About Gaylord Hospital

Gaylord Hospital is a long-term acute care hospital that specializes in the care and treatment of medically complex patients, rehabilitation and sleep medicine. Long-term acute care (LTAC) is a recognized designation by the Centers for Medicare and Medicaid Services for acute care hospitals whose average length of stay is at least 25 days. LTAC hospitals provide specialized care services to manage medical conditions, so that patients with catastrophic or acute illnesses and injuries can work toward recovery.

As an LTAC, Gaylord Hospital is staffed and equipped to handle the specific needs of acutely ill or chronically disabled patients who require a hospital level of care. Gaylord Hospital also is able to treat those who need rehabilitation for illnesses or injuries related to the brain and nervous system, bones and joints, lungs, and other conditions. This way, we can continue to meet our patients’ needs through every stage of their recovery.

A 137-bed long-term acute care hospital, Gaylord is located on 500 acres of countryside in Wallingford, Connecticut.
Patient Diagnosis Accepted For and Treatment Capabilities at Gaylord Hospital for long-term acute care (LTACH)

INPATIENT SERVICES

ADDITIONAL ONSITE SERVICES:
- Pharmacy
- Laboratory, including ABG's
- Radiology
  - CT Scan
  - Ultrasound
  - X-ray
  - C-ARM
  - PACS

MEDICAL DIVISION

Medical Staff
- Vent Weaning
- Complex Pneumonia
- Severe COPD
- Chronic Emphysema
- Respiratory Insufficiency
- Trachs

Medically Complex Program
- Sepsis/I.D.
- Pulm edema/CHF
- Post Op complications (cardiac, GI, etc.)
- Complex Wound Care/
  Osteomyelitis
- Pre/Post transplant
- Oncology

Pulmonary Program
- Vent Weaning
- Complex Pneumonia
- Severe COPD
- Chronic Emphysema
- Respiratory Insufficiency
- Trachs

TEAM INCLUDES:
- Medical Staff
- Nursing
- Respiratory Therapy
- Physical/Occupational/Speech
  Therapists
- Care Coordinator
- Dietary
- Psychology
- Therapeutic Recreation

NURSING CARE INCLUDES:
- Central line insertion and management
- IV's
- TPN
- PICC insertion and management
- Foley's
- Peritoneal Dialysis
- Ventilator weaning and home teaching
- State-of-the-art wound management
- IR
- Modified Barium Swallow
- Intravenous medication administration protocols
  (Insulin, Heparin, Cardizem, Milrinone)
- Pain management
- Chest tubes
- On-site physiatrists

REHABILITATION DIVISION

- Brain injury (Acquired, and Traumatic)
- Complex stroke patients with co morbidities
- Spinal Cord Injury (Illness or injury affecting spinal function)
- Ortho - complex
- Neuro - complex

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Outpatient medical and therapy services at Gaylord Hospital are devoted to helping people achieve their optimal levels of functioning while resuming independence in the community. In addition to offering physician medical services, Gaylord Hospital offers the following services that enhance the care and treatment of our patients:

- Aphasia Treatment
- Aquatic Therapy
- Arthritis Rehabilitation
- Audiology
- Back programs
- Baclofen Pump Management
- Botox Treatment
- Brain Injury Evaluation
- Cognitive Day Program
- Communication Disorders
- Electrodiagnostic Testing
- Hand Therapy
- Medical Nutrition Therapy
- Multiple Sclerosis Assessment
- Neuropsychology Evaluation
- Occupational Therapy
- Orthopedic Physical Therapy/Sports Medicine
- Osteoporosis Therapy
- Neurologically-based Physical Therapy
- Pain Management Evaluation
- Physiatry Evaluation
- Post-Polio Assessment
- Prosthetic/Orthotic Evaluation
- Psychology Services
- Pulmonary Services
- Rehabilitation Physician Evaluation
- Respiratory Therapy
- Spasticity Management
- Speech Therapy
- Swallowing Services
- Wheelchair Assessment

OUR CARE PHILOSOPHY
Gaylord treats each patient as an individual with individual needs. We respect, listen and work together to help people achieve their optimal level of function.

CONTACT INFORMATION

President & CEO:
George Kyriacou

Service Line Administrator:
Sonja LaBarbera, MS, CCC-SLP

Medical Director:
David Rosenblum, M.D.

Mailing Address:
Gaylord Farm Road
P.O. Box 400
Wallingford, CT 06492

Website: www.gaylord.org

Gaylord Outpatient Centers

North Haven
Gaylord Wellness Center
8 Devine Street
203.230.9226

Wallingford
Gaylord Farm Road
203.284.2888
Gaylord Sleep Medicine is the largest single provider of sleep medicine services in Connecticut, and is accredited by the American Academy of Sleep Medicine. Board-certified sleep medicine physicians are also trained in more medical specialties than any other sleep medicine program in the state. The medical staff, working with the sleep medicine team, can provide:

**SERVICES**

- Comprehensive Sleep Evaluation
- Sleep Testing (i.e., Diagnostic Sleep Study/PSG, CPAP Titration, PAP Titration, Diagnostic Sleep Testing with Extended EEG, Multiple Sleep Latency Test [MSLT] for Narcolepsy, Maintenance of Wakefulness Test [MWT])
- Sleep Study Follow-up
- Sleep Apnea Management
- Insomnia Evaluation
- Physician Consultation

Common conditions treated by the Sleep Medicine Program include:

- Sleep apnea
- Insomnia
- Narcolepsy
- Hypertension

Gaylord Sleep Medicine helps diagnose sleep disorders. An overnight sleep study – or polysomnogram— is provided to patients with sleep-related breathing problems. This study offers information to assist specialists in recommending effective treatment.
Gaylord Hospital: A History
Gaylord Hospital was founded in 1902 as a tuberculosis sanatorium and provided long-term treatment during the 50 years when the disease was epidemic. Gaylord’s expertise became recognized nationwide, and many well-known individuals - including American playwright Eugene O’Neill - took advantage of its rehabilitative care and services.

In the 1950s, with the discovery of medications that successfully curbed the disease’s progress, Gaylord turned its expertise to other forms of rehabilitation, beginning with chronic pulmonary disorders, then stroke, brain injury and spinal cord injury. Today, Gaylord is well known among health care professionals throughout southern New England and metropolitan New York.

1902 Gaylord Sanatorium founded to treat tuberculosis
1926 Gaylord became the first sanatorium in the country to offer its facilities to the United States Public Health Laboratory National Research Committee
1948 Gaylord Farm Sanatorium became Gaylord Hospital to address the health care issues of people with chronic illnesses
1954 Gaylord became New England’s first hospital specializing in comprehensive rehabilitation
1989 Dedication of The Louis D. Traurig House, a transitional living facility for people with brain injuries
1996 Gaylord joins the National Handicapped Sports Association
1997 Acquisition of the New Haven Sleep Disorders Center
2006 Gaylord partners with Healthtrax Fitness and Wellness to open the Gaylord Wellness Center that houses a state-of-the-art fitness center, Gaylord Outpatient Center and Gaylord Sleep Medicine.
2008 Gaylord opens the 36-bed Milne Pavilion.
2011 Gaylord is the first hospital in the state to receive funding for a solar thermal hot water heating project.
George Kyriacou  
President and Chief Executive Officer

Mr. Kyriacou began serving as president and chief executive officer in November 2011. His experience in health care administration is extensive. Prior to joining Gaylord, Mr. Kyriacou was the president and chief executive officer of Hanover Health Care in Hanover, Pennsylvania. Previous to his role at Hanover he was instrumental in the development of the Hartford Healthcare System (HHCS) for over two decades, first as vice president of administration and professional services at Meriden-Wallingford Hospital (now MidState Medical Center which is owned by HHCS) in the late 1980s, then as vice president of system development at HHCS and executive vice president and chief operating officer at MidState Medical Center.

With over 30 years in the healthcare industry, he brings experience in strategic planning, business development, philanthropic fundraising, corporate financing, mergers and acquisitions, and physician recruitment and integration within acute care hospitals and ambulatory centers in the Northeast. Mr. Kyriacou received his bachelor’s degree in urban studies from the University of Massachusetts, Amherst, where he also earned his master’s degree in public health administration.

Stephen Holland, M.D.  
Vice President and Chief Medical Officer

Dr. Holland, who has most recently served as vice president and chief medical officer at St. Mary’s Health System in Waterbury, brings 20 years of medical leadership experience to Gaylord where he will head a medical staff of hospitalists, physical medicine and rehabilitation physicians and sleep medicine physicians, as well as licensed mid-level medical staff including physician assistants and advanced practice registered nurses.

A native of the Greater Waterbury area, Holland earned his medical degrees from the Universidad del Noreste, Mexico, and the University of Maryland Medical School. His residency was in internal medicine at Saint Mary’s Hospital, where he served as chief resident. Board certified in internal medicine and emergency medicine, he is a fellow of the American College of Emergency Physicians as well as the American Professional Wound Care Association.

Holland is a clinical adjunct assistant professor in the School of Health Sciences at Quinnipiac and is a clinical instructor at the University of Connecticut Medical School in the Department of Medicine as well as the Department of Traumatology and Emergency Medicine. Given his experience in emergency medicine, Holland has consulted for the U.S. Department of Energy and the Office of Polar Programs division of the National Science Foundation (NSF).
**About Gaylord Hospital**

**Type of Hospital:** Long Term Acute Care Hospital  

**Founded:** 1902  

**Number of Beds:** 137  

**Main Campus:** 500 acres  

**Outpatient Centers:** 2 (Wallingford, North Haven)  

**Sleep Medicine Centers:** 4 (Glastonbury, Guilford, North Haven, Trumbull)  

**Our Mission**  
Gaylord’s mission is to preserve and enhance a person’s health and function.  

**Media Inquiries and Interviews**  
All media inquiries should be directed to:  

**Gaylord Public Relations**  
P.O. Box 400  
Wallingford, CT 06492  
(203) 284-2829  
publicrelations@gaylord.org  

Reporters interested in receiving press releases and news-related information from Gaylord via email can send us their name, media outlet, area of coverage and areas of interest to publicrelations@gaylord.org

**2011 FACTS AND FIGURES**

- Average Length of Stay: 28.3
- Average Daily Census: 109.7
- Total Inpatient Admissions: 1,417
- Total Inpatient Discharges: 1,435
- Patient Days of Care: 40,036
- Total Outpatient Visits: 47,625
- Total Sleep Studies: 4,827
- Operating Expenses: $70,241,000
- Full-Time Equivalent Employees: 500.21
- President & CEO: George Kyriacou
- Chairman of the Board: F. Perry Wilson, Jr
- Chief Medical Officer: Stephen Holland, M.D.

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