

*Interdisciplinary  
Rehabilitation Process PIR®*

*La Sabana University Hospital  
Bogotá, Colombia.*



La Sabana University Hospital is a highly complex academic health center devoted to aid patients, train people, and pursue biomedical investigation, in search of excellence, life promotion and a warm service framed into the Christian view of the human being. While settling the person as the center of each of the assisting processes, the Hospital is committed to care people with a vocation for service.



La Sabana University Hospital facilities are located in Colombia, a country situated at the Northwest part of South America, which has become a worldwide tourist destination due to its varied fauna and flora, its tropical climate and its charismatic, happy and passionate people.

The Hospital is placed in the Municipality of Chía, at 2,96 kilometers from Bogotá-Colombia's capital city- and 21,41 kilometers from El Dorado International Airport. It is surrounded by the breathtaking landscapes of the Bogotá Plateau and the West Mountain Range of Colombia.

Since 2013, it has received accreditation by the ICONTEC which, in turn, has been accredited by ISQua (International Society for Quality in Health Care). Since 2015, the Hospital has been recognized with the highest international accreditation granted by CARF (Commission on Accreditation of Rehabilitation Facilities) in Rehabilitation. By 2019, it intends to be recognized as the Biomedical Campus of La Sabana University -leader in the country- a reference in Traumatology, and a Rehabilitation excellence center.



The Hospital has a Rehabilitation department that spins around service quality towards the person with a disability, specially on patients with neurological pathologies derived from any etiology, whether children or adult population, coming from national or international procedence.

Among the diseases we treat, there are the acquired and congenital injuries which generate different disabilities such as the physical, neuro-communicative, cognitive, and behavioral ones. These injuries significantly limit functionality and independence, while deteriorating the life quality of the patient, his/her family, and society as a whole, so early rehabilitation intervention is required in order to minimize possible effects thus working on improving life quality.

## TREATED DISORDERS:



### Physical:

- Paralysis
- Abnormal muscle tone
- Coordination
- Sensory disturbances
- Sensitive disturbances



### Emotional Behavior:

- Mood changes
- Emotional skill
- Problems on behavior adjustment
- Inappropriate behaviors
- Low motivation



### Neurocommunicative and swallowing disorders:

- Disturbances of expressive language & understanding
- Speech disorders
- Swallowing disorders
- Higher language skills disorders



### Cognitive:

- Memory
- Attention
- Reading
- Calculation
- Orientation
- Instructional understanding
- Writing
- Executive functions (ideation, planning, implementing & assessing problem solving strategies) initiative, speed processing, cognitive flexibility.
- Visoperceptive skills.

The Rehabilitation department renders its services from within the institution under the Interdisciplinary Rehabilitation Process (PIR®) scheme.

**Patient**



**Family**

**Interdisciplinary group**

- + Psychiatry (leader)
- + Medical areas: Psychiatry, Neurology, Neurosurgery, Pediatrics, Neuropediatrics, Urology, Orthopedics
- + Nursing
- + Physiotherapy
- + Occupational Therapy
- + Speech Therapy
- + Psychopedagogy
- + Psychology
- + Social Work
- + Other: Nutrition, Respiratory Therapy

PIR® means Rehabilitation intervention, featured by the comprehensive assistance; the patient is not only approached from the physical interest but from the emotional and social ones, aimed at achieving his/her reintegration as well as that of his/her family, providing all of them with the needed tools to face the challenges entailed by being in disability situation.

# Interdisciplinary Model





PIR® is an intensive program in which 90% of the patients achieve their therapeutic goals in a four to five month period. The other 10% is not able to reach them due to the patient's own medical, social or assurance conditions. The results evidence that patients are admitted with an FIM of 70/126 and are able to finish their process with an FIM of 91/126.

1.

<http://www.rehabmeasures.org/lists/rehabmeasures/dispform.aspx?id=889#>

The Care Givers Program of the Rehabilitation department consists of a daily activities set performed by the interdisciplinary team, on a given schedule, to those people who accompany the PIR® patients, training them to continue the therapies at home, diminishing the overload for care givers.

# At the PIR® we have:

## + Specialized Hydrotherapy Area:

- Therapeutic pool
- Walking tank with adjustable height floors
- Hubbard tanks
- Scottish shower
- Afussion shower
- Hot tub
- Contrast bath
- Five swirling bathing tubs

## + Therapeutic aid area:

Two physical therapy gyms for adult patients; one gym for children; one mechanotherapy area; one electrotherapy area conformed by 10 workstations, fitted with electrical stimulation and electroanalgesia equipment; one occupational therapy gym; one adaptation apartment for the patient with disability; and doctor offices for individualized interventions from the diverse areas.





The Hospital has always sought to have the best technology to favor the patients rehabilitation process. Thus, it has the Lokomat<sup>®</sup>, an advanced equipment of biomedical engineering developed to support the gait process along with a biofeedback system that reaches better results in gait training. It is achieved by reproducing the physiological gait of the person by adapting it to the lower limbs while keeping the trunk suspended in a controlled way.

The Hospital has equipment for electrotherapy, ultrasound, laser-therapy, cryo-therapy, as well as a high tech equipment that uses the electrostatic field effects for coping with pain, plus nervous and muscle stimulation. It was also acquired the technology that enables electrophonatory and electroarticulatory neurostimulation for patients with dysphagia and phonation disorders.



# La Sabana University Hospital

+ Other special units:

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Orthopedics & Traumatology

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Neurosurgery

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General Surgery

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Plastic & Reconstructive Surgery

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Hand Surgery

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Thorax Surgery

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Intensive Care

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Neonatal Intensive Care

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Cardiology

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Gastroenterology

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Procreative Health & Fertility

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Neurology

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Pneumology

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Electroconvulsive Therapy



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