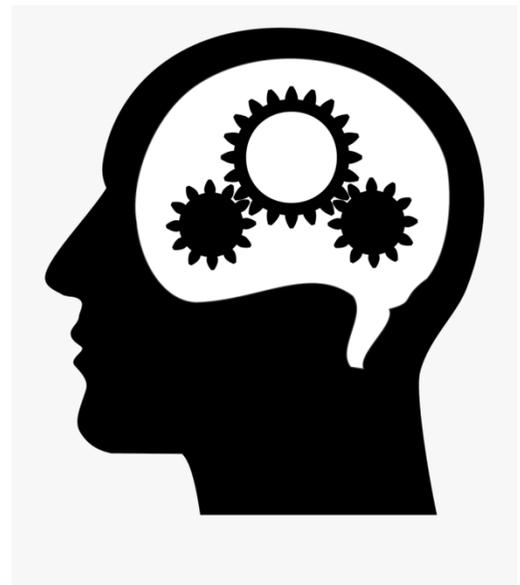


INFORMATION FOR PATIENTS

**Stroke Unit
Therapy Services**



King's Mill Hospital
Telephone: 01623 672265

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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Leaving hospital

Throughout the hospital stay we work closely with the patient, family/carers and the medical staff to ensure a safe discharge from the hospital with the appropriate care, and ongoing rehabilitation if required.

We are available on the ward if there are any questions you have regarding therapy or discharge plans. We will arrange a more formal meeting with family/carers where necessary.

Social work assessments can be requested for patients who are significantly different following a stroke and need support on discharge.



The Stroke Unit provides rehabilitation and care to patients until discharge from hospital.

Therapy services on the Stroke Unit include physiotherapy, occupational therapy, speech and language therapy and clinical psychology.

Therapists generally assess patients within 24 hours of admission to start their rehabilitation. We work with patients and their families to provide personalised advice and tailor goals. Rehabilitation will be based around achievable goals.

Please provide personal items to assist rehabilitation for example, clothing, toiletries, footwear and meaningful items such as photographs.

Physiotherapy

Muscle strength, sensation and coordination are all key components allowing movement. Physiotherapists assess these components and how they have affected the person's ability to participate in tasks such as rolling, sitting, standing and walking (where appropriate). We may give you advice on exercises and activities to help you to achieve your goals and be as independent as possible.

Physiotherapists make recommendations on the safest way to move and what help will be required. This may involve use of equipment like hoists or frames.

Clinical psychology

Clinical psychologists specialise in helping people cope with, and adjust to, the effects of stroke. A stroke can cause emotional changes (low mood and anxiety) or cognitive difficulties (memory and attention). Clinical psychology in the Stroke Unit accepts referrals to see patients and families for individual or joint work with other therapists.



Speech and language therapy

Speech and language therapists (SLTs) provide assessment, therapy and support to patients who have communication and swallowing difficulties.

After a swallowing assessment, recommendations will be made about food and drink. It may be necessary to have specific consistencies to reduce the risk of them going down the wrong way.

Patients with communication difficulties may be provided with a book to assist them with communication while they are recovering and receiving therapy.

On leaving the ward, patients are transferred to the community SLT team if required.

Dietetics

Dietitians provide specialist nutritional advice for patients who have swallowing difficulties and require textured diets.

Some patients with an unsafe swallow or who cannot meet their nutritional needs through diet alone may require a feeding tube. We will assess each patient and provide specialist tube-feeding advice.

Occupational therapy

Occupational Therapists (OTs) look at a person's ability to carry out their daily activities. For example, washing and dressing, making hot drinks, meal preparation and moving around safely.

A person will be assessed to see if any equipment is needed to aid management and independence at home. In more complex cases, or where larger items of equipment need to be provided, an OT may request photographs and measurements of the patient's furniture and home.

Occasionally, an OT may need to visit the patient's property prior to discharge.

Assessments will also be completed to help establish a person's thinking skills (e.g., memory) and how these impact functioning in daily tasks ready for when they leave the hospital.