NHS
Blackpool Teaching Hospitals
NHS Foundation Trust

Acute Stroke and Rehabilitation Unit

Patient Information Leaflet

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Welcome to Stroke Rehabilitation

The goal of stroke rehabilitation is to help you relearn skills that are important to you. Stroke rehabilitation can help you regain independence and improve your quality of life.

You'll be encouraged to actively participate in the rehabilitation process and work with your care team to set goals you want to achieve during your recovery here on the Stroke Unit at Blackpool Teaching Hospital.

This booklet is your information guide to support you in your stroke recovery. It is yours to keep and it contains useful information for yourself and family/ friends. It is a record of your goals and achievements during your admission.

You can also ask family/friends and Healthcare professionals to read through this booklet to help you gain an understanding on how we can support you. So please complete the "About me" section if you feel comfortable, then we can gain an understanding about what is important to you.

Ward information

Rehabilitation is a 24 hour approach-

This means what you do outside of therapy sessions is just as important as inside your therapy sessions. Continuing with your exercise programme; practicing tasks set and participating with your nursing staff, are all important to aid you in your recovery. We always encourage you to do as much as you can for yourself when safe to do so, as we are all actively working towards your rehabilitation goals.

Therapy engagement-

It is important that you try participating and engaging with your therapy team as able. If you don't want to engage in therapy at a particular time, please know that therapy staff are not always available to come back later in the day, due to them having meetings, visits and other patients to attend to.

Social participation-

We always encourage you to do as much for yourself as possible, as we are aiming to reach your rehabilitation goals. We encourage patients to be up out of bed and to sit out in their chair during the day time, this includes meal times. We try to make rehabilitation as social as possible; therefore we will ask if you'd like to sit around the table in the bay to eat your meal. This gives you the opportunity to engage with other patients.

Extra Activity Groups-

We also provide extra activities during the day, which your therapy staff may refer you on to if appropriate. These sessions include upper limb classes, exercise groups and art activities. This promotes social participation and supports your rehabilitation process.

Clothing/Personal belongings-

We request for all patients to be up and dressed in their own clothes from home. Please ask your family/friends to bring in comfortable clothing that you can wear to participate in therapy sessions and we also ask for pyjamas for night time. Other essential items include deodorant, toothbrush, toothpaste, shower gel etc.

Discharge-

We understand that you will be keen or nervous about your next steps following hospital admission. We regularly discuss discharge plans, and like to keep yourself and your family/friends involved.

An estimated date of discharge is set from initial assessments. Although please note this date may change. Furthermore, upon discharge you will be provided with a Stroke Association Welcome Pack.

Queries-

If you have any questions or concerns – please don't hesitate to ask a member of staff to point you in the right direction of who to speak to. There is always a Nurse in charge that you can speak to at any time of the day to answer any queries you may have.

Also we provide a communication clinic for anyone wishing to speak to the Ward Manager (Leanne Macefield). This runs on a Wednesday afternoon between 1-3pm but please speak to the Ward Clerk on reception to book in for this.

Stroke Rehab Team/Services

Speech and Language Therapist (SLT)-

SLTs are specialists in assessing communication and swallowing. They provide advice, strategies and can create therapy plans to rehabilitate communication and swallowing disorders. SLTs will support you throughout your hospital stay and after discharge.

Physiotherapist (PT)-

A PT will assess your physical ability. Physiotherapy can help you regain strength, coordination, balance, and control of movement. Your PT will work with you on restoring your ability to move and be as active as able. Working together they can create you a personalised exercise programme, which you will be encouraged to complete in your own time.

Occupational Therapist (OT)-

OTs assess activities of daily living, e.g. washing/dressing; food preparation and deliver alternative ways of achieving tasks you might struggle with. OTs are able to support with emotional needs e.g. low mood. Assessment/therapy tools are used to work on cognition e.g. memory/concentration. An environmental visit is a possibility, with aim to ensure your home is safe, with potential of using equipment to make everyday activities easier.

Integrated Therapy assistants-

These are staff who work closely alongside Speech and Language Therapists; Dietitians; Occupational Therapists and Physiotherapists. Through delivering therapy, they actively support you with achieving your treatment plans/goals.

Nursing team-

These are specialists in providing care to maintain your health following your stroke. This includes Sisters, Charge Nurses, Senior and Junior Nurses, Assistant Practitioners, Health Care Assistants and Students.

Medical team-

This includes your Consultant, Registrars, Junior Doctors, Advanced Practitioners and Physician Associates – all specialists in the diagnosis and medical treatment of your stroke.

Dietitian-

A Dietitian is a therapist who specialises in individual dietary advice for patients who may require help following their stroke. They can provide advice on a wide range of diets from tube feeding to fortifying food and fluids to aid your recovery in hospital and at home.

Orthoptist-

Orthoptists investigate, diagnose, monitor and manage visual disorders related to the eye following a stroke.

Hospital Discharge Team (HDT)-

This involves experienced health and social care professionals who provide multidisciplinary advice/information to staff, patients and relatives to support a safe, timely transfer out of hospital and into the community.

Social worker-

This is a professional who is responsible for assessing, advising and organising care provision, benefits and housing. Identifying any necessary support needed and financial options upon hospital discharge.

Pharmacist/Pharmacy Technicians/MAPs-

Specialists who ensure you have the right medications following your stroke and they are given to you safely.

Stroke Association-

The Stroke Association service offers practical support and advice for stroke survivors, carers and family. Stroke Support Co-ordinators will work with you to identify your needs and support you to rebuild your life after stroke. Offering hospital and home visits; someone to talk to who understands; information about stroke and local services; ongoing person centred support and many other ways in which they can help you and your family.

They visit our ward nearly every Tuesday afternoon around 14:30 – 16:00.

Please refer to page 19 for all contact details.

Blackpool Teaching Hospitals
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Admission date:

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Diagnosis:

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My Team	Name
Consultant/Doctor	
Nurses/Nursing staff	
Physiotherapist	
Occupational Therapist	
Speech and Language Therapist	
Therapy Assistant	
Dietitian	
Advanced Practitioners/ Physician Associates	

About me

Likes/Dislikes

People important to me?

What is important to me?

How can you support me?

Fluids	
Diet	
Communication	
Transfers/Mobility	
Splints	
Positioning	
Vision	
Environment	

My Short Term Goals

Week Number: Date commenced:

Additional Comments					
Friday					
Thursday					
Wednesday					
Tuesday					
Monday	Seen: Achieved: Signed:				
Short Term Goals					

My Short Term Goals

Week Number: Date commenced:

Additional Comments					
Friday					
Thursday					
Wednesday					
Tuesday					
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Short Term Goals					

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My Short Term Goals

Week Number: Date commenced:

Additional Comments					
Friday					
Thursday					
Wednesday					
Tuesday					
Monday	Seen: Achieved: Signed:				
Short Term Goals					

My Long Term Goals

My next steps

My estimated date for discharge from hospital is

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Name of any family/friends who I would like to be involved to support discharge

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My discharge plans are

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Acute Stroke and Rehab Unit- Ward 32/33

Contact number: 01253 951028

Blackpool Teaching Hospitals NHS Foundation Trust

Blackpool Victoria Hospital
Whinney Heys Road
Blackpool
FY3 8NR

Stroke association

Stroke Association
Blackpool & Fylde service landline – 01253 523759
Stroke helpline – 03033033100
Email address – Fyldecoast.Team@stroke.org.uk
https://www.stroke.org.uk
https://mystrokeguide.com
(You can access this site whilst on the ward, so that you can connect with other stroke survivors and make a record of your goals/recovery digitally).

Other Teams/Services contact details

Other sources of information:

Acute Stroke and Rehab Unit:
Telephone: 01253 951028

Hospital switchboard
Telephone: 01253 30000

Patient Relations Department

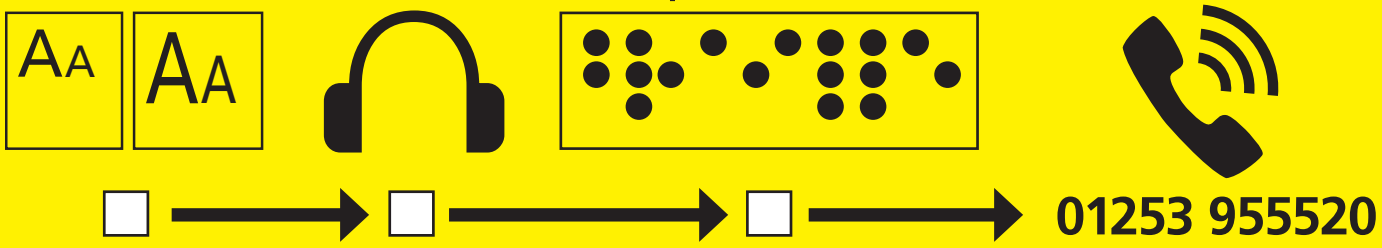
The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.

You can contact them via tel: 01253 955589
or by email: bfwh.patientrelations@nhs.net

You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website: www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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