About Our Unit

The Neurological Rehabilitation and Research Unit, also called 1 West, is an 11-bed inpatient, acute rehab unit that specializes in patients with a neurological injury, surgery or illness.

Quick Reference Guide

Unit Director
Monica Haldar, RN, MSN
(310) 206-8985

Nurse Practitioner
Carla Sanchez, NP
(310) 794-6556

Social Worker
Shiraz Jaldin, LCSW
(310) 794-6550

Lead Nurse on Duty
(310) 794-6556

Medical Director
David Alexander, MD

Tours of the NRRU

We encourage family and friends of potential rehabilitation patients to tour the NRRU prior to admission. Tours can be arranged by calling the unit at (310) 794-6556 and speaking to the Charge Nurse or Unit Director. Website information is also available at http://www.ucla.rehab.edu

The NRRU is located in the Center for Health Sciences Building directly across the street from Ronald Reagan Medical Center on Westwood Boulevard. From Reagan, cross Westwood Boulevard and you will see the Semel Institute sign. This is the C-level entrance and there is an intercom at the left hand side of the doors to reach the NRRU and gain access. Once inside the building, take the elevator to the 1st floor and follow the signs that state Neurological Rehabilitation. Once you get to the 1st floor, turn right and you will see Neurological Rehabilitation, suite 17-443. This is the NRRU.

Please contact us if you have any questions, and we will do all we can to facilitate your recovery!
Speech pathologists focus on swallowing, communication and cognitive function.

Recreational therapists assist the individual with community mobility and reentry.

Social workers help coordinate discharge planning, identify community resources and provide emotional support to the patient and family.

How do we plan for when my loved one leaves the NRRU?

After intensive rehabilitation on the NRRU, some patients still require assistance and supervision after discharge. This is not unusual, since inpatient rehab is part of a continuum of ongoing progress. While the family is responsible for identifying and hiring a caregiver, we encourage families to start talking with the discharge planner/case manager before transferring to acute rehab, especially regarding health insurance coverage and costs.

Rehabilitation Focus

Our focus is for your loved one to get the most out of rehabilitation therapies. Unlike an inpatient medical unit, the NRRU routines may vary from what you are used to and it is important that individuals remain flexible. For example, our style of dining is not room service, but we offer standard or selective options in a hard copy format. Also, daily bathing may be done at night in order to get your loved one ready for an early morning therapy schedule. We will try to accommodate requests; however, our goal is to maximize the therapeutic time for your loved one.

What is neurological rehabilitation?

Neurological rehabilitation helps patients achieve their highest level of function through education and practice. The patient and family will learn how to compensate for the effects of disability so that the patient can be as independent as possible.

A committed team of physicians, therapists, nurses, social workers and other staff provide services that focus on improving function, promoting physical well-being and preserving self-esteem. Also, we train and assist the family and caregivers to learn techniques to help manage the patient’s needs after discharge.
How is a patient admitted to the NRRU?

Your physician team in the acute hospital will contact our unit for evaluation. NRRU bases the admission decision on many criteria, including ability to tolerate three hours of therapy daily, potential to regain a level of independence, and insurance authorization.

How long will my loved one stay in the NRRU?

Our average length of stay for patients is approximately two weeks. However, length of stay may vary and is dependent on participation and functional progress toward goals.

The NRRU team

The rehabilitation team works in a coordinated way to help patients reach their goals. The medical team’s responsibility is to transition the patient from acute care to home by reevaluating treatments and medications on a daily basis. They will help guarantee the highest standard of care that one expects at UCLA, a tertiary medical and research center. Although there is much overlap in reinforcement of goals, individual roles include:

Physician: The medical team is composed of an attending rehabilitation neurologist and a board-eligible neurologist receiving advanced training in neurological rehabilitation. Consulting physicians in various medical and surgical specialties are members of the team and utilized on an as needed basis.

Certified nurse practitioner specializes in rehabilitation and is part of the medical team.

Registered Nurses and Care Partners provide 24-hour direct care to the patient and also focuses on management of bowel and bladder function, skin integrity and education regarding medications and disease.

Occupational therapists provide instruction to assist in optimizing function associated with activities of daily living such as bathing, dressing, toileting and feeding.

Physical therapists promote mobility, safety, balance and coordination and gait retraining.