



COLLINGSWOOD

Rehabilitation & Healthcare Center

RESOURCE GUIDE



299 Hurley Avenue
Rockville, MD 20850

301-762-8900

CollingswoodRehab.com



American Heart Association
Certified Care™
Skilled Nursing Facility
Heart Failure



Proudly Serviced By **Marquis Health Consulting Services**

OUR MISSION

Collingswood strives to provide a superior experience and exceptional outcomes for patients, residents and families through progressive, innovative care, advanced technology and investment in service excellence. Highly motivated staff work to inspire our residents to live life to the fullest, offering an active, exciting and warm environment.

As a proud member of the Marquis Health Consulting Services family and its three-generation track record of revolutionizing healthcare facilities, Collingswood's steadfast commitment is to help our patients and residents live the best possible lives through a wide-range of exceptional healthcare services that are personalized to their needs, in our distinctive uplifting environment of comfort and genuine warmth.

Adhering to the highest standards, and dedicated to delivering an unsurpassed level of care, we are committed to introducing innovative programs, harnessing the power of state-of-the-art healthcare technology and believe that a consistent level of integrity is the cornerstone of our success.



**MEDICAL
DIRECTOR**

Dr. Truong Bao



SUBACUTE MEDICAL DIRECTOR

Dr. Sayed Elsayyad



CARDIAC PROGRAM

led by Dr. Dennis C. Friedman
& Dr. Michael S. Chen



**PULMONARY
PROGRAM**

led by Dr. Safy John
& Dr. Ajit P. Kuruvilla



NEPHROLOGY PROGRAM

led by Dr. Fahim Malik



**PHYSICAL MEDICINE
AND REHABILITATION**

led by Rubeena Vincent, NP



PALLIATIVE CARE

led by Dr. Geetha Chilakamarri

&

MORE



Scan here to learn about
the **"MORE"**!

MEDICAL DIRECTORY

DR. TRUONG BAO

MEDICAL DIRECTOR



Dr. Truong Bao, MD, CMD is a distinguished and proficient healthcare professional specializing in the field of internal medicine and medical leadership. Below, you'll find a chronological overview of his academic achievements, certifications, and experience as a medical director:

- May 1994: Dr. Truong Bao obtains a Bachelor of Science degree in General Biological Sciences from the University of Maryland, College Park.
- May 1998: He graduates from the University of Maryland School of Medicine, Baltimore, with a degree in Medicine (MD).
- July 2001: Dr. Bao completes his residency at George Washington University in Washington, DC.
- August 2001 – present: He becomes a Board-Certified Medical Director by the American Board of Internal Medicine, maintaining this certification since then.
- 2013-2022: Dr. Truong Bao serves as the Medical Director at Bethesda Health and Rehab.
- 2016-present: He assumes the role of Medical Director at Carriage Hill of Bethesda.
- 2022: Dr. Bao takes on the Medical Directorship at Collingswood Nursing and Rehabilitation Center, starting this position in the same year.

DR. SAYED ELSAYYAD

SUBACUTE MEDICAL DIRECTOR



Dr. Sayed Elsayyad, M.D., is a highly accomplished medical professional with extensive experience in family practice and medical leadership.

- September 2001 to June 2002: Dr. Elsayyad serves as a Cardiology Research Fellow at Washington Hospital Center, Washington, DC. His responsibilities include patient chart review and follow-up, as well as participating in CCU rounds.
- February 2005 to present: He becomes a Partner and Chief Medical Officer at Montgomery Medical Associates, PC.
- January 2014 to December 2015: Dr. Elsayyad assumes the role of Chairman of Family Practice at Shady Grove Medical Center.
- January 2021 to present: He becomes the Associate Medical Director at Shady Grove Center for Nursing & Rehabilitation in Rockville, MD.
- October 2022 to present and 2007 to 2009: Dr. Elsayyad serves as the Associate Medical Director at Collingswood Nursing & Rehabilitation Center in Rockville, MD.
- February 1989 to May 1994: He works as an Internist at the Internal Medicine Department of Embaba General Hospital in Cairo, Egypt.

SPECIALTY PROGRAMMING

Whether one is recovering from surgery or illness, our innovative programs effectively deliver optimal short-term rehabilitation outcomes in Orthopedic Recovery, Pulmonary Rehabilitation, Stroke Recovery, Cardiovascular Care, Chronic Kidney Disease Management, and Chronic Illness Programs.

Utilizing the latest clinical protocols and rehabilitation technology, their stellar interdisciplinary team of therapists, nurses and doctors ensures an all-encompassing continuum of care focused on every patient's physical, social and emotional well-being.

Partnering with leading physicians from local hospitals offers the continuity and continuum of advanced care from the hospital to our center.

Our goal is to provide the medical expertise and personal support to help patients get well, be well and stay well.

CARDIAC REHABILITATION



**Dr. Dennis C.
Friedman**



**Dr. Michael S.
Chen**

Our physician led, comprehensive Cardiac Care, under the direction of Dr. Dennis Friedman and Dr. Michael Chen of Adventist Shady Grove Hospital and Adventist White Oak Hospital, is focused on helping patients achieve the most active life possible despite any cardiac diagnosis and physical limitations.

OUR CARDIAC REHABILITATION PROGRAM FEATURES:

- Team Consults by our Board Certified Cardiologists
- 7 Days Per Week Therapy Services as prescribed
- 24/7 Access to Laboratory and Radiology Services
- EKGs and Echocardiograms On-Site
- Remote Telemetry Monitoring
- Cardiac Inotropic Drips
- Pacemaker Assessment and Monitoring
- ZOLL LifeVest
- IV Lasix and Solumedrol
- Comprehensive Cardiac Education/ Training for Patients and Family Members
- Case Management and Discharge Planning
- Coordination of Home Care Services including CARE NAVIGATION™ Program



American Heart Association®
Certified Care™
Skilled Nursing Facility
Heart Failure

CHRONIC KIDNEY DISEASE MANAGEMENT



**Dr. Fahim
Malik**

Our Chronic Kidney Disease Management program is under the direction of Dr. Fahim Malik of Washington Nephrology Associates.

He is affiliated with medical facilities such as Adventist Healthcare Shady Grove Medical Center, Suburban Hospital and Sibley Memorial Hospital.

OUR CHRONIC KIDNEY DISEASE MANAGEMENT PROGRAM AIMS TO:

- Reduce CKD Symptoms
- Decrease Disability
- Increase Quality of Life
- Promote Independence
- On-site Dialysis
- Health Coaching
- Dietary Education
- Consultative Visits by On Staff Nephrologists
- Routine Medical Management of Associated Co-Morbidities
- On-Site Community CKD Monthly Support Group Facilitated by Community CKD Experts
- Case Management Services

Through treatment and education, our clinical team of professionals assists patients in a better understanding of their conditions, enabling them to enjoy a greater level of independence and improved quality of life.

PULMONARY REHABILITATION



**Dr. Safy
John**



**Dr. Ajik P.
Kuruvilla**

Our Pulmonary Rehabilitation program, under the leadership of Dr. Safy John and Dr. Ajit Kuruvilla, is tailored for individuals with pulmonary disease, with diagnoses such as COPD, post-lung transplants, emphysema, and acute respiratory failure.

OUR PROGRAM COMPETENCIES & SERVICES INCLUDE:

- Team Consults with our Board-Certified Pulmonologist
- ACLS Certified Nurses
- Therapy Services as prescribed (up to 7 days per week)
- Full-Time Respiratory Therapist
- 24/7 Access to Laboratory and Radiology Services
- Tracheostomy Care and Management
- Wide Range of Oxygen Therapies
- In House Sleep Studies
- Nebulizer Therapies
- IV Lasix and Solumedrol
- Comprehensive Education / Training for patients and family members
- Coordination of Home Care Services via our Care Navigation Program
- 16-Bed Ventilator Unit
COMING SOON!

PHYSICAL MEDICINE & REHABILITATION



Rubeena Vincent, NP

Our Physical Medicine and Rehabilitation Program is directed by Rubeena Vincent, Nurse Practitioner in SNF/ALF. Her experience is in musculoskeletal, pain and spasticity management. With consultative presence and support, our interdisciplinary team of rehabilitation experts assists those recovering from neurological events, disease, and common diagnoses. Our program is designed to assist those affected by neurologically disabling conditions to improve abilities and return to their most optimal functional levels.

OUR PM&R PHYSICIAN:

- Treats patients of all ages
- Focuses treatment on function
- Diagnoses and treat pain as a result of an injury, illness, or disabling condition
- Determines and lead a treatment/prevention plan
- Treats the whole person, not just the problem area
- Leads a team of medical professionals, which may include physical therapists, occupational therapists, and physician extenders to optimize patient care
- Works with other physicians, including primary care physicians, neurologists, orthopedic surgeons, cardiologist, pulmonologist and many others

PALLIATIVE CARE



**Dr. Geetha
Chilakamarri**

Our Palliative Care program is led by Dr. Geetha Chilakamarri who is a triple board-certified physician specializing in geriatric medicine, hospice & palliative medicine, as well as dementia care. She prides herself on the delivery of person-centered care through identifying patterns and complexity of each individual patient. For over 20 years she has provided exemplary care and medical oversight to patients with positive feedback from them and their families, in her Germantown, Maryland practice as well as inpatient settings. Dr. Chilakamarri established and expanded Geriatric and Palliative Care services in both Holy Cross Medical Center and Adventist Health System. We are thrilled to have a provider of Dr. Chilakamarri 's caliber and experience to provide medical oversight of our dementia and palliative care populations.

OUR PALLIATIVE CARE PROGRAM

provides patients and their loved ones with the necessary medical, emotional and spiritual support to live as fully as possible during a serious, chronic, or life-limiting illness.

URGENT SNF™ MARYLAND REGION

PLACEMENT SERVICE



Diagnoses / Signs and Symptoms* For Urgent SNF™ and Direct Admission Service Qualification:

- Ambulation Dysfunction
- Falls
- IV Therapy
- Uncontrolled Diabetes
- Exacerbation of CHF
- Dialysis
- Change in Mental Status
- Exacerbation of COPD
- Dehydration
- UTI
- Weakness
- Uncontrolled Nausea
- Failure to Thrive

**Please Note: List of Diagnoses is not an inclusive list*

24/7
Dedicated Line:
800.262.8113

The Urgent SNF™ Service at Marquis Health Consulting Services supports a global health care expectation for the right provision of care in the right place at the right time. Therefore, our solution driven service aims to provide an alternative option to individuals not meeting acute admission criteria, however requiring and/or benefiting from supervisory skilled rehabilitation services, skilled nursing oversight or stabilization.

URGENT SNF™ PAYMENT OPTIONS:

Medicare
Primary:
CMS WAIVER
PLACEMENT
or recent 3 night
qualifying hospital
stay within the
last 30 days

HMO: Willingness to
accept without prior
authorization with
select HMO/ MCO

Private Pay: Reduced Private Pay All Inclusive Rate
promoting the stabilization often necessary
to avoid repeat and unnecessary ER/ED visits.
All-inclusive services include room/board, meals,
therapy and nursing services.

SPECIALIZED MEMORY CARE

We provide a secure and nurturing setting for individuals in various stages of Dementia and Alzheimer's disease.



All-inclusive Secure Unit
with Specialized Activities



Compassionate
Caregivers



24/7 Medical Oversight
Providing High Quality
Person-Centered Care



CARE NAVIGATION: THE PATIENT PARTNERSHIP

In partnership with our patients and or responsible party, every member of the team works collaboratively to develop an effective Care Navigation plan. Our belief in providing a better patient experience through quality and satisfaction will ensure successful navigation through the health care continuum.

ROADMAP TO SUCCESSFUL NAVIGATION:

- Patient-centered needs/preferences identified on admission with assessments and continues throughout the stay
- Choosing the appropriate placement in the Marquis continuum
- Considers the patient's medical needs and social determinants of health
- Includes ongoing partnership between the patient, family, and Interdisciplinary team
- Provides financial resources
- Engages the patient and caregiver in education

Patient Experience and Outcomes:

- Provides patients and families with verbal and written information about available community resources
- Prepares the patient and caregiver for a successful discharge
- Enhanced Home Health Strategic Networks
- Furnishes the patient's primary care physician with a synopsis of care
- Reduced risk associated with re-hospitalization



COMFORT, EXPERIENCE & ENGAGEMENT

- 24-Hour Hospitality Line Availability to Residents and Family Members – Ensuring all the Comforts of Home
- Life Enriching Activities Programming catering to all Functional Levels
- Beautician & Barber In-Center Services
- In-Center Television Network
- Interactive RESTORE Therapy Program
- Diverse Menu & Dining Services to Accommodate All Taste Preferences
- Life Loop Technology: Interactive Web-Based Technology allowing for Family Connectivity in their Loved One's Daily Activities
- Care Safely Approach to Care Provision guided and directed by Infectious Disease Specialists
- Medical Access & Communication:
- Multi-Specialty Physician Access
- Psychiatry/Psychotherapy Onsite Services
- In-Center Multi-Discipline Therapy Offerings based on Skilled Needs of Resident
- Monthly Medical Director Call offering Center Level Updates and Q&A Opportunity

RESOURCES & SUPPORT:

Medicaid Specialist to support all Financial Guidance Needs

Family Matters Program

Visitation & Connectivity via Scheduled Visits and Virtual Support by our Life Enrichment Teams to keep our residents engaged with those who mean the most!



OUR INSURANCE CONTRACTS

In an effort to best serve our greater Maryland community members, we are extensively contracted with the following managed care products on next page.

- 
- Medicare
 - Medicaid
 - Aetna Health
 - Kaiser Permanente
 - United Healthcare
 - Alterwood Health
 - AmeriHealth Caritas District of Columbia
 - CareFirst
 - CareFirst District of Columbia

- Care First Blue Cross Blue Shield Medicare Advantage
- Cigna
- Cigna Medicare (HealthSprings)
- John Hopkins Healthcare
- Maryland Physicians Care
- TriCare
- MedStar
- Wellspan - formally Amerigroup
- Veterans Administration

Your comfort is our priority.

If there is ANYTHING we can
do to make your stay and
experience a better one...

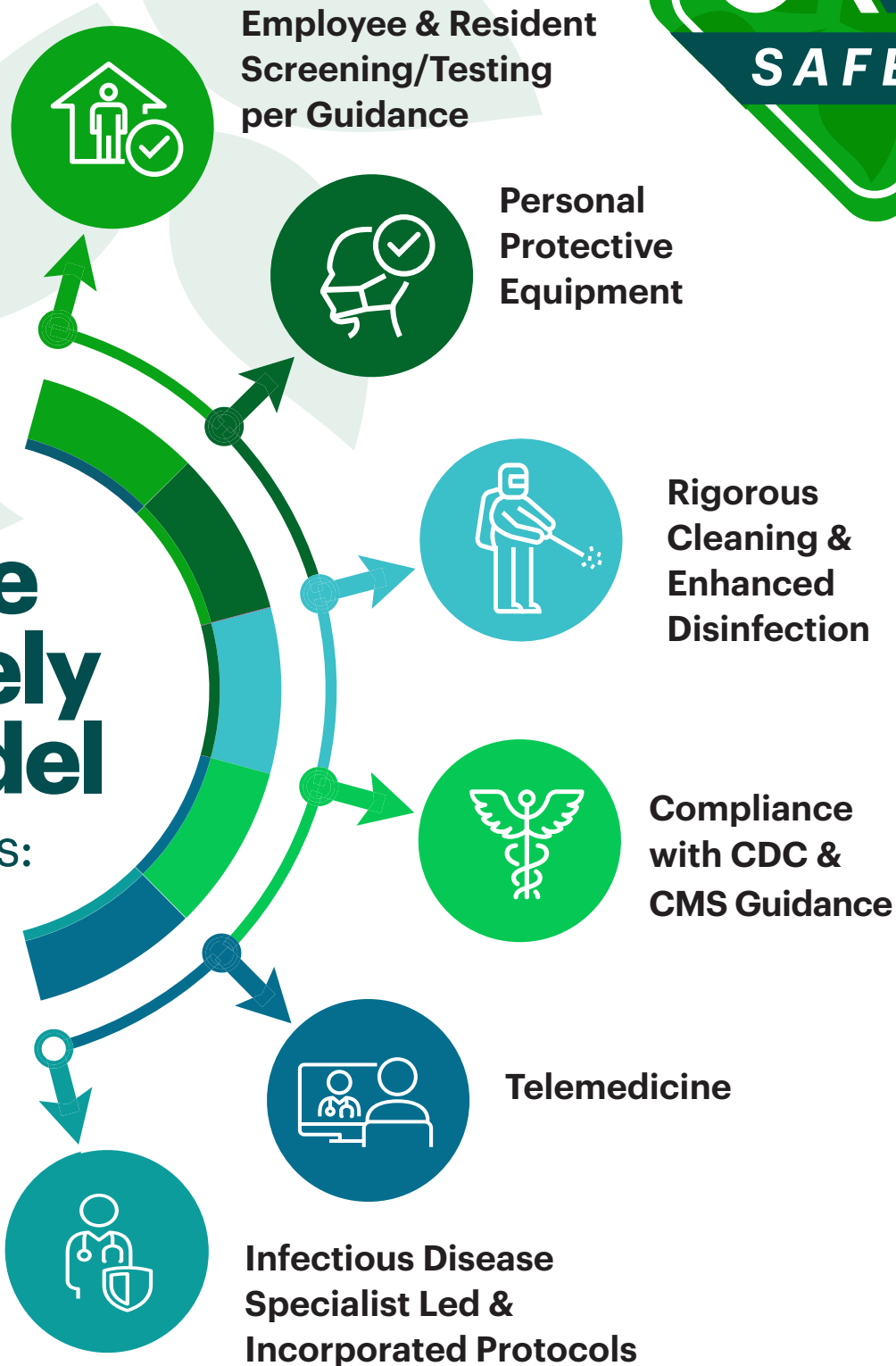
Just give us a shout!
GUEST SERVICES
(800) 478-7206



Step Up in Quality...



Our
**Care
Safely
Model**
Includes:



**Connectivity & Engagement are at the heart
of our commitment to Caring Safely!**



**Keep up with us
on Social Media!**



Scan this QR-Code
to join our
Facebook Page



Scan this QR-Code
to join our
LinkedIn Page



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HEALTH CONSULTING SERVICES



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