your rehabilitation. Each of these professionals has specialized knowledge and training to help you. The Amputation Team includes:

- You
- Registered Dietitian
- Occupational Therapist

- Pharmacist
- Physiotherapist
- Prosthetist
- Physician
- Recreation Therapist
- Registered Practical Nurse
- Social Worker

We want you to ask questions about your treatment program and to be actively involved in decision-making about your care. You will attend team meetings every second week and 'gait' rounds weekly once you are walking. At these times, you and the team discuss your program and plans for future treatment. Family members are welcome to watch during treatment sessions and to attend meetings, if you wish.

Your stay in hospital

The program runs from Monday to Friday, 9:00 am to 4:00 pm. Your own schedule of activities will vary. It will include several hours each day.

You will be admitted either to our Medical Day Care Program or as an inpatient depending on your health care needs. There will be about 8 to 10 other patients in the program with you.

As an inpatient, you should try to go home on the weekends. This will help you to prepare for managing at home after the program.

You will be in the program for about 6 weeks. This may be longer or shorter depending on your progress and other medical conditions, such as skin breakdown.

If you are attending as a day patient, the type of transportation you use is up to you. The cost of transportation is your responsibility.

Should you decide to use DARTS to attend the program, the program can arrange subscription rides with DARTS for you. You are able to set-up a billing account with DARTS so that you don't have to worry about tickets. DARTS will then invoice you monthly.

Getting the most from the program

You will learn about exercises and activities you can do that will help with daily living. You will practice with your therapists. Other things you will learn about to help you cope with life as an amputee are:

- skin care
- bandaging or shrinker socks
- sock adjustment
- care of your prosthesis
- typical reactions to loss of a limb
- resources available in your community
- how to manage stress
- good nutrition

What to bring

- exercise shorts and t-shirts
- comfortable clothing, such as a jogging suit
- bandages or shrinker sock, if you have them
- special devices you may use, such as a cane, wheelchair, amputee board, cushion and both foot pedals for the wheelchair
- a pair of sturdy shoes that you plan to walk in
- medications you currently take
- if you are an inpatient, bring underwear
- toilet articles such as comb or hairbrush, toothpaste and toothbrush, tissues, shampoo, plus sleepwear
- incontinence management supplies if you have a problem with bladder or bowel control

Please make sure that your equipment is working properly. You are responsible for any repairs or maintenance of your equipment.

You may wish to bring a small amount of money for the pay phone or snack bar.

Receiving your prosthesis

You will meet with a Prosthetist who will fit you with a prosthesis. This may be before you start the program or soon after. The Prosthetist will use a cast or scan to make a mold of the end of the amputated limb. The mold will be used to make you a temporary prosthesis. You will be fit 7 to 10 days after the casting.

Paying for your prosthesis

The Ontario Assistive Device Program (ADP) may cover a portion of the cost of your prosthesis. You have the following option to cover the remaining amount not funded by ADP:

- private pay (pay yourself)
- private medical insurance
- WAR AMPS
- aboriginal non-insured health benefits (NIHB)
- motor vehicle accident insurance (MVA)
- Veterans Affairs.

If your amputation occurred as a result of a workplace accident, the cost of prosthesis may be covered by the Workplace Safety and Insurance Board (WSIB).

If finances are very limited, other community resources may be able to help with funding. The team will discuss prices and financing with you. You are responsible for any remaining balance on your account.

Learning how to use your lower limb prosthesis

During 'gait training' you will learn how to walk with your prosthesis. You will follow these 4 steps:

1. learning to transfer your weight on your new limb
2. walking between parallel bars
3. using a walker to walk
4. using 1 or 2 canes to walk

You may or may not be able to reach step 4. This will depend on your physical condition. You may have some discomfort while you learn to walk, but this will decrease as you progress with walking.

Along with learning how to walk, you will also learn to:

- go up and down stairs
- walk on rough ground
- walk up and down ramps
- get up off the floor
- do normal activities as you would at home
- go up and down sidewalk curbs

When you are ready, you will take your prosthesis home in the evening after the day program or on the weekend from the inpatient program to practice what you have learned. You can discuss any problems that you had at home with your therapists the next day. They will help you to deal with them. This will prepare you for living at home after you leave our program.

After the program

You will have regular follow-up appointments in the Amputee Clinic after you have finished the program. The team will check the fit of your training prosthesis and will help you to maintain as much independence as possible. The first follow-up visit is usually 1 to 2 months after you are discharged from the program.

About 10 to 12 months after you have been discharged from the program, you may be eligible for a permanent prosthesis. At your follow-up clinic visit at the Regional Rehabilitation Centre it will be decided when a new socket is needed. The casting or scan of your amputated leg will be done at the Prosthetics and Orthotic Department located at 325 Wellington Street North, Hamilton (the building across from the Regional Rehabilitation Centre).

We are smoke-free

Hamilton Health Sciences is smoke-free. This means that smoking is not allowed anywhere on the grounds, including parking lots, garages and vehicles.

For support or help to stay smoke-free:

- talk to a member of your health care team at Hamilton Health Sciences
- contact Smokers' Helpline toll free at 1-877-513-5333 or www.smokershelpline.ca



Fragrance restricted

We are a fragrance restricted hospital. Please do not wear or bring perfume, cologne, aftershave, scented hair spray or other scented products.



Latex-free environment

Please do not bring latex balloons into the hospital. You may bring in Mylar foil balloons only. If you have a latex allergy, please let your nurse know.



Patient Experience

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services.

Hamilton Health Sciences is dedicated to Continuous Quality Improvement (CQI). There are daily performance huddles on the unit to discuss improvement opportunities and celebrate success. You can participate in the huddles and suggest improvement opportunities and celebrations.

If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.

If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the **Office of Patient Experience at 905-521-2100, ext. 75240.**

Directions to Regional Rehabilitation Centre

300 Wellington Street North, Hamilton, ON L8L 0A4

From Toronto or Niagara Region

- Take QEW towards Hamilton
- Exit at Nicola Tesla Boulevard (exit #90)
- Follow Nicola Tesla Boulevard to Wellington Street North
- Turn left on Wellington Street North
- Parking is located past the 2nd set of train tracks, immediately to your right (which is located across the street to our building)

From the Mountain

- Take the Clairmount Access directly onto Victoria Avenue
- Proceed north on Victoria Avenue, make a left on Birge Street
- The Regional Rehabilitation Centre is located on the corner of Birge Street and Wellington Street North
- Parking is available directly across the street from the Regional Rehabilitation Centre

From Brantford

- Take Highway 403 East (to Hamilton)
- Exit at Main Street East
- Follow Main Street eastbound to Victoria Avenue
- Proceed north on Victoria Avenue, make a left on Birge Street
- The Regional Rehabilitation Centre is located on the corner of Birge Street and Wellington Street North
- Parking is available directly across the street from the Regional Rehabilitation Centre

There is a fee for parking in HHS parking lots.