



ST STEPHEN
Health Care

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Post-surgical
Rehabilitation



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Health Care

Post-surgical Rehabilitation

St Stephen Health Care in Paarl, Western Cape, opened in November 2014. The Centre is supported by a Sub-Acute hospital with 22 beds offering support for oncology care, palliative care, rehabilitation for stroke survivors and patients who need care after surgery. Our multidisciplinary teams ensure compassionate care and comfort for our patients and their families.

We provide **24-hour care** with qualified staff specific for your post-surgical rehabilitation. This includes rehabilitation after neurosurgery, orthopedic surgery, brain injuries, amputation, cardiac rehabilitation and other surgical procedures.

Our **rehabilitation plans** are holistically personalized by our multi-disciplinary team consisting of the physician, occupational therapist, physiotherapist, speech therapist, dietician, social worker, psychiatrist, physiologist and nursing staff.

We encourage family participation and we view the family as our partner in the rehabilitation of the patient. Our multi-disciplinary team also assist you after discharge from the hospital to ensure ongoing rehabilitation to achieve optimum outcomes.



Multidisciplinary team

Multidisciplinary care occurs when professionals from a range of disciplines with different but complementary skills, knowledge, and experience work together to deliver comprehensive health care aimed at providing the best possible outcome for the physical and psychosocial needs of our patient and their care providers. As patient needs may change with time, the composition of the team may also change to meet these needs. At St Stephen, a strong culture of multidisciplinary care is critical to improving the health care of our patients.

Rehabilitation is a treatment designed to facilitate recovery after a serious illness or surgery. It is aimed at enabling the patients to restore the physical, sensory, intellectual, psychological and social function. The goal of a rehabilitation program is to achieve the fastest possible recovery. This program assists the patient to return to normal life through therapy or training.

**“Alone we can do so little, together we can do so much.”
-Helen Keller**