Every Step of the Way

On a beautiful winter evening in January of 2016, 54-year-old Chris Evans was taking a leisurely motorcycle ride from his job in New Haven to his home in Meriden. Suddenly a car appeared “where I knew it shouldn’t be,” Chris said. “It was going to hit me and I screamed ‘No!’ at the top of my lungs.” The car plowed into Chris throwing him and the motorcycle 70 feet.

Rushed by ambulance to Yale-New Haven Hospital, Chris had devastating injuries to his left leg, a broken left shoulder and a concussion. His lower leg had to be amputated. But the surgeon was able to save Chris’ knee, making it much easier for him to eventually use a prosthetic.

Two weeks later, Chris was transferred to Gaylord for rehab. His therapy included physical and occupational therapy that focused on balancing and walking, as well as learning how to accomplish daily tasks. Athletic by nature, Chris set goals to speed his recovery and when he heard about the Gaylord Gauntlet, a 5k obstacle race held in June, he was determined to participate.

Discharged from inpatient care at the beginning of March, Chris had outpatient physical therapy through the end of May. There his therapy focused on honing his skills with and without his prosthetic. His outpatient physical therapists, Lexi Sammartino and Erika Ozdemirer, were also Gauntlet participants and each year they formed a team to run the race. When Chris told them about his goal, they asked him to join their team. “We geared Chris’ therapy so we could get him as ready as possible,” Lexi explained. “We needed to make sure he could jump and do high level activity.” Lexi, Erika and Chris crossed the finish line together.

After the First Race

“I was utterly exhausted and elated! It was a grand moment and a real accomplishment. I felt a lot more myself and I’d hit another goal. It gave me confidence on so many levels,” said Chris about completing the race. “I felt so loved and supported because people genuinely helped me train for that moment and they were literally there for me every step of the way!”

~Chris Evans

“My Future Goals

☐ Triathlon participant
☐ Gaylord Gauntlet 2017

Chris also faithfully attends the monthly Amputee Success Group, where he says the support and sense of community have been central to his recovery. His next goal is to participate in the Madison Triathlon in September. To begin training for the half-mile ocean swim, he has scheduled swim times in the Gaylord pool. “I’ve already got the biking and running skills down,” he said. “Running the Gauntlet showed me that I might not be whole bodied but I am ABLE bodied!”

“...I might not be whole bodied, but I am ABLE bodied!”
Gaylord Exemplifies Expert

Patients come to Gaylord Hospital from all areas of the Northeast to experience the strength of our interdisciplinary clinical teams and our dedication to positive patient outcomes.

Gaylord’s accreditations include:

- The only CARF accredited rehab hospital in CT for inpatient and outpatient care
- Continuous CARF accreditation for 28 years
- Medical team with specialty certified PM&R physiatrists
- The only Ekso Bionics in CT

Maintaining these specialty accreditations demonstrates our commitment to providing the ultimate in patient experience and care as a leader in the field of rehabilitation and medical care.

Orthopedic Outcomes

Gaylord is Performing Better than the U.S. National Benchmarks

Average Length of Stay Ortho Program Days

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<th></th>
<th>FY 2014</th>
<th>FY 2015</th>
<th>FY 2016</th>
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<td>26.9</td>
<td>29.3</td>
<td>23.9</td>
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Discharge Location by Age Group

All Ortho Graduates Last Five Years

Ltach Outcomes CMS Quality Measures

- New or Worsened Pressure Ulcers
  - Gaylord .7% vs. National 1.8%

- Unplanned Readmission Measure for 30 Days Post-Discharge
  - Gaylord 23.25% vs. National 24.61%

- CLABSI
  - Gaylord .200 vs. National .935

- CAUTI
  - Gaylord .685 vs. National .91

Employee Satisfaction Exceeds The Benchmark:

Gaylord Hospital staff satisfaction 81% vs. National rate of staff satisfaction of 64%.