

Specialist Neurological Rehabilitation Unit

Neurology Service

Information for Patients

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Welcome to the Specialist Neurological Rehabilitation Unit (SNRU)

The Specialist Neurological Rehabilitation Unit can have up to 16 people staying with us and these are usually people who live in Leicester, Leicestershire and Rutland.

We are a specialist service offering rehabilitation to adults with newly diagnosed complex neurological disabilities.

We treat patients with brain injury, stroke, multiple sclerosis, Guillian-Barre syndrome and many other neurological conditions.

We aim to help rehabilitate people after their neurological injury to help them achieve their physical, social and psychological potential.

Referrals and admissions

Patients are referred to our unit from a number of places.

Most of our referrals come from Ward 24 (Acute Neurology) at the Leicester Royal Infirmary, the Brain Injuries Unit at Leicester General Hospital or from Queens Medical Centre, Nottingham.

We receive some referrals from other wards within Leicester's Hospitals and from other nearby hospitals.

Referrals are made by members of the multi-disciplinary team that are treating you and they must identify that you have specialist neurological needs with realistic and achievable goals.

Once the referral has been made, members of our team discuss your suitability in line with our referral criteria.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If we accept your referral, we welcome patients (if able) and their relatives to come and visit our unit before transfer.

However, if we feel that admission to our unit is not appropriate we will try to suggest other options to meet your needs.

What happens next?

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. The team who referred you should continue your rehabilitation process and review your goals regularly with you, whilst you wait.

When a bed is available on the SNRU, we will inform you and your current ward to plan your transfer to our ward.

What is rehabilitation?

Rehabilitation is the process of recovery from injury, illness or disease to as normal a condition as possible.

Effective rehabilitation requires the active input of the patient, your family and friends as well as treatment from our specialist multi-disciplinary team.

For most patients with neurological injuries, rehabilitation is also a long term process that will continue beyond your stay on the SNRU.

We aim to use a patient-centered approach. Where possible, the rehabilitation team will work alongside you and your family to make sure you are a key part in setting realistic and achievable goals.

We aim to provide a caring and friendly environment, working together with you to improve your quality of life and independence in order to move on from the unit.

What happens when you are admitted?

You may be in a single room or one with 4 beds. You may be moved during your stay depending on your clinical needs or the needs of other patients.

You will be reviewed by the medical team and the therapists within the first few days of your admission and they will carry out their initial assessment and set goals with you.

What happens during your stay?

During your stay on SNRU you will need to actively participate in your rehabilitation based on your individual needs and goals. Each therapy session is aimed towards you achieving your goals.

Treatments will be with one or more members of staff. We also carry out group therapy sessions with other patients on the unit.

The therapists may give you exercise programmes to do on your own or with your family and friends.

What are care planning meetings?

We invite patients to attend a care plan meeting (CPM) with the staff involved in your therapy and care on the unit. You are welcome to invite close relatives and friends to this meeting. We will talk about your achievements, current needs and your progress towards your goals.

We also use these meetings to discuss plans for discharge and referrals to other services. These meetings take place regularly during your stay, depending on your individual needs.

Length of stay

Your stay on the SNRU is time limited and most patients need more rehabilitation or need caring for even after their stay on SNRU.

At first, the goals set by the referring ward help us plan your length of stay. After our initial assessments are complete, you and the SNRU team will then set further realistic and achievable rehabilitation goals.

Your goals are discussed at your CPM to review your progress. Your length of stay is partly dependent on these goals being achieved and your potential for further improvement. We will discuss an estimated date of discharge (EDD) during your stay to help plan for a safe discharge.

What is the discharge process?

We will start to think about your discharge from the SNRU at an early point in your stay.

Occasionally the therapists may carry out a home visit to help in planning your discharge. We will discuss this with you and your family if it is needed.

As you get closer to your discharge, some patients go home for a day or overnight. This helps you and the therapists understand if there are any other problems at home that need solving before you are discharged.

If you need further therapy after your discharge we can refer you to appropriate community teams. We can also provide some basic equipment for home if this is needed.

We cannot guarantee that you will be discharged to your home, particularly if you have high care needs or you need major changes to your home. We may have to consider a placement in a care home in certain situations. This decision will be discussed with you and your family.

SNRU guidelines

To help you achieve the best from your rehabilitation we ask that all patients actively take part in the rehabilitation being provided.

For you this will include:

- Joining in with groups and activities that will help you.
- Carrying out exercises given to you by the therapists. You may need help from family or friends to do these.
- Being part of meal times in the day room with other patients.
- Joining in with care planning meetings and helping to plan your discharge.
- Being considerate to the needs of other patients and understand that other patients may need to take priority at times.
- Understanding that you may need to compromise on certain matters.
- Asking for help if you need it.
- Patients are allowed off the ward with family and friends if this is agreed with staff. Please make sure you tell staff when you are going and when you will come back, and be back by 8pm.
- Some patients may be allowed to leave the hospital grounds with family and friends if this is agreed with staff. The Hospital's policy is that patients should not go out of the county of Leicestershire.
- Any anti-social behaviour including drinking alcohol or taking recreational drugs is **not** acceptable.
- Smoking, including e-cigarettes / vaping, is **not** permitted on ward or on the hospital site except in smoking shelters as stated in the Hospital's No Smoking policy. Please do not charge e-cigarettes or vapes on the ward due to fire risks. Help is available if you want to stop smoking.
- Staff on the SNRU are here to provide care for all patients and cannot take patients outside to smoke.

For your visitors:

- Visitors may need to be flexible with their visiting times so you can attend therapy sessions.
- All visitors must leave the ward by 7pm. Please talk to the nurse in charge if there is a reason this needs to be changed.
- Some patients may become very tired with both therapy and visitors seeing them. We may need to change visiting times in this case to ensure you are having useful therapy.
- We like patients and visitors to tell us their opinions, feelings or requests, but please do so in a courteous and respectful manner. We do not tolerate verbal or physical abuse.

What can you expect of staff?

SNRU staff will:

- introduce themselves (hello, my name is.....)
- act professionally and maintain courtesy and respect at all times.
- protect your right to privacy and dignity.
- keep any information about you confidential.
- ask for your consent to be treated when meeting you, and on following occasions.
- listen to and respect your opinions, feelings, requests or complaints and act in a timely manner to respond to these.
- meet your individual needs whenever we can, but we have to be aware of other patients and their needs too.
- listen to your choices and do our best to meet these.

Further patient information

Patients can access the Multi Faith Centre in the hospital if they wish.

A chaplaincy service is available for any faith or no faith if you ask staff.

For patients who speak other languages we can use an interpreting service if needed.

Meals are provided for every dietary need. There are menus on the ward with a selection of meals that meet a wide variety of cultural and medical needs. If you have specific dietary needs or any food allergies please let us know as soon as possible.

Please bring with you

- Items such as shower gel, shampoo, toothbrush, toothpaste, shaver and foam.
- Clothes. Some clothes should be suitable for you to carry out exercises and activities in.
- Shoes which are comfortable and supportive with backs.
- Your own wheelchair and cushion if you have these.
- Splints and any other important equipment that you regularly use.
- Any important aids you wear such as glasses, hearing aids, dentures.

When can people visit?

The visiting times on SNRU are 11am until 7pm. If visitors need to come outside of these times please speak to the nurse in charge.

Children (under 18 years old) can visit but there needs to be a responsible adult with them at all times.

We ask that you only have 3 visitors at your bedside due to space. Larger groups of people may visit at weekends and evenings or on special occasions. Large groups may need to meet you in the day room but please ask the nurse in charge **before** the visitors come and understand the day room may need to be used by other patients at meal times.

We understand that visitors are important during your stay but we may not be able to allow large groups every time you ask.

Our team

SNRU has many different members of staff:

Rehabilitation Consultant and Doctor: The rehabilitation consultant and doctors look after your medical care on the ward.

Ward Sister and Deputy Sister: The ward sister and 3 deputy sisters help manage the ward and carry out nursing duties.

Registered Nurse: The nurses provide care during your stay and carry out tasks such as giving you your medication. The nurses have specific skills in managing your skin, nutrition and toileting.

Health Care Assistant: Work alongside the nurses and therapists to help in your daily care.

Physiotherapist (PT): The physiotherapists will assess and treat problems with your strength and movement and can provide certain equipment to help with your walking and balance.

Occupational Therapist (OT): The occupational therapists help to improve your abilities with normal activities such as getting washed and dressed. They can provide some equipment to help with activities such as using the toilet. They may also assess your thinking and problem solving skills.

Speech and Language Therapist (SLT): The speech and language therapists will assess and treat communication and swallowing problems.

Clinical Neuropsychologist: The clinical neuropsychologists can assess and help manage cognitive problems (for example memory and thinking), and problems with emotions and behaviour.

Therapy Support Workers: Work with the therapists to help carry out rehabilitation programmes.

We work closely with the following services to help you

- Acute Neurology Services and other services within Leicester's Hospitals or other hospitals if needed
- Local 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
- Leicester's Hospitals volunteers

Where to find the ward

Specialist Neurological Rehabilitation Unit, Ward 2
Leicester General Hospital, Gwendolen Road, Leicester LE5 4PW

Direct telephone: 0116 258 4085

Direct fax: 0116 259 4087

Leicester's Hospital switchboard: 0300 303 1573

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk