



The Rehabilitation and Treatment Procedure Programme

Post-stroke rehabilitation and treatment
24 hour medical care

Selection and use of effective therapy

Stroke is one of the main reasons for disability in adults. Stroke patients suffer total or partial loss of mobility, memory and concentration, and the ability to communicate with people around them.

Rehabilitation is the most important element in their return to mental and physical ability. Thanks to it, patients may regain their independence. Every day counts after a stroke!

Tabita
GRUPA LUXMED



If you want to provide your loved one with professional help and help them go back to their everyday life, trust the experts of the Tabita Care and Rehabilitation Centre.

Specialists from our centre who can boast many years of experience in the treatment of post-stroke neurological patients, have prepared a special rehabilitation and treatment programme. Thanks to their knowledge, experience, skills and use of modern medical apparatus, the rehabilitation process is efficient and professional.

The Tabita centre patients are under the care of excellent doctors, neurological speech and language therapists, psychologists, physiotherapists, occupational therapists, and qualified auxiliary personnel.

The effect of convalescence depends mainly on how quickly a stroke patient receives professional medical care.

We use effective methods of therapy under the care of qualified physiotherapists and specialists!

Programme Stages:

1. Preliminary consultation of the attending physician

- analysis of medical documentation
- individual selection of an effective neurological rehabilitation method after examination of the dialectical behaviour disorders
- development of the treatment plan
- admission to the centre

2. Preliminary consultation with the coordinating nurse

- interview
- determination of an individual care plan with regard to among other things subcutaneous, intramuscular, intravenous injections, applying/changing dressings, checking vital signs, collecting material for laboratory tests, health education, assistance in satisfying basic hygienic activities and administering medicines in accordance with the individual medical instruction sheet

3. Consultation with a dietician

- preparation of dietary recommendations for the period of stay in the centre, depending on individual health guidelines (allowing for co-existing disorders)

4. Kinetic therapy treatments

- provided by qualified physiotherapists in accordance with recommendations of the attending physician during the preliminary consultation

5. Follow-up consultations with the attending physician

- at each stage of the rehabilitation process

6. Follow-up consultations with a GP

- comprehensive care of patient in the field of co-existing disorders including cardiovascular diseases



7. End-of-stay consultation

- including issuance of recommendations and summary of rehabilitation conducted

8. Follow-up consultation

- after the completed rehabilitation and treatment stay – the date of the consultation is agreed with the attending physician

Under the programme, our patients **are provided with 24h care of doctors and auxiliary personnel and individual work with a physiotherapist** in accordance with medical recommendations (90 minutes per day for 5 days a week). We also provide 30 minutes of neurological speech and language therapy or neuro-psychological therapy a day.

The neurological speech and language therapy or neuro-psychological therapy and individual work with a physiotherapist may be extended up to 120 minutes.

Additionally, if the patient's condition permits this, we enable them to take part in group therapies – rehabilitation and occupational therapy.

During the stay, we guarantee the following services:

- 24h medical care,
- 24h nursing care,
- care by a GP,
- 24h accommodation (including access to a TV, telephone, WiFi),
- full board in accordance with dietary recommendations,
- assistance in selection of appropriate rehabilitation and auxiliary equipment,
- concierge services.

We have invited the cooperation of a team of Centre's experts:

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|---------------------------------|---|
| • Ph.D. Dariusz Łukasiewicz | neurologist |
| • Dr. Sławomir Korcz | medical rehabilitation specialist |
| • Dr. Elżbieta Dobek-Dardzińska | general practitioner, cardiologist |
| • Dr. Maria Korotyńska | general practitioner |
| • Ph.D. Marzenna Bazan | physiotherapist |
| • M.Sc. Danuta A. Matukiewicz | neurological speech and language therapist |
| • M.Sc. Martyna Dubnicka | nurse |
| • M.Sc. Marta Szkupińska | dietician |
| • Elżbieta Urlik | concierge, business phone +48 695 290 146
(open Monday to Friday, from 8:00 am to 8:00 pm) |



Service price list

Post-stroke rehabilitation and treatment programme	Price for a 2-week cycle
<ul style="list-style-type: none">• Stay with full board• 24h care by doctors, nurses and carers• Care by consultants and physiotherapists• Rehabilitation package – individual work with a physiotherapist – 90 minutes per day for 5 days a week• 30 minutes of neurological speech and language therapy or neuro-psychological therapy per day for 5 days a week	PLN 3 840
Additional 30 minutes per day of individual work with a physiotherapist	additional PLN 300
Additional 30 minutes of neurological speech and language therapy or neuro-psychological therapy per day for 5 days a week	additional PLN 495

The duration of the programme depends on individual predispositions of the patient. In the case of early neurological rehabilitation, the rehabilitation process may take 2-3 months, whereas in the case of secondary neurological rehabilitation – between 2 and 4 weeks.

If you are interested in the programme – please contact us:

Polish-speaking clients

- **Mrs. Elżbieta Urlik, Concierge**, business phone +48 695 290 146
(open Monday to Friday, from 8:00 am to 8:00 pm)
- **Reception**, phone +48 22 737 64 00
(open Monday to Friday, from 6:00 am to 10:00 pm)

English-speaking clients

- **Business phone** +48 607 242 975
(open Monday to Friday, from 8:00 am to 4:00 pm)
- **email address:** pobyty.tabita@luxmed.pl



The Tabita Care and Rehabilitation Centre is located in Konstancin-Jeziorna, a town near Warsaw, with spa traditions reaching the 19th century. Thanks to this location, patients stay near Warsaw (less than 20 km), and at the same time far from the hubbub of a large agglomeration, on a plot of land covering several hectares, covered with mature pine woodland, through which the Jeziorka river flows.

Tabita offers modern infrastructure, without any architectural barriers, adapted to the needs of elderly and disabled persons. We provide patients with single and twin rooms equipped with alarm systems. The centre has also prepared rooms for patients' guests.

From January 2010, Tabita constitutes part of the LUX MED Group, the leader of private medical services in Poland. The Group provides medical care to persons of all age in over 170 facilities in the whole of Poland – among other things, patients benefit from consultations with physicians of several dozen specialties, complex diagnostic tests, outpatient and inpatient care. The takeover of the Tabita centre constitutes another step taken by the LUX MED Group towards development of rehabilitation services and services provided for the elderly. The fact that the facility constitutes part of the Group provides patients with security and high quality of care, the standards of which are based on global medical models.