

Peripheral Nerve Injury

Rehabilitation Programme

You have been invited to attend a week of inpatient rehabilitation following your recent surgery or review with the Peripheral Nerve Injury Consultant.

Therapy Department
020 8909 5820

Rehab Ward
020 8909 5341

Rehab Admissions
020 8909 5783

Please read this pack prior to your admission as it contains valuable information about what to expect during your stay and how you can prepare to ensure that you get the most from your rehabilitation.

A Patient to Patient Information

This information sheet has been compiled by patients who have previously attended the rehabilitation ward.

Pre-admission Preparation

The admission letter sent by the hospital contains valuable information including a list of everyday items that a patient should bring with them. You may also want to consider bringing with you items, such as personal stereos or even portable DVD players (with head phones), although it should be remembered that all items are brought at your own risk.

Your programme may encompass a wide variety of activities and discussion groups. A patient who approaches their stay with an open mind is likely to gain the most benefit from their stay.

The Beds

The beds are wonderful! They are fully adjustable in terms of height and position by using one of the two control units hooked onto the bedside rails. You may want to talk to a nurse or therapist in order to find a sleeping position that suits you best.

Newspapers, Crisps and Sweets

A good selection is brought to the ward on a trolley at lunch time each day. However, it is highly likely you will be elsewhere at this time. If you wish you may leave a note and money by your bedside for anything you want to purchase. Change will be given if required.

Meals

Dietary needs can be met, and portions available in quantities to suit your personal requirements. Monday lunch is a sandwich lunch, but every meal after that can be chosen by you from a varied menu. Make sure that you fill in your menu sheet as soon as possible. This can be found at the head of your bed and should have your name on it.

Meals are served at the following times:

07:30 Breakfast

12:00 Lunch

17:00 Dinner / Supper

There is a reasonable variety of food on offer, but patients may choose to eat in the restaurant which is located close to the Rehab Unit. Some patients also choose to receive food from their visitors.

Tea, coffee and biscuits are always available for patients (and visitors for a small donation).

Phones/electronic media devices

You may use your mobile phone and other electronic media devices, but they should all be used with headphones so as not to disturb or cause inconvenience to other patients on the ward. Please ensure that your telephone is switched off during group or individual therapy sessions.

Visiting Hours

While there are no set visiting hours, it is best to receive visitors during the evening. Patients may leave the hospital grounds but please inform a member of staff and be back on the ward no later than 10.30pm.

Swimming

Remember to bring a costume, towel and perhaps a hairbrush with you.

Entertainment

Most of your daily activities will be completed by 17:00. It is advisable to bring in items which will keep you entertained, such as a book or personal music player. However, the evenings also provide a good opportunity to discuss the programme with other patients, many of whom will be in a similar situation to you.

On-site facilities

In addition to the restaurant, you will also find a small shop next to the Outpatients reception that sells newspapers, magazines, snacks/confectionery, and some essential day to day items.

The Aspire National Training Centre has an internet café and snack bar.

Hospital Staff

The hospital staff are fantastic! Don't be afraid to voice concerns that may arise during any part of your programme or stay. Constructive criticisms or suggestions for improvement are always welcomed by staff.

Chapel

Services (if you wish to attend) may clash with your programme. If this is an issue, please discuss with your therapist.

Winding Up

As stated earlier, patients who enter their programme with a positive attitude and an open mind are most likely to benefit. We hope that you find your stay on the Rehab Ward as rewarding as we did, perhaps making new friends along the way

What to expect

Monday

You will be expected to arrive at The Jubilee Rehabilitation Ward on the Monday morning. This will allow time for medical and nursing admission assessments, and ensure that you have had the opportunity to settle in with help from ward staff before you rehabilitation commences.

The Consultant Nurse will aim to see you this morning to review your pain relief and recommend adjustments to help you manage your pain better. If she is unavailable your drugs will be prescribed by a member of the medical team.

In the afternoon you will be allocated a session to meet with your Occupational Therapist (OT) and Physiotherapist (PT). In this session they will complete their assessment of your therapy needs, and discuss what you are hoping to achieve during this week of rehabilitation. A plan for the week will be established and therapy sessions booked in for the rest of the week. You can expect you be seen, on average, daily by both your OT and PT.

A Multi-Disciplinary Team meeting takes place at the end of the afternoon where your case will be discussed. The team will then visit you to give you an update and discuss any questions you may have.

Tuesday - Thursday

You are expected to attend your therapy sessions as timetabled in with your therapists. You may be advised to attend group therapy sessions if they are relevant to your needs; these will be timetabled into your schedule. Your PT may also suggest that you utilise our gym facilities on site and arrange a pass for you to use during any free time you may have.

Thursday morning

There is another MDT meeting in the morning during which your progress is discussed. Following this, the team visit you to give you feedback and respond to any questions you may have about your on-going treatment plan.

Friday

Your therapists will aim to see you for your final session before lunch. During this session, your long-term goals will be discussed to support you in continuing to progress with your rehabilitation at home.

The Multidisciplinary Team (MDT)

The following is a summary of the roles of the MDT:

Your needs are individually assessed and you will see several members of the MDT.

Consultant/PNI team:

- Review your progress since the surgery
- Available to discuss extent of injury and prognosis
- Discuss possible options for further surgery

Nursing staff:

- Manage your medication
- Provide assistance with personal care if required
- Prompt you regarding your therapy sessions

Consultant Nurse:

- Address issues with pain management
- Review and adjust your analgesia as required

Physiotherapy (PT):

- Range of movement at shoulder, elbow and lower limb
- Muscle activity at shoulder, elbow, forearm and lower limb
- Shoulder stability and function
- Elbow function
- Core stability and posture
- Movement patterning
- Lower limb function and mobility

Therapy Technician:

Our therapy technician specialises in oedema/ scar management and desensitisation programmes, and may work in conjunction with your OT to address these issues.

Occupational Therapy (OT):

- Range of movement of wrist and hand
- Muscle activity of forearm, wrist and hand
- Movement patterning
- Sensation
- Oedema (swelling) management
- Scar management
- Slings/ splints
- Explore adaptations and strategies to manage daily activities i.e. self-care, domestic tasks, and leisure.
- Returning to life role, i.e. work
- Aids/ equipment needs
- Educate about the protection of affected and non-affected limb
- Handwriting
- Pain management, i.e. posture, prioritising/ planning, pacing, relaxation

Groups:

You may be advised to attend group sessions, such as:

- Relaxation
- Work support
- Sport
- Swimming

Orthotics:

The Orthotists assess for orthosis (supports) to support movement of a joint, to facilitate function and to help manage pain. These can be bespoke or off the shelf.

Psychology services:

If you are having difficulties coping with the impact your injury has had on your life there may be the option of seeing a Psychologist during your rehabilitation stay. However, if we are unable to arrange this, we will liaise with your GP, with your consent, to refer to local Psychology services.

YOU are the most important person in your Therapy team



Rehabilitation Ward

Patient Code of Conduct

We request that you read through the following information, and that you keep this in mind throughout your participation on the programme.

- Have respect for the privacy and rights of each other and yourself, recognising that each person is an individual. Please be aware that attitudes and behaviours can influence and determine not only your experience of the programme, but the experience of other patients too
- Have respect for the staff that you are working with
- Disruptive, anti-social or inappropriate behaviour will not be acceptable, and may result in a patient being asked to leave the programme at the discretion of the multi-professional team
- It is expected that you attend and participate in all sessions on your timetable. We do understand that it may take longer to travel between locations i.e. Rehab ward and ASPIRE pool resulting in being a couple of minutes late
- Please ensure that your mobile phones and other media devices are switched off during all therapy sessions

- If due to unforeseen circumstances you are unable to attend a session, you must inform the appropriate person e.g. Physiotherapy / OT etc. (Telephone numbers are available in your pack)
- Please be considerate of the facilities that you are in for each session. For example, there may be other people with injuries/disabilities (which may not be visible) in the PT/ OT Dept or ASPIRE sports hall or pool
- Whilst on the programme, no alcohol may be brought onto the premises. In accordance with Trust and NHS policy, you must not smoke anywhere on NHS property
- Please remember that the doors to the rehabilitation ward are closed for security reasons at 10.30pm, and therefore you must return to the ward before then. If you are delayed, you must inform the staff (Tel: 0208 909 5341)
- Men and women are not allowed to enter each other's sides of the ward except to pass through for meetings
- Please ensure you are appropriately dressed in public areas.

I have read the above information.



Signed:



Date:



Print Name:

Useful contacts

Support groups

Trauma Brachial Plexus Injury Group (TBPI)

01457 867140

www.tbpi-group.org

Disability Living Foundation

0300 99 0004

www.dlf.org.uk

National Association for Bikers with a Disability

0844 415 4849

www.nabd.org.uk

Driving

DVLA

0300 790 6806

www.dvla.gov.uk or

<https://emaildvla.direct.gov.uk/emaildvla/cegemail/dvla/en/index.html>

Mobility Centres

0800 559 3636

www.mobility-centres.org.uk



Equipment

Ricability - Consumer research and advice for disabled people
020 7427 2460
www.ricability.org.uk

Patterson Medical
08448 730 035
www.pattersonmedical.co.uk

Promedics Ltd
01475 746 400
www.promedics.co.uk



Benefits/Employment

Benefits Advice
www.direct.gov.uk or www.gov.uk/browse/benefits

Employment Advice
0845 604 3719
www.gov.uk/contact-jobcentre-plus

Shawtrust
Work choice:
0300 303 3111
Work programme:
0345 234 9675
www.shaw-trust.org.uk

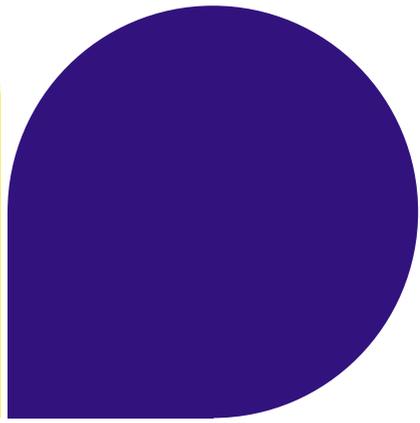


Useful reading

One Handed in a Two Handed World
- Tommy K.Mayer



If you have any comments
about this leaflet or would like
it translated into another
language/large print, please
contact the Clinical
Governance Department on
020 8909 5439/5717



Royal National Orthopaedic
Hospital NHS Trust
Brockley Hill
Stanmore
Middlesex
HA7 4LP

Switchboard:
020 8954 2300

www.rnoh.nhs.uk

Twitter: @RNOHnhs



14-62 © RNOH

Date of last review:
April 2014

Date of next review:
April 2016