

# 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.

**Rehab Admissions**  
020 8909 5783

**Rehab Ward**  
020 8909 5341

**Therapy Department**  
020 8909 5820

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.



**Royal National  
Orthopaedic Hospital**  
NHS Trust



# What to expect

## Monday

You will be expected to arrive at the Jubilee Rehabilitation Ward by 8.00am on Monday morning. This will allow time for medical and nursing admission assessments and ensure that you have had the opportunity to settle in before your programme commences.

A member of our Therapy team will visit to give you an induction pack containing useful information. They will advise you about your afternoon therapy assessment and answer any questions you may have.

In the afternoon you will 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 hope to achieve during your time with us. A timetable will be established and therapy sessions booked for the rest of the week. You can expect to be seen daily by both your OT and PT.

At the end of the afternoon you will attend a multidisciplinary team meeting (MDT), where your plans for the week will be discussed, and we will answer any questions you may have.

## Tuesday - Thursday

You are expected to attend for therapy as agreed with your therapists. You may be advised to attend group sessions if they are relevant to your needs and these will be added to your timeable. Your PT may also suggest that you utilise our gym or pool facilities on site and arrange a pass for you to do so during any free time you may have.

## Thursday morning

You will attend another MDT meeting during which your progress is discussed. The team can provide feedback and respond to any questions you may have about your on-going treatment plan.

## Friday

Your long-term goals will be discussed and how best to support you in continuing to progress with your rehabilitation at home. Consultant and therapy outpatient appointments will be booked as appropriate.



# Patient Information

If we have omitted anything you wish to know, please ask us.

## **WARD LIFE**

The Jubilee Rehab Centre is a five-day unit, open from 7.30am Monday – 5pm Friday. We are closed at weekends and Bank holidays. The ward is comprised of a female side and a male side. We do not have single rooms. You will have a named nurse who will be responsible for your care.

## **PHONES**

You may use your mobile phone on the ward. However, please ensure that your telephone is switched off during group or individual therapy sessions.

## **THE BEDS**

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

## **VISITORS**

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.

## **NEWSPAPERS, CRISPS AND SWEETS**

A good selection is brought to the ward on a trolley at lunch time each day.

## **SWIMMING**

You may have hydrotherapy so please bring a swimsuit and towel. If you have continence issues please bring your own protection. An example is 'Splash About Adult Swim Shorts' which can be found on Amazon.

## 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:**

**07:15** 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).

## MEDICATION

Please bring your regular medication in its original packaging to cover the duration of your stay. If you take ORAMORPH as a prescribed drug leave this at home but bring your repeat prescription. Our doctor will prescribe it and we will dispense it from our own stock.

## 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 (with headphones). However, it should be remembered that all items are brought at your own risk. The hospital provides free WiFi and has its own radio station. 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 Broccles restaurant, you will find a small shop next to Outpatients reception that sells newspapers and magazines, confectionery, and some essential day to day items. There is a coffee shop at the same location.

The Aspire National Training Centre in the hospital grounds has a swimming pool, gym, internet café and snack bar.

## **THE DISABILITY FOUNDATION**

Offers low cost complimentary therapies and treatments which can be booked during your stay. Check out their website at [www.tdf.org.uk](http://www.tdf.org.uk)

## **HOSPITAL STAFF**

Our staff are our greatest asset and will do their best to care for you during your visit. 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 welcome.

## **CHAPEL**

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

## **FINALLY**

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 productive.



The Jubilee Rehab Centre has a positive policy with regard to M.R.S.A., so we need to know:

- If you have had MRSA in the past
- If you have been transferred from another hospital or nursing home
- If you have been in another hospital in the past six months
- If you have lived abroad for longer than a month within the last year, whether or not you have been in hospital.

If you meet any of the above criteria you must ask your GP to test you at least three weeks prior to your admittance into the Jubilee Rehab Centre. Please ask your GP to swab nose and groin. You will have to provide us with M.R.S.A. clear results.

If you are unsure of your circumstances please contact us on **020 8909 5341** and speak to the Senior Sister or Nurse in Charge.

# The Multidisciplinary Team (MDT)

The following is a summary of the roles 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
- Core stability and posture
- Movement patterning
- Lower limb function and mobility

## **THERAPY TECHNICIAN:**

Our therapy technician runs individual and group classes and specialises in oedema / scar management and desensitisation programmes.

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

## **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.
- Aids / equipment needs
- Education 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
- Tai Chi
- Sport
- Swimming / hydrotherapy

## **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 condition has had on your life there will be the opportunity to see a Psychologist during your rehabilitation stay. However, if preferred, we can liaise with your GP for referral to your local Psychology services.






# Rehabilitation Ward

## Patient Code of Conduct

- 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



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

- 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: 020 8909 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:**

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**DATE:**

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**PRINT NAME:**

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## **SUPPORT GROUPS**

### **Trauma Brachial Plexus Injury Group (TBPI)**

01457 867140

[www.tbpi-group.org](http://www.tbpi-group.org)

### **Disability Living Foundation**

0300 99 0004

[www.dlf.org.uk](http://www.dlf.org.uk)

### **National Association for Bikers with a Disability**

0844 415 4849

[www.nabd.org.uk](http://www.nabd.org.uk)

## **DRIVING**

### **DVLA**

0300 790 6806

[www.dvla.gov.uk](http://www.dvla.gov.uk)

### **Mobility Centres**

0800 559 3636

[www.mobility-centres.org.uk](http://www.mobility-centres.org.uk)

## **EQUIPMENT**

**Ricability** - Consumer research  
and advice for disabled people

020 7427 2460

[www.ricability.org.uk](http://www.ricability.org.uk)

### **Patterson Medical**

08448 730 035

[www.pattersonmedical.co.uk](http://www.pattersonmedical.co.uk)

### **Promedics Ltd**

01475 746 400

[www.promedics.co.uk](http://www.promedics.co.uk)

## **BENEFITS/EMPLOYMENT**

### **Benefits Advice**

[www.direct.gov.uk](http://www.direct.gov.uk) or

[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

### **Employment Advice**

0845 604 3719

[www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

### **Shawtrust**

Work choice:

0300 303 3111


Work programme:

0345 234 9675

[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

## **USEFUL READING**

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



If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.



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