

princess anne health and rehab center

princess anne health and rehab center is a premier facility dedicated to providing exceptional post-acute care, rehabilitation, and skilled nursing services. Located in a convenient and accessible area, this center caters to patients recovering from surgery, injury, or illness, offering comprehensive programs tailored to individual needs. With a focus on enhancing patients' quality of life, the Princess Anne Health and Rehab Center combines expert medical care, advanced rehabilitation therapies, and compassionate support. This article explores the various aspects of the center, including its services, facilities, specialized programs, and commitment to patient-centered care. Readers will gain a thorough understanding of what makes the Princess Anne Health and Rehab Center a trusted choice for rehabilitation and health recovery.

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Overview of Princess Anne Health and Rehab Center

The Princess Anne Health and Rehab Center is a licensed healthcare facility specializing in rehabilitation and skilled nursing care. It serves patients who require short-term rehabilitation following hospitalization as well as those needing long-term care due to chronic conditions. The center is designed to promote recovery in a safe and supportive environment, utilizing state-of-the-art equipment and evidence-based treatment protocols. Emphasizing individualized care plans, the center ensures that each patient receives attention tailored to their specific health goals.

Location and Accessibility

Strategically situated to serve the local community and surrounding areas, the Princess Anne Health and Rehab Center offers easy access for patients and visitors alike. The facility provides ample parking and accommodates transportation needs for those with mobility challenges. Its location supports seamless transitions from hospitals and other medical facilities, facilitating continuity of care.

Facility Features

The center boasts modern infrastructure designed to support diverse therapeutic activities and patient comfort. Features include private and semi-private rooms, therapy gyms equipped with the latest technology, and common areas that encourage social interaction. Safety measures and accessibility features are integrated throughout the facility to enhance patient well-being.

Comprehensive Rehabilitation Services

At the heart of the Princess Anne Health and Rehab Center's offerings is a robust rehabilitation program aimed at restoring function and independence. These services are delivered by licensed therapists and clinicians who specialize in various disciplines, ensuring a multidisciplinary approach to recovery.

Physical Therapy

Physical therapy at the center focuses on improving mobility, strength, balance, and coordination. Patients recovering from orthopedic surgeries, strokes, or injuries benefit from individualized treatment plans that utilize therapeutic exercises, manual therapy, and advanced modalities such as electrical stimulation.

Occupational Therapy

Occupational therapy emphasizes helping patients regain skills necessary for daily living and work-related activities. Therapists assist individuals in adapting to physical limitations by teaching new techniques and recommending adaptive equipment to enhance independence.

Speech and Language Therapy

The center provides speech-language pathology services to address communication disorders, swallowing difficulties, and cognitive impairments. These therapies are vital for patients recovering from neurological events such as strokes or traumatic brain injuries.

Specialized Rehabilitation Programs

In addition to general therapies, Princess Anne Health and Rehab Center offers specialized programs including:

- Cardiac rehabilitation for patients recovering from heart-related conditions
- Orthopedic rehabilitation for joint replacements and fractures
- Neurological rehabilitation targeting stroke, Parkinson's disease, and spinal cord injuries

- Pain management programs incorporating physical and pharmacological approaches

Skilled Nursing and Medical Care

The Princess Anne Health and Rehab Center provides comprehensive skilled nursing services to ensure medical stability and support recovery. Registered nurses and licensed practical nurses deliver around-the-clock care tailored to each patient's medical needs.

Medication Management

Accurate medication administration and monitoring are critical components of care at the center. The nursing staff collaborates with physicians and pharmacists to manage complex medication regimens, ensuring safety and efficacy.

Chronic Disease Management

Patients with chronic illnesses such as diabetes, hypertension, and respiratory conditions receive specialized management plans. The center emphasizes monitoring, education, and preventive care to reduce hospital readmissions and improve quality of life.

Post-Surgical Care

Post-operative patients benefit from skilled nursing care that addresses wound management, pain control, and complication prevention. The center's protocols support smooth recovery and timely discharge planning.

Patient-Centered Programs and Amenities

The Princess Anne Health and Rehab Center prioritizes holistic care by offering programs and amenities that promote physical, emotional, and social well-being. These services complement medical treatment and rehabilitation efforts.

Nutrition and Dietary Services

Individualized nutrition plans are developed by registered dietitians to support healing and overall health. Special diets are accommodated for patients with specific medical conditions or preferences.

Social and Recreational Activities

Engagement in social activities is encouraged to enhance mental health and prevent isolation. The

center organizes group events, exercise classes, and therapeutic recreational activities that foster community among residents.

Spiritual and Emotional Support

Recognizing the importance of emotional well-being, the center offers counseling services and access to spiritual care providers. These resources assist patients and families in coping with the challenges associated with illness and recovery.

Staff Expertise and Care Philosophy

The dedicated team at Princess Anne Health and Rehab Center comprises highly trained healthcare professionals committed to delivering compassionate and effective care. Their expertise spans nursing, therapy, medicine, and support services.

Multidisciplinary Team Approach

Care plans are developed collaboratively by a team including physicians, nurses, therapists, social workers, and dietitians. This approach ensures comprehensive assessment and coordinated interventions that meet all aspects of patient needs.

Continuous Education and Training

The center invests in ongoing staff education to stay current with best practices and innovations in rehabilitation and skilled nursing care. This commitment enhances patient outcomes and maintains high standards of care.

Community Engagement and Support

Princess Anne Health and Rehab Center actively participates in community outreach and education initiatives. These efforts aim to raise awareness about rehabilitation services and promote health and wellness within the local population.

Family Involvement

The center encourages family participation in the recovery process, providing education and support to caregivers. Open communication between staff and families facilitates shared decision-making and better patient experiences.

Partnerships with Healthcare Providers

Collaboration with hospitals, outpatient clinics, and specialists ensures seamless transitions of care. These partnerships enable the center to offer comprehensive services that align with broader healthcare networks.

Frequently Asked Questions

Where is Princess Anne Health and Rehab Center located?

Princess Anne Health and Rehab Center is located in Virginia Beach, Virginia.

What type of services does Princess Anne Health and Rehab Center provide?

The center provides skilled nursing care, rehabilitation services, long-term care, and specialized therapies for patients recovering from illness or surgery.

Does Princess Anne Health and Rehab Center accept Medicare and Medicaid?

Yes, Princess Anne Health and Rehab Center accepts both Medicare and Medicaid for eligible patients.

What rehabilitation therapies are offered at Princess Anne Health and Rehab Center?

The center offers physical therapy, occupational therapy, and speech therapy to help patients regain their independence and improve their quality of life.

How can I schedule a tour of Princess Anne Health and Rehab Center?

You can schedule a tour by calling the center directly or visiting their official website to request a visit.

Are there any specialized care programs at Princess Anne Health and Rehab Center?

Yes, the center offers specialized programs such as memory care for patients with dementia and post-surgical rehabilitation programs.

What are the visiting hours at Princess Anne Health and

Rehab Center?

Visiting hours vary but are typically from mid-morning to early evening; it is best to contact the center for the most current visiting policies.

Is Princess Anne Health and Rehab Center accredited?

Yes, the center is accredited and meets state and federal healthcare standards for skilled nursing and rehabilitation facilities.

How does Princess Anne Health and Rehab Center support patient families?

The center provides family education, counseling services, and regular communication to keep families informed and involved in the care process.

What precautions does Princess Anne Health and Rehab Center take for COVID-19?

Princess Anne Health and Rehab Center follows CDC guidelines including regular testing, vaccination protocols, use of personal protective equipment, and visitor screening to ensure patient and staff safety.

Additional Resources

1. *Healing Journeys at Princess Anne Health and Rehab Center*

This book explores the inspiring recovery stories of patients at Princess Anne Health and Rehab Center. It highlights the personalized care, advanced therapies, and compassionate staff that contribute to successful rehabilitations. Readers will gain insight into the center's holistic approach to health and wellness.

2. *The Comprehensive Guide to Rehabilitation at Princess Anne*

A detailed manual outlining the various rehabilitation programs offered at Princess Anne Health and Rehab Center. The book covers physical therapy, occupational therapy, and speech therapy techniques used to assist patients in regaining independence. It serves as a valuable resource for patients, families, and healthcare professionals.

3. *Compassionate Care: The Staff of Princess Anne Health and Rehab*

This book profiles the dedicated healthcare providers at Princess Anne Health and Rehab Center. Through interviews and anecdotes, it showcases their commitment to patient-centered care and the innovative methods they use to improve patient outcomes. The narrative emphasizes the importance of empathy in the healing process.

4. *Rehabilitation Innovations at Princess Anne Health Center*

Focusing on the latest technologies and treatment methods, this book highlights how Princess Anne Health and Rehab Center stays at the forefront of rehabilitation medicine. It discusses cutting-edge equipment, telemedicine applications, and research initiatives that enhance patient recovery. The book is ideal for healthcare practitioners and administrators.

5. *Living Well After Rehab: Success Stories from Princess Anne*

A collection of real-life testimonials from patients who have completed their rehabilitation at Princess Anne Health and Rehab Center. The book emphasizes the long-term benefits of the center's programs and the importance of community support. It serves as both inspiration and motivation for those embarking on their own recovery journeys.

6. *Nutrition and Wellness at Princess Anne Health and Rehab Center*

This guide delves into the role of nutrition in patient recovery and wellness at Princess Anne Health and Rehab Center. It details the dietary programs, meal planning, and nutritional counseling provided to support healing and improve overall health. The book also includes expert tips for maintaining a balanced diet post-rehabilitation.

7. *Mental Health and Emotional Support in Rehabilitation*

Addressing the often-overlooked aspect of mental health in physical rehabilitation, this book explores the psychological services offered at Princess Anne Health and Rehab Center. It discusses counseling, support groups, and stress management techniques that aid patients in coping with their recovery. The narrative underscores the center's holistic approach to healing.

8. *The History and Evolution of Princess Anne Health and Rehab Center*

A comprehensive history of the center, detailing its founding, growth, and milestones in healthcare excellence. The book chronicles how Princess Anne Health and Rehab Center has adapted to changing medical landscapes and patient needs over the years. It provides context for understanding the center's current reputation and services.

9. *Family Involvement in Rehabilitation at Princess Anne*

Highlighting the critical role families play in the rehabilitation process, this book offers strategies for effective communication and involvement during a loved one's stay at Princess Anne Health and Rehab Center. It includes advice from healthcare professionals and testimonials from family members, aiming to foster a supportive healing environment.

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