



Our Specialty Programs

We treat patients with a variety of diagnoses, including:

- Stroke
- Amputation
- Swallowing problems and difficulty communicating
- Multiple trauma
- Hip fracture
- Bilateral joint replacement
- Spinal cord injury
- Brain injuries
- Parkinson's disease
- Neuromuscular disorders
- Multiple sclerosis
- Other physical debilitating conditions (i.e., following cardiac surgery or extended periods of time in intensive care settings)

The Rehabilitation Team

The central focus of the rehabilitation team is our patients and their need to gain independence.

Team members may include:

- Admissions coordinator
- Medical director (physician)
- Physical therapists
- Occupational therapists
- Speech pathologists
- Social worker/case manager
- Rehabilitation nurses
- Registered dietitians
- Chaplains

Take the next step in your recovery

Tennova Rehab Center at McFarland is committed to helping people enhance their quality of life and achieve optimal independence. Our inpatient rehabilitation center provides a supportive, caring environment that emphasizes each patient's abilities rather than disabilities. We strive to instill our patients with the confidence they need for a full recovery.

Tennova Healthcare - Lebanon

McFarland Rehabilitation
500 Park Avenue • Lebanon, TN 37087

615-443-6807 (rehab unit)

615-453-7204 (referral line)

615-453-7209 (fax)

**For more information, call the rehab unit at
615-449-0500 or visit Tennova.com.**

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Tennova Rehab Center at McFarland



Helping patients gain self-sufficiency and confidence to return home.



Services offered

Tennova Rehab Center at McFarland is an **26-bed inpatient rehabilitation facility that offers:**

- Private rooms
- Intensive therapy program providing a minimum of 3 hours of therapy per day, 5 days per week
- 24-hour rehabilitation nursing and physician supervision
- 24-hour immediate on-site access to results from medical, diagnostic imaging, laboratory and pharmacy services
- Flexible visiting hours to allow family interaction
- Family gathering room for patient and family utilization
- Transitional apartment for preparing to return home
- Occupational therapy kitchen
- Neuromuscular electrical stimulation (NMES), specifically designed to treat dysphagia, for swallowing difficulties
- Access to a continuum of outpatient therapy programs and home healthcare services.
- Hair salon on site (personal beautician/family member may use to wash and style patient's hair)

Admission Information

Criteria for admission includes:

- Completed pre-admission evaluation
- Established diagnosis
- Medical stability with a need for direct, ongoing physician care
- Sufficient endurance and motivation to tolerate at least three hours of therapy a day
- Need for two of the three services: physical therapy, occupational therapy and/or speech therapy
- Lack of active psychosis or drug dependency
- Insurance approval

The Medical Director reviews pre-admission screening to determine admission need, based on the criteria. Agencies and individuals may initiate the referral process by calling our admissions department at 615-453-7204.

The Rehabilitation Process

Rehabilitation at Tennova Rehab Center at McFarland is a combination of assessment, treatment, education and follow-up. It focuses on the functional needs as well as emotional and spiritual needs of each patient and family.

Assessment

Upon admission, the interdisciplinary team will assess each patient's current status, medical history and lifestyle. The results of the evaluation, along with the patient's personal goals, are used to create an individualized treatment plan.

Treatment

Treatment may focus on mobility, self-care, cognition, communication, independent living skills, medical needs and psychological adjustment. Treatment plans are managed by a team of healthcare professionals experienced in rehabilitation medicine. Team conferences are conducted on a weekly basis, assessing the patient's progress, barriers and plan toward meeting the patient's discharge goals.

Education

Each patient's treatment plan includes education on topics that are specific to his or her diagnosis and needs. Family members are also educated on their loved one's disease or impairment, potential complications and post-discharge follow-up needs, such as support groups and community resources.

Follow-up

Prior to discharge, the rehabilitation team will work with the patient and family to help make a successful transition home. Patients receive follow-up phone calls after discharge to check on how they are progressing with their recovery and to address any remaining needs.