

Specialist Neurological Rehabilitation Unit

Information for Patients/Carers



Ward 2, Leicester General Hospital, Gwendolen Road, LE5 4PW

Tel: 0116 258 4085

The Specialist Neurological Rehabilitation Unit (SNRU)

The Specialist Neurological Rehabilitation Unit, formerly known as the Younger Disabled Unit, has been open since the 1970's.

The unit is a 16 bedded unit providing services to the population of Leicester, Leicestershire and Rutland.

We are a specialist service offering rehabilitation to adults with complex disabilities, predominantly of working age who have a neurological disability.

We give priority to patients with an acute neurological disability, hence most of our patients are transferred from Neurology ward at UHL (ward 24) and Major trauma unit or neurosurgical ward at Queen's Medical Centre. Patients are transferred from other wards of UHL with neurological diagnoses as well as from other nearby hospitals.

SNRU's Mission Statement

The Specialist Neurological Rehabilitation Unit strives to optimise the physical, social, psychological, vocational and educational potential of clients with neurological symptoms.

Referrals and Admissions

Patients are usually referred from other wards in UHL, or from other hospitals.

Prior to the referral, we expect that your multi-disciplinary team has identified that you have specialist neurological needs, along with realistic and achievable goals.

Once the referral has been made, members of our team discuss your suitability in line with our referral criteria. If we feel that admission to our unit is not appropriate we will try and suggest a more suitable placement to meet your needs. However if we accept your referral, we welcome all patients and their relatives to come and visit our unit prior to transfer.

You will be placed on our waiting list. The waiting times can be variable and it could be weeks before SNRU has a bed available.

Whilst awaiting a bed to become available on SNRU, we expect your referring ward team to continue your rehabilitation process and review your goals regularly with you.

Our ward staff will liaise with your referring ward and when a bed is available they will inform you and your regular visitors as soon as is practical and plan your safe transfer to our care.

What is Rehabilitation?

Rehabilitation is a treatment by a Specialist Multidisciplinary Team with the active participation of the patient which is designated to facilitate the process of recovery from injury, illness or disease to as normal a condition as possible.

SNRU provides a rehabilitation service to individuals with a neurological condition. This may include, Brain Injury, Stroke, Multiple Sclerosis, Guillian-Barre Syndrome and many other neurological conditions.

Our approach to assessment and treatment is patient-centered. This ensures that in consultation with the rehabilitation team, you and / or your relatives are actively involved in identifying realistic and achievable goals. In this process we address your holistic needs including any medical, physical, cognitive, social and care, educational and employment needs to maximise your short and long term potential achievable goals and promote maximum possible independence.

What is Rehabilitation Continued...

A patient-centred approach is also integral to effective rehabilitation as no two patients present the same. You may have different abilities and needs due to complex interactions of your health conditions, previous activity levels and social interactions, your home environment and social situation, your values and beliefs as well as your motivation and aspirations. (Commission guidance for rehabilitation 2016).

We aim to provide a caring and friendly environment in which you and staff establish a working relationship based on mutual trust and integrity.

Our ultimate aim is to enhance your quality of life, decrease the level of your dependence on others and ensure a safe and smooth transition back into the community.

It is likely that the rehabilitation process may continue beyond your stay on SNRU with referrals to other services, as required.

Our SNRU team consists of Rehabilitation Doctors, nurses, therapists and support staff who all work together to deliver your active rehabilitation.

What happens when you are admitted to SNRU?

When you are admitted to SNRU you will first be shown to your room which may be in a 4 bedded room or a single room. Please be aware that you may be moved during your stay depending on your and other patients' clinical need. You will be reviewed by the medical team and the therapists within the first week of your admission and they will carry out their initial assessment and goal planning with you.

What happens during your stay?

During your stay on SNRU you will actively participate in your rehabilitation based on your individual needs and goals.

Each therapy session is aimed towards you achieving your goals and will be with one or more members of staff, dependent on your needs and staffing availability. We also carry out group therapy sessions with other patients on the unit. The therapists may provide you with exercise programmes for you to complete independently with your family and friends.

What are Care Planning Meetings (CPM)/ Goal Setting Meetings?

Whilst an inpatient on the unit we will invite you to attend a meeting with the staff involved in your therapy and care on the unit. You are welcome to invite close relatives and friends to this meeting which will discuss your current needs, your progress towards realistic goals. We will also discuss plans for discharge and referrals to other services. These meetings take place on a routine basis dependent on your individual needs.

Length of Stay

Length of stay on the SNRU will initially be based on goals set by your referring team. You and the SNRU team will then identify further realistic and achievable rehabilitation goals. Your goals are then discussed at your CPM, to review your progress. Your length of stay will be dependent on achievement of these goals and your scope for further realistic rehabilitation potential. Your rehabilitation timescale on SNRU is time limited and your Estimated Date of Discharge (EDD) will be discussed early in your stay.

What is the discharge process?

We start planning your discharge from your admission. We will work with other agencies to plan and support you during your discharge. If you need further support and/or therapy after your discharge we will discuss this with you and make these referrals. Similarly, if we feel you need any equipment we will discuss this with you and supply what is suitable.

Occasionally it is required for the Therapists to carry out a home visit. If this is required we will discuss it at your CPM and organise it with your family accordingly.

On the lead up to your discharge we sometimes suggest patients going on day leave and/or overnight leave. This is to aid the transition from hospital to home and assist problem solving with you and your families.

Discharge home or to your preferred location cannot be guaranteed and interim placement may have to be considered in certain situations and exceptional circumstances, which will be discussed on an individual basis. For example if major adaptations are required to home/preferred discharge destination, inability of supporting agencies to arrange a very complex package of care and/or high specific needs which cannot be met safely in the community.

Guidelines of SNRU

All patients must agree to actively participate in intensive rehabilitation.

- Active Rehabilitation includes:
- Attending all available groups and activities
- If provided with exercise programmes, patients are encouraged to independently carry these out with your family/friends
- Participating in daily social interaction in the day room for meal times (unfortunately no visitors in the day room during meal times)
- Contributing to care planning meetings and cooperating with the discharge process
- Visitors willing to be flexible regarding visits and planned therapy sessions

Guidelines of SNRU continued...

Patients are allowed off the unit, but should not miss their rehabilitation sessions and must inform a member of staff when they leave and return for fire safety reasons.

Unless previously arranged with a member of staff, all patients are to return back on the unit no later than 8pm.

All visitors must leave by 8pm unless previously arranged with the nurse in charge.

Visiting times may need to be reviewed for some patients, for example those with Brain Injury if it leads to excessive fatigue due to which patients can then be too tired to actively participate in their rehabilitation.

UHL's policy is that if patients leave the hospital, whilst under our care they are not able to leave the COUNTY.

Feel free to voice your opinions, feelings, requests, criticisms but in a courteous/respectful manner.

Show understanding that others' needs may have to take priority.

Understand that compromises may be necessary and preferences cannot always be accommodated.

Be sensitive to the needs of others on the unit.

Guidelines of SNRU continued...

Take responsibility for asking for help when needed.

Any anti-social behaviour resulting in excessive alcohol use is not acceptable on the unit.

Verbal or physical aggression towards staff members or other patients and their visitors will not be tolerated under any circumstances.

Smoking is NOT permitted on ward premises or on the hospital site except in smoking shelters as per trust No Smoking policy. Help is available for smoking cessation.

What Patients can expect of SNRU staff

- Introduce themselves (Hello my name is)
- Act in a professional manner maintaining courtesy and respect at all times
- Protect your right to privacy and dignity
- To keep any information about you confidential
- Seek your consent to treatment at initial contact, and subsequent contacts
- Actively listen and respect your opinions, feelings, requests, criticisms, complaints and act in a timely fashion in response.
- Meet your needs taking into consideration the total client group and workload
- Take your preferences in to account and where possible accommodate them.

Other Patient Information

We have access to a Multi Faith Centre in the hospital. A chaplaincy service is available for any faith or no faith at your request. We can also access an interpreting service if necessary.

Meals are provided according to your dietary needs. A menu is provided with a selection of meals suitable for wide variety of cultural and medical needs. If you have a specific dietary need please let us know as soon as possible.

Please bring with you:

- Toiletries including shower gel, shampoo, toothbrush, toothpaste, shaver and foam
- Clothes, including clothes suitable for carrying out exercises and activities
- Shoes which are comfortable and supportive with backs
- Wheelchair and cushion if you have these
- Splints and any other specialist equipment if you have these
- Medications if you are coming in from home
- Environmental control/communication aids

When can we visit?

Currently, the visiting times on SNRU is 11am until 8pm but visiting outside these times can be negotiated with the Nurse in Charge.

Visits by children under the age of 18 – your children are welcome to visit but there needs to be a responsible adult, in addition to you, with them at all times. Visits by children other than your own should be negotiated with the nurse in charge before they arrive.

We restrict the number of visitors at the bed side to 3 due to space but room for larger groups is available at weekends and evenings in the Retreat Room or the Day Room, please discuss this with the Nurse in Charge before your visitors arrive if you need access to these rooms.

There may be occasions where requests are denied but every effort will be made to accommodate your visitors.

Our team at SNRU includes

Rehabilitation Consultants – There are two rehabilitation consultants who have the responsibility for the medical management of your condition. They oversee a team of junior ward doctors who will provide medical cover.

Ward Sister and Deputy Sisters- 1 ward sister and 2 deputy sisters who manage the unit and provide leadership for the nursing team.

Registered Nurses – who will encourage independence in your daily routine. They have specific skills in tissue viability, nutrition, continence and self-medication.

Health Care Assistants – who will help you to meet your specific care needs as planned by your Therapists and Registered Nurses.

Physiotherapists (PT) – who assess and treat posture, balance and movement to help to maximise your physical abilities. We also work closely with consultants to assess and treat alterations in muscle activity.

Occupational Therapists (OT) – who will help to improve your independence with normal activities of daily living, including the provision of specialised equipment. They may also assess your thinking and problem solving skills and provide strategies to help manage these.

Our team at SNRU includes continued...

Speech and Language Therapists (SLT) – will assess and treat communication and swallowing problems. They will also provide support to staff and carers with how to manage these on a day to day basis.

Clinical Neuropsychologists – Assessment and management of cognitive (for example memory and thinking), emotional and behavioural difficulties.

Therapy Support Workers – Will work with the therapists to support and encourage independence and carry out rehabilitation programmes.

We work closely with the following services to optimise your care

Acute neurology services and other acute services within UHL or other hospitals if required:

Blatchford Wheelchair Service

Community Integrated Neurology and Stroke Service (CINSS)

Continence Services

Early Supportive Stroke Discharge Service (ESDS)

Headway

Hydrotherapy

Neurophysiology

Orthotics

Royal Voluntary Services

Social Services

Stroke Support Services

Therapy Workshop

UHL Volunteers

Where are we?

Specialist Neurological Rehabilitation Unit

Ward 2

Leicester General Hospital

Gwendolen Road

Leicester

LE5 4PW

Direct Line: 0116 258 4085

Direct Fax: 0116 259 4087

UHL Telephone: 0300 303 1573



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP, or call 0116 258 8351.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أول لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકનું લેખિત અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

નેકર તુઠાનું ઇસ લીફલેટ ડા લિખતી નાં ટેપ કીઝા અનુવાદ રાખીદા હેલે ઝાં કિરપા કરકે ડેવ બેકર, સર્વિસ ઇક્વાલિટી મેનેજર નામ 0116 250 2959 'ઝે સંપર્ક કરો.

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 250 2959.