

Functional Rehabilitation of Chronic Health Impairments Program

Offered by the Specialized Transition Program
at Kennedy Krieger Institute

Who We Are

Our interdisciplinary team uses an intensive, evidence-based treatment approach to address chronic symptoms, such as pain, that negatively impact daily functioning. Using a biopsychosocial, patient-and-caregiver-centered approach, we tailor treatment to each individual, emphasizing improvements in daily functioning and endurance, pain education, symptom self-management, engagement in life roles, and overall quality of life.



Focus

Our program focuses heavily on functioning and empowering both patients and caregivers with the tools they need to manage symptoms. A majority of families surveyed indicate high satisfaction ratings and say that the program addressed their child's needs.



Who We Serve

We serve children and adolescents with persistent symptoms caused by health conditions such as:

- Amplified musculoskeletal pain syndrome (AMPS)
- Chronic pain
- Chronic regional pain syndrome (CRPS)
- Ehlers-Danlos syndrome (EDS)
- Functional neurological disorder (FND)
- Post-COVID-19 symptoms
- Postural orthostatic tachycardia syndrome (POTS)
- Sickle cell anemia



Our Team

Our interdisciplinary team consists of:

- Educators
- Clinical psychologists
- Neuropsychologists
- Nurses
- Nutritionist
- Occupational therapists
- Medical rehabilitation provider
- Physical therapists
- Psychiatrists
- Care coordination team
- Speech-language pathologists

What to Expect

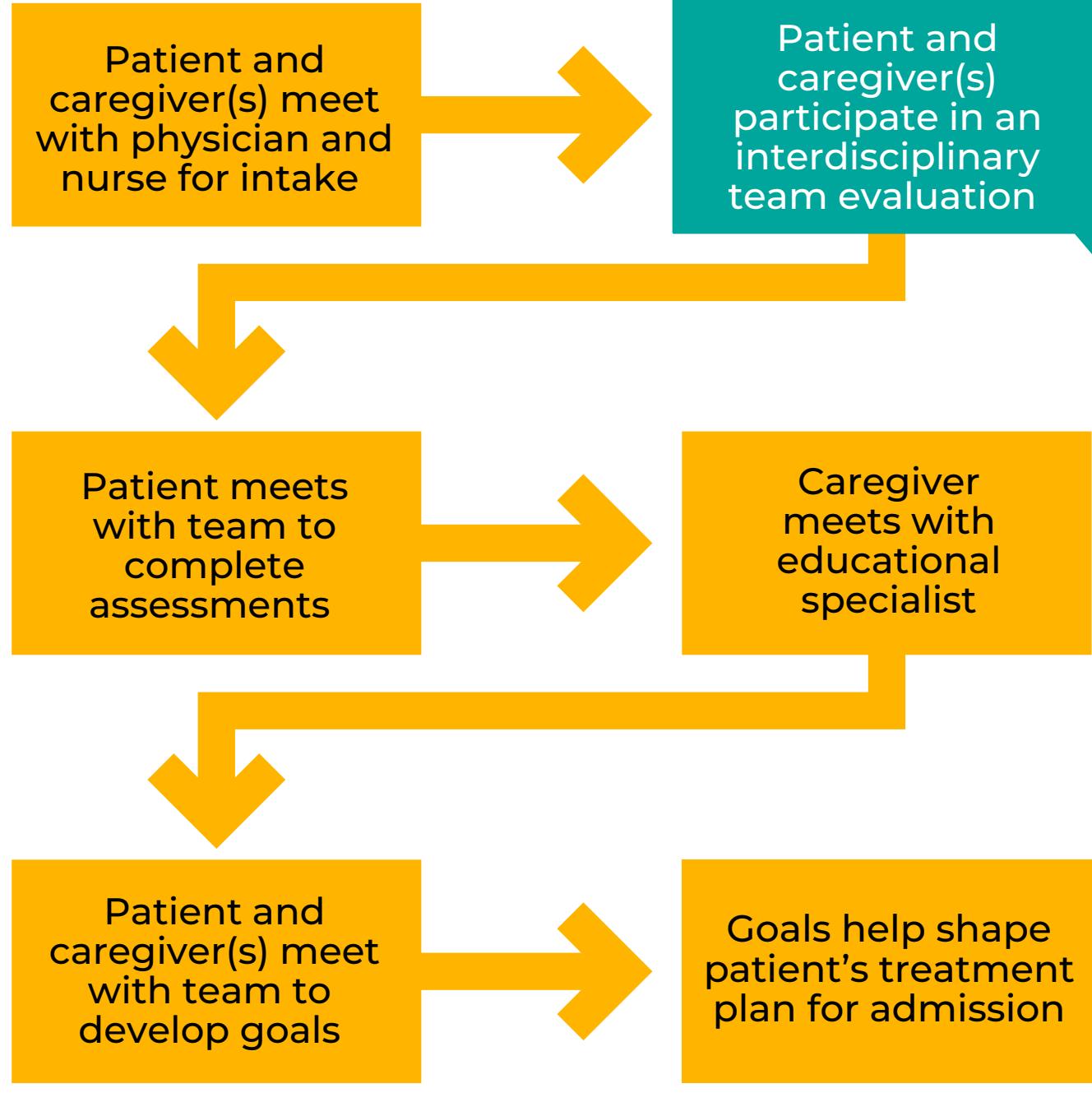
Before Arrival

Before a patient's admission, our care coordination team will review records and discuss pre-admission needs such as:

- MyChart access
- Insurance authorization
- Outpatient physical therapy and psychology services
- Psychiatry evaluation or recent reevaluation
- The Comfort Ability Workshop, if recommended
- Assessment of readiness to participate



Admission Day



Interdisciplinary Team Evaluation

Patient and caregiver(s) meet with team

Comprehensive review of medical and psychosocial history as well as functional status

Psychology

Occupational Therapy

Physical Therapy



Daily Schedule

Sample Patient Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
Psychology							
Occupational Therapy							
Physical Therapy							
Education and Neuropsychology							

Sample Caregiver Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
Caregiver Training and Education							

Note: Training sessions may be available in virtual formats.



Psychology: These sessions provide patients with an understanding of the biopsychosocial model of care and help individualize coping strategies as related to chronic health impairment. Psychologists also train a patient's caregiver(s) in how to best support the patient.



Occupational therapy: Individual sessions with an occupational therapist address learning and implementing strategies to improve a patient's independence with daily activities.



Physical therapy: Individual sessions with a physical therapist guide each patient's progression of strength and endurance to achieve the functional mobility goals they have identified.



Education and neuropsychology: The educational specialist coordinates classroom time and works with families and schools to support each patient's reintegration into school or vocational training, recommending accommodations based on input from the interdisciplinary team. Neuropsychology evaluations are available.



Modules: Patients participate in self-directed educational modules related to symptom management twice a week. Modules include videos, readings and worksheets to engage patients and coincide with psychology session topics.



Tool kit: Each patient works collaboratively with their caregiver(s) and treatment team to build a tool kit containing individualized strategies to use at home and in the community.

Communication

Communication with the treatment team will occur in different forms throughout the patient's admission.

CASE MANAGER

Single point of contact between caregiver(s) and the treatment team



MYCHART MESSAGES

The preferred method of communication between caregiver(s) and the treatment team



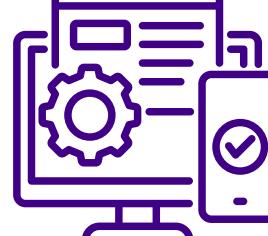
TREATMENT PLAN

Outlines the goals for admission created by the patient, caregiver(s) and treatment team—includes patient's discharge date



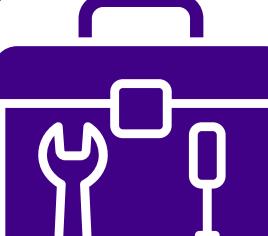
MYCHART NOTES

Notes in MyChart document activities completed during each therapy session



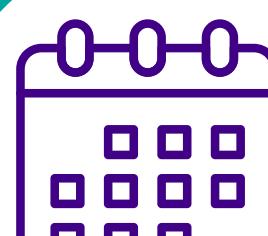
PATIENT AND CAREGIVER TRAINING

Building, reviewing and implementing a tool kit throughout the admission



CHECK-IN

Psychology and education treatment team members check in with patient and caregiver(s) one month after discharge



Questions? Please email STPReferrals@KennedyKrieger.org with any questions or for more information.