



## OT/PT Rehab Department

After knee, hip, shoulder, or back surgery, the key to successful recovery healing is physical therapy (PT) and occupational therapy (OT). We are devoting this article to highlight the positive service improvements being made in our Rehab Department (PT/OT/Fitness Center) by our staff under the leadership of our new director, Amanda Chilvers. Her leadership approach to promote growth, multi-disciplinary collaboration and utilization of the department as a whole while working to promote an overall culture in which all therapists provide progressive, functional and patient-centered care.

- We have added a permanent Physical Therapist (PT) and Physical Therapy Assistant (PTA) were hired, which increases our ability to see patients quicker following injury/surgery and allows for more available appointment times.
- Our Occupational Therapist has been able to ramp up the activities program for our swing bed patients and long-term care residents.
- New gym cardio equipment was donated by the Ferry County Sheriff's Office including an elliptical, rowing machine, and 2 upright stationary bikes and we have upgraded balance equipment to accommodate for our higher-level athletes return-to-sport training.
- We are working to promote our Wellness Program with the new gym equipment upgrades and the attendance of members is growing in our Fitness Center.
- The department is part of a multi-disciplinary committee working to increase comprehensive, progressive care for post-concussion athletes and community members.
- We are working to be more involved in clinical education. Our department was part of the Republic High School career fair this past November. We will be accepting a PTA student in February and a PT student March-May.
- Launched our department Facebook page to keep the community posted on activities, department happenings and to provide info on rehab-related topics.
- We are working on multiple Quality Improvement (QI) projects aimed at fine-tuning our documentation and insurance processing operations/procedures to provide the most accurate, affordable care for community members.
- Hiring a permanent full-time Front Office Coordinator, which has greatly increased our department's ability to accurately and effectively handle insurance operations/procedures, coding and billing tasks and increased the overall quality of customer service.

To help continue our ability to continue growth and improvement, please remember that you can choose to do your post-surgery PT/OT treatments here at home with the FCPHD Rehab Department's highly qualified and caring staff. If unsure how to do this, contact our Rehab Department at (509) 775-8401. Also, contact the same number if you would like to help in our activity programs for our long-term care and/or Klondike Hills residents.

We hope this helps better informs you on improvements at FCPHD as we continue moving forward on our mission "To strengthen the health and well-being of our community through partnership and trust."

*Dave Iverson, Sarah Krausse, DiAnne Lundgren, Ron Bacon, Nancy Giddings*