



# Destination Recovery



**Bryn Mawr Rehab Hospital**  
Main Line Health



# Destination Recovery

Bryn Mawr Rehab Hospital is chosen more often by patients and their families as their preferred destination for recovery and rehabilitation.

Our acute rehabilitation hospital offers a full continuum of services for adults and adolescents. We are dedicated to helping patients recover from traumatic and non-traumatic brain injuries, stroke, spinal cord injuries, amputation, multiple trauma, chronic pain and other orthopedic and neurologic conditions.

Destination Recovery shares the stories of our patients' rehabilitation and recovery.



*The Bryn Mawr Rehab Hospital symbol communicates the organization's commitment to helping patients achieve the greatest possible independence after an illness or injury. The figure breaking out of the box expresses the exhilaration patients feel as they progress toward greater recovery.*

## OPERATING REVENUE & EXPENSE

	2010 - 2011	2009 - 2010	2008 - 2009
<b>Operating Revenue</b>			
Net patient revenue	74,911	68,808	68,350
Other revenue	1,880	1,670	2,136
<b>Total</b>	<b>76,791</b>	<b>70,478</b>	<b>70,486</b>
<b>Operating Expenses</b>			
Salaries & benefits	39,749	38,043	36,120
Supplies	3,643	3,906	4,129
Other	17,410	17,082	16,131
<b>Total</b>	<b>60,802</b>	<b>59,031</b>	<b>56,380</b>
<b>Funds for Reinvestment</b>	<b>15,989</b>	<b>11,447</b>	<b>14,106</b>

## PATIENT CARE REVENUE

	2010 - 2011	2009 - 2010	2008 - 2009
<b>Medicaid</b>	4%	4%	5%
<b>Private Insurance/Self Pay</b>	10%	8%	10%
<b>Blue Cross</b>	25%	25%	24%
<b>HMO's/Managed Care</b>	24%	28%	30%
<b>Medicare</b>	37%	35%	31%

## HOSPITAL FACTS

	2010 - 2011	2009 - 2010	2008 - 2009
<b>Hospital</b>			
Licensed beds	148	148	148
Avg daily census	119	121	128
Admissions	2,841	2,635	2,852
Patient days	43,337	44,059	46,834
Average length of stay	15.3	16.7	16.4
Outpatient visits	52,673	50,189	34,085
<b>People</b>			
Full time employees	343	492	489
Physicians	83	80	76
Volunteers	301	293	176
Volunteer hours	18,650	16,841	13,377

## MESSAGE FROM THE PRESIDENT AND FOUNDATION BOARD CHAIR



Donna M. Phillips



Jane Greenfield

Dear Friends:

**The Bryn Mawr Rehab Hospital staff is dedicated to serving individuals and their families whose lives can be enhanced through physical and cognitive rehabilitation.**

It has been a busy year for Bryn Mawr Rehab Hospital and one filled with significant honors and commendations for our clinical programs and community outreach efforts. In May, we received the *Successful Outcomes through Learning Award* for Clinical Staff Competency from HealthStream, a leading provider of learning and research solutions for the healthcare industry. In August, we were honored by the Hospital and Healthsystem of Pennsylvania with its *2011 Achievement Award for Patient Safety* for our Medication Safety Vest Program. The same program was also honored by the Philadelphia Business Journal and UnitedHealthcare as the recipient of the *2011 Healthcare Innovation Award* for patient safety. These awards recognize our hospital for innovation and for establishing best practices that enhance patient safety. Most importantly, they recognize the dedication of our staff.

In addition to being honored for our clinical excellence, we also were recognized by the Pennsylvania Association of Rehabilitation Facilities (PARF) for Project SEARCH, our newest community outreach program. PARF recognized Project SEARCH for its contributions and excellence in providing on-the-job work experience and employment education to individuals with disabilities.

Our goal each and every day is to provide the highest level of care and the best physical and cognitive rehabilitation services to our patients and their families. We continually strive to educate the community about the importance of our hospital and programs like ours. Community outreach and community education are paramount to helping us achieve our mission. We are proud of our many programs and we thank you for your support that enables us to continue to provide the highest quality patient care. Thanks to you, we continue to make a difference in the lives of our patients and their families and in our community.

With appreciation,

A handwritten signature in black ink that reads "Donna M. Phillips".

Donna M. Phillips  
President

A handwritten signature in black ink that reads "Jane Greenfield".

Jane Greenfield  
Chair, BMRH Foundation Board

# INTENSIVE REHABILITATION THERAPY helps Joshua Bonjo return home

There are certain days in your life that are seared into your memory. Sunday, December 12, 2010 is one of those dates for the Bonjo family.

That's when their 19-year-old son Joshua was in a car accident that changed the course of his life. A student at Reading Area Community College at the time, Joshua suffered a traumatic brain injury that jolted him so severely he suffered from "shaken impact syndrome" – an injury similar to shaken baby syndrome. He spent nearly a month in Paoli Hospital's intensive care unit recovering.

"We were told so many times to expect the worst," his mother said. "He couldn't move and he had breathing and feeding tubes in him to keep him alive. It was a nightmare." She said her son occasionally opened his eyes or squeezed her hands in response to a question, "but most of the time he didn't respond to us at all."

Enter Ramadevi Swaminath, MD, a Bryn Mawr Rehab Hospital physiatrist. Dr. Swaminath evaluated Joshua and recommended intensive inpatient rehabilitation therapy. "We were shocked and relieved that she saw hope and believed rehabilitation would help him," said Mrs. Bonjo.

The first few days were not easy. "At the beginning he couldn't do anything for himself," said Mrs. Bonjo. "He was completely dependent on the staff for everything and needed total assistance to eat, dress and transfer out of bed."

But signs of progress began to appear. Within weeks, Joshua began to understand what he was being asked and he was getting stronger and building stamina. His mother credits the hospital's intensive rehabilitation program, including three hours of physical, occupational and speech therapy each day, for her son's recovery.

For 138 days Joshua continued his therapy with his family by his side, each day making progress. On May 24, six months after the accident, he was discharged and celebrated Memorial Day with his family and friends. At home, he needed supervision and minimal assistance to feed himself and dress, activities he could not complete at all prior to his rehabilitation therapy.

Today, Joshua continues rehabilitation through the hospital's Comprehensive Outpatient Center for Neurorehabilitation and receives physical, occupational, speech and cognitive therapy three full days each week. He continues to make steady gains and his family is hopeful that he will achieve even more independence and strength and return to the life he had before the accident.



*Josh Bonjo and his mother, Darling, are pictured on the left. Above, Josh and his therapists Suzanne Hill and Jacqueline Smith help him stand up. Below, Josh is pictured with his speech therapist, Jessica Petrongolo.*



# JOHN JACKSON

takes one day at a time recovering from a spinal cord injury

## **“I immediately knew I was in trouble.”**

That’s how John Jackson describes the fall he took in a neighbor’s driveway as he helped her shovel snow in January 2011. The neighbor immediately called 911 and John was rushed to Paoli Hospital where doctors determined he had suffered a serious spinal cord injury. Most frightening, he had lost movement and mobility in his head, neck, arms and hands.

“I couldn’t do anything for myself after the fall,” said John, a retiree whose life revolves around his wife, four children and 10 grandchildren. “I couldn’t feed or dress myself. I couldn’t even get out of my wheelchair without help. I had to rely on everyone.”

To regain mobility, John required intensive inpatient physical and occupational rehabilitation therapy. He chose Bryn Mawr Rehab Hospital because of its reputation. During his first days here, therapists taught him to stand with a walker and to transfer from his bed to his wheelchair. He said the hospital’s therapists worked with him to improve his strength, build his endurance and regain his mobility. “The nursing staff, therapy staff and clinicians all worked together as a team and provided tremendous support on my journey to recovery,” he said.

Because of the extent of his injuries, doctors recommended surgery to stabilize his spinal cord. On March 3, he underwent a laminectomy and spinal fusion. Following surgery, he returned to Bryn Mawr Rehab Hospital to continue therapy.

“I knew about the hospital’s excellent reputation, but I underestimated the dedication of the staff and the care I would receive. Every employee considered my needs and everyone had an excellent, professional mannerism. I was constantly offered words of encouragement by the nurses and therapists as they guided me through my recovery.”

While John said that it was difficult to lose his independence and depend on others for help, “the treatment team instilled confidence in me and because of that I knew I would get my independence back.”

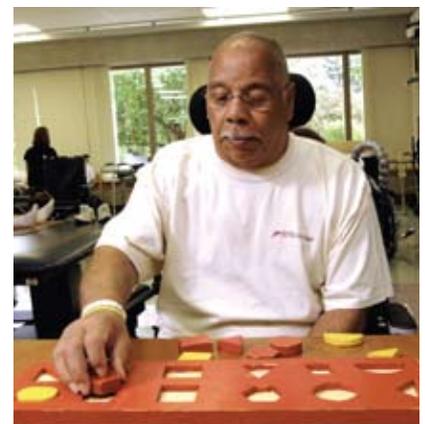
*“The nursing staff, therapy staff and clinicians all worked together as a team and provided tremendous support on my journey to recovery,”*



John was able to return home on May 3, more than three months after his fall. Today, he gets around with the use of a walker and can dress himself, feed himself and even cook for himself. He still receives outpatient rehabilitation in order to build strength in his legs and arms, and he hopes that by next spring he will be back playing in his softball league.

**“I trusted everyone at Bryn Mawr Rehab Hospital, and I believed in myself that I would be able to do things for myself again.”**

*John Jackson was helping a neighbor during the winter of 2011 when he slipped on the ice and injured his back. Intensive inpatient physical and occupational therapy helped him return home.*



# RECOVERING

## from the long-term effects of a concussion requires intensive rehabilitation

Kimberly Przybyszewski was a 16-year-old stand-out basketball star when a collision with another player during a game changed everything. For the next 15 minutes, Kimberly lay dazed and motionless on the court. She was taken to the hospital for treatment of a concussion and soon released home. For many players, this would be the end of the story. Unfortunately for Kimberly, it was just the beginning.

Recurring headaches and dizziness plagued her, making it difficult for Kimberly to attend school. Eventually, the decision was made to homeschool her for the rest of the year. "It was terrible," she said. "I was 16 and I felt sick all of the time."

For the next four years, Kimberly continued treatment for headaches and depression – lingering effects of the concussion. In October 2010, her mother attended a community education program at Bryn Mawr Rehab



*Kimberly Przybyszewski had lingering effects of a concussion for four years. After completing physical and occupational therapy, she was able to return to Shippensburg University to complete her college degree. Kimberly is pictured with her mother Angela above and with physical therapist Deb Watson-Shaeffer.*

Hospital dedicated to concussion. "I cried as the speakers talked about everything that Kim was going through," she said. "I knew she had to be evaluated and treated here."

Over her winter break from Shippensburg University, Kimberly was evaluated by the concussion treatment team at Bryn Mawr

Rehab Hospital, including a physician, a neuropsychologist, and physical and occupational therapists. She immediately began intensive outpatient rehabilitation. Because of the extent of her symptoms, the treatment team recommended she stay home from college and continue therapy through the spring.

"I really wanted to go back to school, but I was in a car accident and my condition got worse," said Kimberly. "My headaches were more severe and I got to the point where my speech was affected. I tried to go back to school, but after a few weeks I knew I couldn't keep up with my coursework. So I came home to focus on my treatment."

Kimberly had significant deficits to overcome, including issues with balance, gait, vision, speech and cognition. "We developed several creative treatment options that we thought would help," said Deborah Watson-Shaeffer, Kimberly's physical therapist at Bryn Mawr Rehab. "We established incremental goals and she worked very hard to achieve them. She is definitely at a point now where she is ready to move on with her life."

In August, Kimberly returned to Shippensburg where she resumed her studies as an elementary education major. She plans to graduate in 2012.

"I am so blessed that my mom found this program and so many people here believed in my recovery and made it happen," said Kimberly.



*The symptoms of post-concussion syndrome, or PCS, can linger for weeks or months or may appear occasionally up to a year or more after the initial injury.*



## POST-CONCUSSION EVENT FEATURES 76ERS COACH

More than 100 physicians, coaches, athletic trainers and parents attended a special community education event about concussions at Bryn Mawr Rehab Hospital in September. Physicians and therapists educated attendees about the importance of recognizing the signs and symptoms of concussion and receiving treatment.

During the event, Philadelphia 76ers head coach Doug Collins recounted how a fall in 2010 resulted in sporadic dizziness, ringing in his ears, confusion and fatigue. He said he thought the symptoms would subside, but when they lingered for several months he realized he had to get medical treatment.

"Sharing my experience is a way I can help raise awareness about the symptoms of concussions and let people know how important it is to seek immediate medical attention for



any head trauma," said Collins. "One of my biggest regrets is not seeing my doctor sooner for the side effects I experienced after my head injury."



## TREATING POST-CONCUSSION SYNDROME

More than one million concussions occur each year in the United States. While most people think of these "unseen injuries" as only requiring a short recovery time, some individuals can suffer from post-concussion syndrome – a condition that can affect a person for weeks and months after the initial injury. Symptoms can include:

- **Headaches**
- **Dizziness**
- **Nausea**
- **Memory and learning problems**
- **Unexplained mood swings**
- **Impaired planning or organizational skills**
- **Depression**

Bryn Mawr Rehab Hospital evaluates and treats more than 800 post-concussion patients each year in its Comprehensive Outpatient Center for Neurorehabilitation. Individuals are treated by a team of physicians, therapists, neuropsychologists and vision specialists who use custom-designed technology to evaluate vision and balance issues. Treatment plans designed to achieve the speediest recovery are tailored to each patient.

# BMRH STAFF

## Continually Strives for Excellence

In today's rapidly changing medical field, it's important for healthcare professionals to stay up-to-date on the latest treatments and technology. This helps to improve patient outcomes and enhance quality of care.

At Bryn Mawr Rehab Hospital, physicians, nurses and therapists continually invest in their careers by completing additional coursework and earning advanced credentials. Supporting their work is the Edward V. Dillon, MD, Endowed Fund for Nursing Excellence, which provides money for continuing education. This support helps ensure that the hospital attracts and retains a highly qualified nursing staff. Consider that:

- 100% of the hospital's nurse managers hold Certified Rehabilitation Registered Nurse (CRRN) certification
- 64% of the hospital's Registered Nurses hold CRRN certification
- 5 nurses are Wound Care Certified
- 1 nurse is certified in Wound, Ostomy and Continence
- 15 nurses are certified in Advanced Cardiac Life Support
- 3 nurses are certified in Pain Management
- 1 nurse is certified in critical care and progressive care nursing

In addition to advanced certification for nurses, Bryn Mawr Rehab therapists pursue educational opportunities through the Main Line Health Therapy Excellence Program. Since its establishment in 2007, 50 physical, occupational and speech therapists at Bryn Mawr Rehab Hospital and Rehab Affiliates have achieved Clinical Ladder status. The program also recognizes therapists for their clinical excellence, leadership abilities and the efforts to positively impact therapy services and patient care.

## Eileen Farley, RN, MSN, NE-BC, CRRN



What did you want to be when you grew up?

It's an easy question for Eileen Farley to answer. That's because all she has to do is look at the self-portrait she drew when she was five years old. The drawing – which hangs on her office wall today – shows her dressed in a nurse's uniform.

“For as long as I can recall I wanted to be a nurse,” said Farley. “I remember seeing a child at church, almost the same age as I was then, with crutches. Later my parents told me he had polio and that he would never walk. I cried and cried. I wanted to do something to make him better. I knew I couldn't, but I also knew that when I grew up I would become a nurse and help as many people as I possibly could.”

In 1979, Farley's dreams became a reality when she graduated from nursing school and began her career. Over the next three decades she would continue her training and work in many specialty areas, including acute care, long-term care, skilled nursing care, critical care and rehabilitation

nursing. She also climbed the ranks from bedside nurse to patient care manager and eventually director of nursing at Bryn Mawr Rehabilitation Hospital.

“I have a wonderful career,” said Farley “and I work with an amazing staff of individuals who always place our patients at the forefront of everything we do.”

## BEST & FAVORITES

### Favorite Book:

*The 7 Habits of Highly Effective People*, by Stephen R. Covey

### Favorite Restaurant:

*Seven Stars Inn* in Phoenixville

### Favorite Movie:

*Top Gun* and *The Sixth Sense*

### Most Admired Person:

“I have had several key mentors throughout the years. They know who they are. I cannot state just one person. Each added to my growth and guided me to be the person I am today.”

### What keeps me going?

“I think that everyday gives me the opportunity to work with others in making patient care better and better.”

### Where do we go from here?

“I love my experience at Bryn Mawr Rehab Hospital. I enjoy the patients and staff. I plan on staying until my job is done.”

## Following amputation

# Bill Bastian finds strength and resolve



Bill Bastian has learned to ignore limitations. It's an attitude that has served him well over the past two years.

In 2009, an enzyme disorder resulted in the amputation of Bill's left foot at the ankle. Additional complications led to a below-the-knee amputation in 2010. For the next four months, he recovered at home in a wheelchair. "That was very difficult," he said. "I couldn't do anything for myself; I relied on everyone for everything."

It was a situation that was completely foreign to Bill. An avid skier who was active his entire life, he ran a business with his brother, raised three children and was always busy.

Bill's first steps toward regaining full independence occurred about a year after his amputation when he was fitted with a prosthetic leg and began intensive rehabilitation. Initially his goal was simply to stand up, but when he accomplished that on his first day of inpatient rehabilitation he realized that he had set his goals too low. "I began achieving my goals quickly and that's when I knew that with time and perseverance I could still do all of the things that I did before."

Bill credits his successful rehabilitation to his therapists. "I chose Bryn Mawr Rehab Hospital because of its reputation. It was the best choice I could have made. The therapists are remarkable. Within a few weeks I was discharged home with a walker. It was emotional when I was able to walk into my home by myself for the first time in more than a year."

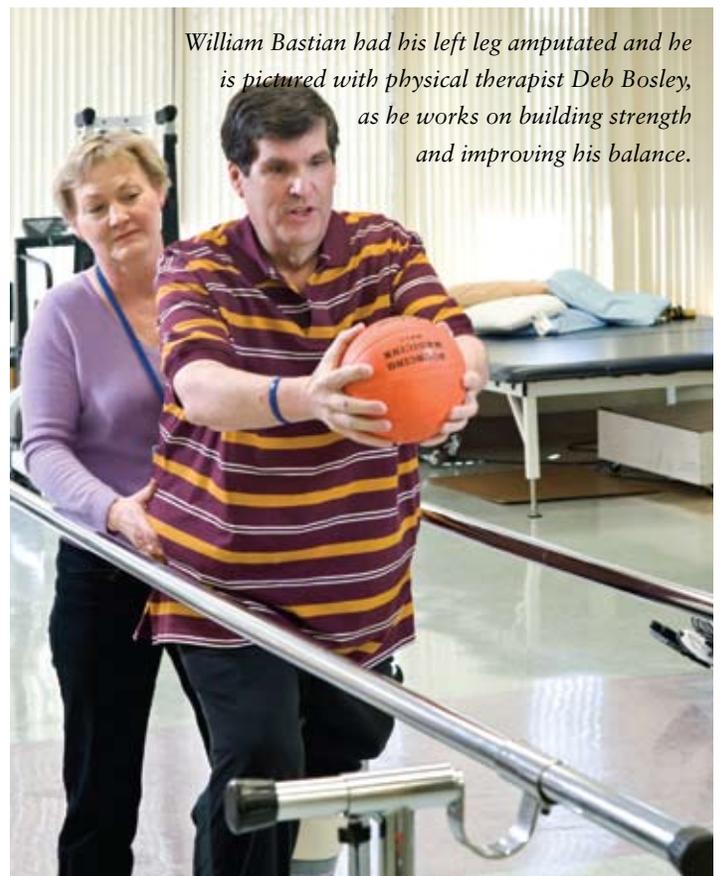
Today, Bill continues to receive outpatient therapy. His rehabilitation includes physical and occupational therapy that focuses on balance, gait training and building strength. Initially, this therapy took place in the hospital's gym, but within weeks, he was walking on a variety of surfaces, including stairs, ramps, curbs and grass.

"Through hard work I have gone from being disabled and living in a wheelchair to driving my car and being completely independent," he said. "I take part in the hospital's amputee support group and act as a mentor to other individuals at the clinic. I share my experiences and want to make sure they know that they can achieve success and attain all of their own personal goals, just like I did."

"Losing a limb is difficult physically and mentally," he continued. "I didn't think I would ever walk again. Within minutes of meeting my therapists and working with them, those thoughts disappeared. Today I have an entirely different outlook. I have new opportunities and I can achieve the same independence I had before. This is a life experience, not an ordeal."

Looking ahead, Bill hopes to conquer his ultimate challenges – skiing in Utah and driving his 1967 GTO convertible.

"I feel fantastic and I love my life. I am alive, I am on my feet and I am working hard to ensure that I stay healthy. There are no limits to what I can achieve."



*William Bastian had his left leg amputated and he is pictured with physical therapist Deb Bosley, as he works on building strength and improving his balance.*

# INTERNS ACHIEVE SUCCESS:

## Project SEARCH graduates first class.

To an outsider, Taylor Brennan's job as a Bryn Mawr Hospital patient transporter may not appear very remarkable. But to Taylor, the job represents freedom and the hope that he can one day live on his own.

Taylor was one of five adult interns in the first graduating class of Project SEARCH, a new Bryn Mawr Rehab Hospital program that teaches employable skills to adults with cognitive or physical disabilities. During the 36-week program, participants receive classroom education and perform internship rotations in order to learn skills and gain experience that will allow them to land a job.

"There is a need to help individuals living with disability gain the experience, education and assistance they need to secure employment, which is the highest level of independence possible for any individual," said Donna M. Phillips, President of Bryn Mawr Rehab Hospital and the catalyst for bringing Project SEARCH to this region.

"Project SEARCH extends our continuum of care and helps individuals achieve their goal of gaining success in the highly competitive job market. We offer education, job mentoring and on-the-job experience so that adults who live with disabilities can successfully train for and find a job."



*Project SEARCH interns were honored at a graduation ceremony last summer. Pictured at the event are, from left to right, Bryn Mawr Rehab Hospital President Donna M. Phillips, Project SEARCH interns Bridget Piernock, Taylor Brennan, Peter LeBuhn, Deanna D'Agostino and Ryan Stewart, and Main Line Health President and CEO Jack Lynch.*

Founded 15 years ago at Cincinnati Children's Hospital, Project SEARCH has 150 locations worldwide that help high school students with learning and developmental disabilities gain the skills needed to secure a job. Bryn Mawr Rehab Hospital started the first adults-only program in Pennsylvania and only the second adult program in the country.

"We worked closely with the founder of Project SEARCH and developed a model that mirrors our patient population," said



Phillips. "This program is more than job training, it can be a catalyst to enhance the quality of life for the interns."

As part of the program, the five interns rotated through various jobs at the hospital in order to become familiar with multiple responsibilities. Jobs included data entry, clerical, technical support and distribution. These hands-on jobs were partnered with vocational education in which the interns were taught resume building, interview strategies and job search skills, as well as work readiness and professionalism.

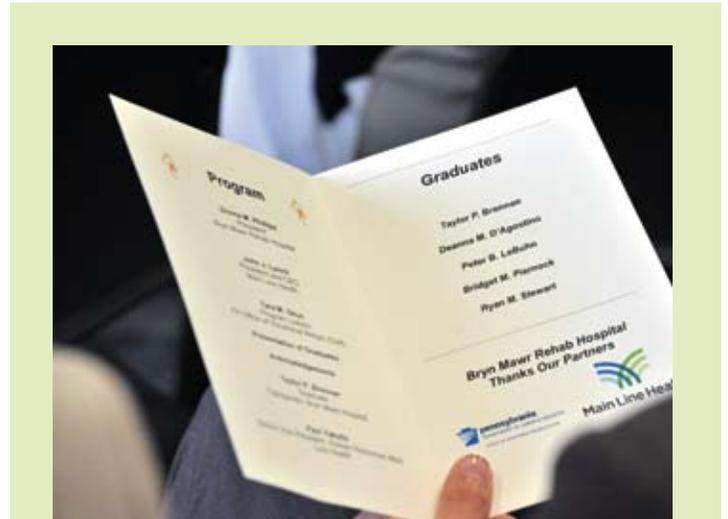
Project SEARCH is free for participants and is partly funded by the Department of Labor and Industry's Office of Vocational Rehab. Though the department's financial support helps, the need is great because the labor-intensive program needs to provide job coaching and coordination to the interns, according to Pat Winner, Executive Director of Development at Bryn Mawr Rehab Hospital.

"We've been really fortunate to have some very generous leaders in our community make philanthropic gifts to support this program," said Winner.

In June 2011, Taylor and his fellow classmates were honored at a special ceremony. Since then, additional business partners have joined the program to provide internship opportunities. For Taylor, Project SEARCH gave him more than a paycheck – it gave him confidence.

"When I was told Project SEARCH could help me get a job, I thought maybe this would be a good start for me," he said. "I

was afraid to leave the program and be on my own, but I have the knowledge, experience and support of the Project SEARCH team behind me. Now I have a job I can start a future with."



*Photos from far left to bottom right, Peter LeBuhn, center, is all smiles with job mentors Cheryl Trimble-Pointer, left, and Carlyne Brenner; Ryan Stewart, left, Project SEARCH intern, and one of his job mentors Jesse Lindsay; Clare Small-McEvoy congratulates Taylor Brennan; and Bryn Mawr Rehab Hospital President Donna M. Phillips congratulates Deana D'Agostino*



## BRYN MAWR REHAB HOSPITAL

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## Cruisin' Not Boozin'® Saves Lives and Prevents Disabilities

Now in its 23rd year, Cruisin' Not Boozin'® (CNB) is a community outreach program designed to reduce impaired and distracted driving among young people by empowering them to make smart decisions about safe driving.

“Our program is powerful and makes a tremendous impact on the lives of young people,” says Bryn Mawr Rehab Hospital President Donna M. Phillips. “We reach more than 30,000 individuals each year educating them to make the right choices in a car: do not drive while intoxicated and do not let yourself be distracted by a cell phone, the radio or even your friends while driving.”

Automobile accidents are the number one killer of teenagers in the United States. New research shows that individuals who use a cell phone while driving face the same degree of impairment as a person with a blood alcohol level of twice the legal limit.

“The strength of our program is our speakers who share first-hand accounts of living with life-changing disabilities that were the result of a motor vehicle accident. These personal stories will empower young people to make smart choices.”

CNB is available to schools and community organizations. For more information about the program, contact CNB at 484.596.5465 or at [brynmawrrehab.org/cnb](http://brynmawrrehab.org/cnb).



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