

People with cancer face unique physical, mental and emotional challenges. At Sutter Rehabilitation Institute, we work with you to manage the side effects and treatments of cancer.

Research shows that intensive rehabilitation after a cancer diagnosis leads to better outcomes and improved quality of life. Our care team of doctors, nurses, therapists, social workers and chaplains partner with you to develop an individualized treatment plan and goals. These focus on improving your strength, balance, daily functioning, mobility, thinking and communication skills. Along with your loved ones, you receive support and education to help you succeed in your recovery and at home.

## Who We Serve

**30** people received cancer rehabilitation at Sutter Rehabilitation Institute in 2021.



**33% of patients**  
had brain cancer



**17% of patients**  
had cancer that  
affected the spine



**27% of patients**  
had other forms of  
cancer



**23% of patients**  
had cancer  
that caused an  
orthopedic fracture

## Progress Made

Patients are assessed during their stay to determine functional improvement in the areas of self-care and mobility. On average, patients with cancer treated at Sutter Rehabilitation Institute made the following gains between their admission and discharge: <sup>2</sup>

**Improvement in self-care: 9.2 points**

**Improvement in mobility: 29.2 points**

## Returning to the Community

The ability to return home or to a homelike setting is the primary goal of inpatient rehabilitation. A high rate of return to the community means that most people progress enough to return home and that families and caregivers are trained to provide any needed care.<sup>1</sup>

**Sutter Rehabilitation Institute's  
return-to-the-community rate: 93%**  
**National benchmark return-to-the-  
community rate: 81%**



## Readmission to an Acute Hospital

Sometimes a change in a person's condition requires returning to an acute hospital for further medical care. In 2020, only **6.7%** of patients with cancer were discharged from Sutter Rehabilitation Institute to an acute hospital for continued care, which is well below the state benchmark of **7.7%** and the national benchmark of **8.9%**.

