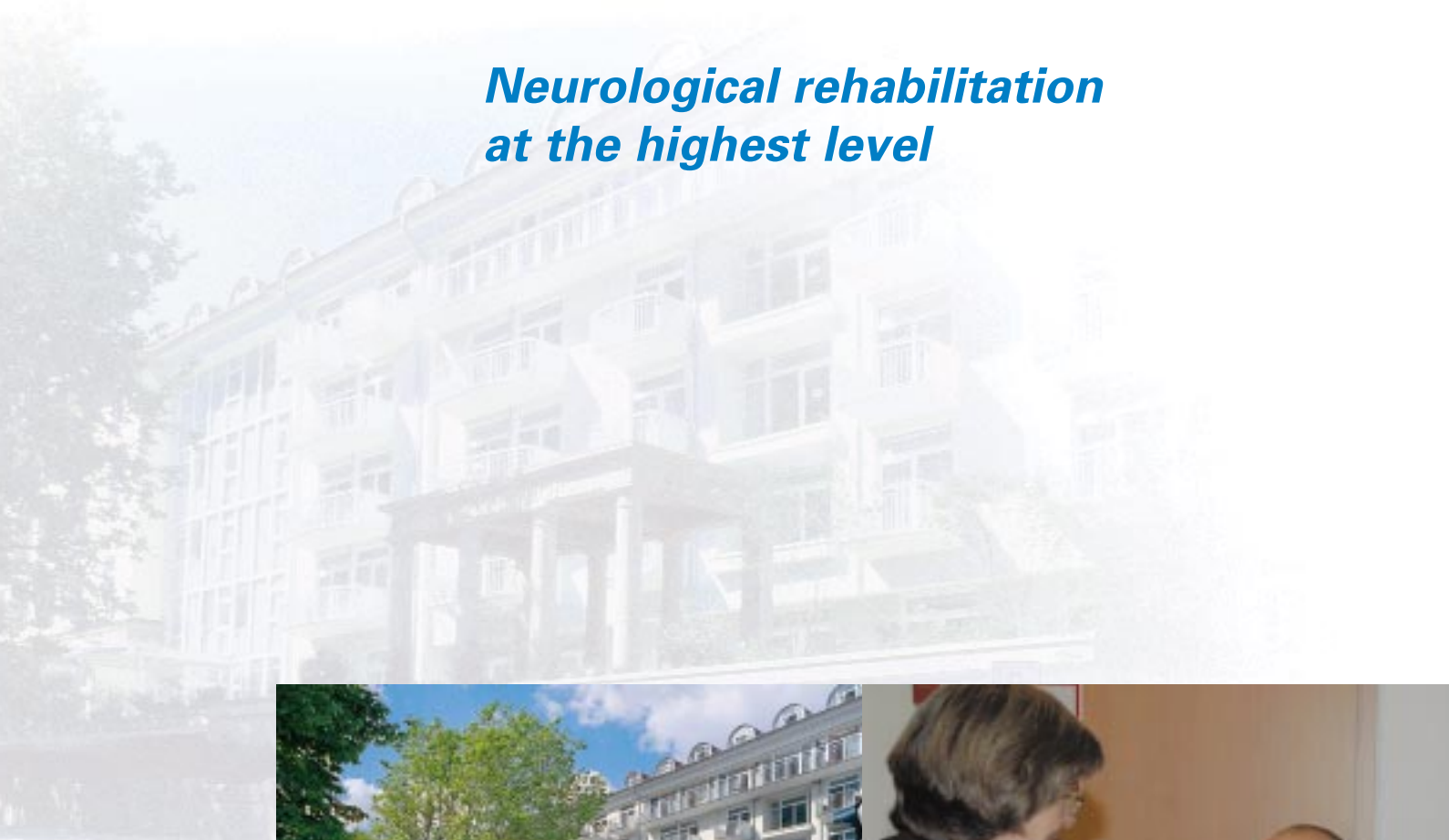




Neurologisches  
Rehabilitationszentrum  
Quellenhof

*Neurological rehabilitation  
at the highest level*



## **Editorial**

*Dear ladies and gentleman, dear patients,*

### **Neurological rehabilitation at the highest level -**

*this is our claim since our opening in 1996. It covers a complete and comprehensive patient care based on the latest medical knowledge and research. Through regular continuous education and research activities of our personnel, we guarantee the best requirements for continuous improvement and quality of the rehabilitation process. A highly motivated team and a future orientated management offer a fabulous service and friendly atmosphere with a special flair.*



*Peter Flachenecker, MD  
Professor of Neurology,  
Head of the Neurological  
Rehabilitation Center  
Quellenhof*

*With this patient brochure we would like to welcome you to gain an impression of our clinic as well as a view of our performance spectrum.*

***Join us for a journey around the Quellenhof.***

## **Subject matter**

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# The Quellenhof

**Location and short portrait** - The Quellenhof is a rehabilitation centre for neurological, orthopaedic and rheumatological patients with altogether 138 beds. The clinic is situated in the attractive countryside of the northern black forest, direct on the entrance to the park of the health/wellness resort Bad Wildbad. The town itself is in very close proximity and is wheelchair friendly.

The Quellenhof is part of the „Sana Kliniken“, a partnership of currently 64 hospitals in Germany. It is a component of the Sana Clinics Bad Wildbad which is also resident to the Sana rheumatology centre Baden-Württemberg and the Sana Clinic for Internal Medicine. Together with the close cooperation of these acute hospitals, we guarantee a comprehensive and extensive patient care for concomitant diseases.

**Before your admission** - Before admission please confirm the acceptance for the cost of the admission and stay at the Quellenhof with your health insurance company, this may be achieved through the help of your medical practitioner or neurologist. With the acceptance of your insurance company our reception/admission personnel will organise a date for your admission.

Questions about your stay at the Quellenhof would gladly be answered beforehand. We may also be able to give advise and consultation if your health insurance company refuses or rejects an admission or stay at the Quellenhof.





**The admission, our reception** - Our friendly reception team will be delighted to welcome you at your arrival at the Quellenhof. Here at reception administrative queries may be clarified at the beginning of your stay. Of course, our reception and administrative personnel will be happy and available to answer all your questions and problems of an administrative nature throughout your stay with us.

**Patient/client accommodation, a home from home** - Our patient accommodation is modelled and decorated with special attention being paid to creating an atmosphere of comfort and taste. All rooms are wheelchair and disabled friendly with a separate modern bathroom containing a shower and toilet. Every room has its own balcony. A bedside telephone and cordless internet television are available at additional charges and must be registered at reception before use.



# The Quellenhof concept

## Interdisciplinary teamwork in therapy and nursing care

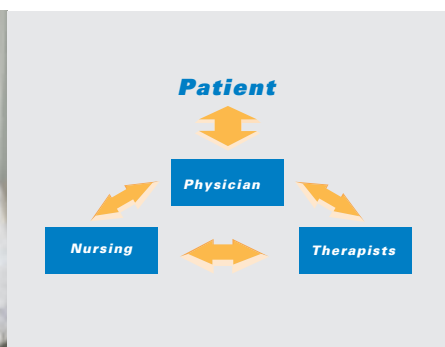
**Our concept** - To achieve optimal and complete medical care we offer a wide range of different therapies for you. Our therapeutic teams are specialised to concentrate on your individual needs and problems. The aim and purpose of the treatment management is to work upon all patient requirements and difficulties as they arise. We observe and improve continuously the quality of the achieved patient performance through intensive interdisciplinary teamwork.

Since the end of 2005 the Quellenhof was certified „Anerkanntes MS Zentrum“ (approved MS centre of the German MS Society). This certificate gives patients with multiple sclerosis independent and reliable information for their hospital choice.

**Our physicians** - The role of the physician in the rehabilitation process is that of a coordinator. After the entrance examination and in coordination with the patient, he/she drafts the rehabilitation plan with the relevant team members. He/she is the central team member for all medical queries and problems that arise for patient and team members as well.

In a team meeting once a week all disciplinary team members gather and discuss the progress and improvement of the individual patient rehabilitation aims and therapy.

**The nursing staff** - The nursing staff plays an important part in the care and treatment of our patients. The nurses are 24 hours a day assessable and are present not only for basic nursing care and treatment but for all problems that may arise during the rehabilitation process. Furthermore, the nursing team helps with psychological problems, gives support and trains the activities of daily living, the use of medical aids and self-injection techniques.



In the rehabilitation care of the Quellenhof there is an extra emphasis on continence training as incontinence is a relevant and common problem for many neurological patients.

**Physiotherapy** - Physiotherapy has a fundamental role in the treatment of many medical disorders and ailments. At the same time physiotherapy serves to prevent secondary complications and disorders that may occur in adjunct to neurological diseases. In his/her everyday life the patient benefits through the mobilisation and the newfound independence gained during the rehabilitation program.

Our MS and stroke patients profit from the use of reliable concepts and modern therapeutic processes such as Bobath, Voigtja and Brunkow practiced by our physiotherapists. The muscular system is strengthened through precise physical exercise, instruction and supervision. The systematic mobilisation of the skeletal system guarantees an effective therapeutic process.

**Occupational therapy** - The aim of the occupational therapy is the preservation or restoration of everyday skills relevant to the personal and professional life. To achieve this patient independence we use different neurological treatment models such as Bobath, Affolter and Johnstone. These encourage normal trunk, shoulder and upper body function.

**Physical therapy** - The physical therapy, primarily massage, helps principally against pain. This analgesic effect improves movement and stabilises and stimulates the blood circulation and lymphatic system. Our therapy includes classic massage, lymph massage, Kneipp baths, as well as hot and cold therapies.





**The Quellenhof wheelchair department** - Our wheelchair bound patients are cared and trained by our specialised wheelchair trainers. As well as a competent and individual advise to the theme “wheelchairs”, our patients get a full training programme of how to overcome problems and manage a wheelchair in everyday situations.

**The department of psychology** - The neuropsychological examinations and medical diagnosis establish a basis for our psychologists. They advise our patients and/or family members on the theme of psychological therapeutic measures. This includes the treatment of neurological problems such as concentration, orientation, thought and problem solving deficits, as well as offering help and assistance with coping to a neurological illness and smoothing the way back into everyday life. For this, we use the most modern of neuropsychological techniques in individual and group therapy.

**Speech therapy** - The aim of speech therapy is to improve the abilities of voice and speech. The enhancement of speech and comprehension as well as reading and writing abilities is an important factor of our therapy. Afflictions of the speech process, articulation and the vocal cords are treated through breathing techniques and exercises, targeted speech therapy and speech training. A neurological illness can also lead to a defective swallowing process and therefore, a hindrance by eating and drinking. Here helps a special Bobath concept therapy.

**Art therapy** - The art therapy is an extension to the areas of neuropsychological and occupational therapy. The patients are given the opportunity to deepen and express their learned skills and emotions. Through the use of clay, felt, stone, chalk and watercolours the patients not only learn to refine their handicraft skills but also gain a sense of relaxation and psychological regeneration.

**Nutritional and dietary advise** - With several neurological and rheumatoid illnesses the patient may need to pay special attention to a nutritionally balanced and healthy diet. To achieve this our dieticians advise our patients through individual and group discussions. Nutritional information and tips may be exchanged on themes such as nutrition and MS or rheumatic disease, diabetes mellitus, metabolic problems, gout, and weight reduction.

**The social service** - The task of our social workers is to offer an advisory and active support service in the areas of social and economic rights and queries. Here are few of the areas we offer advise upon: the German „Pflegeversicherungsgesetz“, information about pension, sickness and unemployment insurance/rights, and queries on career rehabilitation. We also offer support and advice on household/home help and other supportive ambulant services as well as information on self help groups.







## **Information for medical practitioners**

### **Indications:**

- o Multiple sclerosis and other inflammatory illnesses of the central nervous system.
- o Stroke, intracerebral haemorrhage, and other cerebrovascular insults
- o Cranial and cerebral injuries, incomplete paraplegia and other spinal injuries.
- o Traumatic plexus injuries, spinal diseases, peripheral nerve injuries.
- o Muscular dystrophy, myasthenia gravis and other neuromuscular/motor neuron diseases.
- o Morbus Parkinson, Chorea Huntington and other neurodegenerative illnesses.
- o Cranial, nerve and spinal tumours (posttreatment care).
- o Meningoencephalitis and other postinfectious conditions of the nervous system.
- o Residual paresis of poliomyelitis and post-polio syndrome.
- o Early Alzheimer's diseases, vascular dementia, and other dementia syndromes.

### **Quellenhof concept:**

The Quellenhof pursues through interdisciplinary therapeutic teams an integrated therapy basis and pays special attention to the active participation of the patient participation in planning and carrying out the therapeutic measures. The disabled-friendly establishment and special appliance aid is guaranteed and approved through close co-operation with patient association such as the German MS Society (AMSEL, chapter of Baden-Württemberg of the DMSG).

Rooming-in is offered for patients with children and persons accompanying the patient generally have the chance to share a double room. Patient relatives and carers have the possibility through our relative/carer project to stay with the patient a few days during his/her admission. The carer may gain useful tips and an impression of how to cope and manage at home.



## Information for medical practitioners

### Listing of the Quellenhof performance spectrum:

- Medical diagnostic-ECG, sonography, Doppler, EEG, EMG, ENG, VEP, SEP, MEP.
- Neuropsychological diagnostic and therapy concentration, perception, orientation, and conception training. Diagnostic and advise on driving abilities, counselling, psychotherapy, relaxation and discussion group therapy.
- Physiotherapy-neurological physiotherapy, gait training, water gymnastics, posture/spinal-training, wheelchair training, hand-bike, hippo-therapy.
- Occupational therapy-functional individual treatment, perception therapy and training, training in kitchen and bathroom, medical aid advice and purchase, city training, work groups.
- Speech therapy and diagnostic-speech and voice disorders therapy and diagnostic, treatment of facial pareis, dysphagia, dysarthria, speech apraxia.
- Balneo therapy-under water massage, hydro-electric baths, kneipp baths, massage, lymph massage, electrotherapy and photo therapy.
- Art therapy-perception training, non-verbal disease assimilation, recreations therapy.
- Social service-assistance in social right. Economic and career queries.
- Dietary advice-dietary lectures, cooking courses, learning kitchen.
- Attractive residential atmosphere-in historically protected building, cafeteria and leisure programme, directly connected to the abundant health and leisure offers of the state bath Bad Wildbad.

**For further information please contact:**



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# Innovative offers

**Integration for the next of kin** - The Quellenhof gives the patient next of kin or carer the possibility to stay over night with the patient during his/her admission. This gives both the carer and the patient the possibility to gain specialist information and advise on how to cope and manage at home after discharge.

**Childcare at the Quellenhof** - During the therapy times the children of our patients are taken care of by our trained child minders. This allows patients with children a chance of rehabilitation. The Quellenhof offers child care throughout therapy times, it may also be arranged that school children visit the Bad Wildbad schools during term times.

**Internet café and W-lan use** - As an up to date service we offer a free internet café service in Quellenhof conservatory. By queries to modern media questions we also offer an internet course. A new service is the cableless internet that the patient may use in his/her room; for this the patient may use his/her own laptop computer or a borrowed clinic device.

**Leisure and culture programme** - The Quellenhof offers patients and guests a continuously changing cultural and leisure programme. Art exhibitions, seminars, functions and events, together with the co-operation of the peoples college „Oberes Enztal“.





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AMSEL

BADEN - WÜRTTEMBERG