

Welcome to the Snibston Stroke Unit Coalville Community Hospital



Patient information leaflet

Broom Leys Road
Coalville
Leicestershire
LE67 4DE

Main hospital telephone: 01530 467400

Snibston Stroke Unit:
01530 467401 or 01530 467405

Your named nurse is:

Daily visiting times:

3pm - 4pm

6.30pm - 8pm

Weekends and
Bank Holidays:

2 - 4pm and 6 - 8pm

Your team

Consultant:

Physiotherapist:

Occupational therapist:

Named nurse:

Speech and language therapist:

Dietician:

Social worker:

Snibston Stroke Unit
Coalville Community Hospital
Broom Leys Road
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LE67 4DE
Telephone: 01530 467401

Introduction

The Snibston Stroke Unit opened on 1st October 2007. The purpose of the unit is to provide rehabilitation to people who have suffered a stroke.

Rehabilitation

Following a stroke many people experience difficulties with walking, communicating and things they do in their everyday life such as washing and dressing. Rehabilitation is the process in which members of the multi-disciplinary team work with you to restore optimal physical, cognitive and psycho-social function. On the Snibston Stroke Unit you will learn skills through personal specific goals that help with your recovery and enable you to adapt to the changes in your life. Rehabilitation aims to help people to acknowledge their abilities and discover ways of regaining as much control over their lives as possible.

It is crucial that skills learnt in therapy sessions are practised on the ward and the nursing staff will help and encourage you to do this.

Your length of stay

The length of stay will vary from person to person. You will be given an indication of the likely length of stay within the first two weeks. Your progress will be reviewed regularly and your stay may be altered accordingly.

If you have completed your rehabilitation on the Snibston Stroke Unit but are not yet ready to be discharged from hospital you may be transferred to another ward in this hospital or to another Community Hospital closer to your home.

Your programme

With prior agreement family members are welcome to attend therapy sessions to see your progress. Your programme may include any of the following therapies:

Physiotherapy

Physiotherapy is about getting people moving. The aim of Physiotherapy is to work on areas such as muscle strength, balance and standing as well as transferring on/off your chair, on/off your bed, and walking. You may be given an exercise programme to do on the ward and you will be expected to practice certain activities with the nursing staff and your visitors at the weekend.

Occupational Therapy (OT)

Your OT will assess you and work with you to overcome any problems you are having with your everyday activities. The OT will help you to identify the activities which are most important to you or which you **MUST** be able to do. You will then begin a rehabilitation programme which will help you to re-learn previous skills or develop techniques so that you can achieve your maximum independence.

You will find yourself practicing getting washed and dressed, making your lunch, or participating in activities to improve your hand function or concentration. You will also be practicing getting on/off the bed and toilet and in/out of a chair.

The OT will also assess for any special equipment needed to assist your independence. The tasks will be tailored to meet your needs. Your OT will also work closely with you to plan your discharge.

Speech and Language Therapy

Following a stroke the ability to speak, understand what is said to you, reading and writing may be affected. The Speech and Language Therapist will help you to recover these abilities as much as possible.

They may also help you to use other methods to communicate such as drawing, writing, using pictures or a simple gesture.

The Speech and Language Therapist also helps with swallowing problems. Sometimes food and drink can go “down the wrong way” or you may not be able to eat or drink everyday foods, the Therapist will suggest a suitable diet for you.

The patient and the family

The team on the Stroke Unit take a holistic approach to rehabilitation. We believe that patients, partners, family and/or friends can all form part of the team approach.

They can help with ensuring that skills learnt in therapy sessions are carried over into everyday activities. Planning for the patient to return home or make arrangements for alternative accommodation if it is not possible to return home. Assisting with the transition from hospital to home life by trying to encourage past and new interests.

Any electrical equipment belonging to you

Please be aware that any electrical equipment you have brought in (in agreement with the ward nurse) will have to be checked over for safety reasons before you will be able to use it. This can take a few days to arrange.

Dietician

Diet therapy aims to support your nutritional intake following your stroke. The dietician will assess what you are eating against your required nutrient intake and will give you advice. A plan will be developed for nurses to help support you in achieving your full nutritional intake and prevent malnutrition. This will aid your recovery while in hospital and will include using everyday food as well as nutritional supplements or enteral feeding by a tube. After discharge and if required, nutritional support and follow up will be arranged in the community close to where you live.

Nursing

The nursing team consists of trained nurses, one of whom will be your 'named nurse' and will be primarily responsible for co-ordinating and planning your care with you. We also have a team of skilled Health Care Assistants who are trained in stroke care. Whilst you will learn new skills and progress with the therapists, the work you do with the nursing team is equally important and is aimed at practicing the skills you learn with therapists. To help with this it is useful for you to have a supply of your normal day clothes (as opposed to nightwear). The nurses will encourage you to be as independent as possible while assisting with any activities that you are unable to do for yourself.

Doctors

The doctors who specialise in stroke care normally come to review your progress once a week. At other times your care will be monitored by the Advanced Nurse Practitioner (ANP) who provide all our medical cover. If you become unwell at weekends or at night we use the same doctors' service that you would if you were at home.

Sometimes we may need to take you to another hospital, this may be for a few hours for investigations, or if you are very unwell for admission, this is to ensure you receive the best care possible but we will keep you and your family fully informed if this is necessary.

Discharge planning

Discharge planning is an integral part of the rehabilitation programme. There are several steps involved:

Meetings

Within the first two weeks after admission a meeting is arranged with you and the team. We would encourage you to invite a member of your family or a close friend to attend. At this meeting we will discuss your progress, set specific goals and begin to plan your discharge. We will continue to keep you informed throughout your stay by discussing your progress and setting new goals with you.

Home visit

The OT may need to visit your home to look at the layout, as alterations may need to be made to enable you to return home safely.

Nearer your discharge you may go on a home visit with the OT. This is an opportunity for you to try out the skills you have learnt, for example making a hot drink, using the bathroom and getting in and out of bed.

A family meeting has been arranged for you on:

The family meeting is for you and any members of your family you would like to attend. It is an opportunity to meet with your key therapist(s) and nurse to ask any questions you have about your condition and your progress. It is also an opportunity for us to find out what your expectations are of us and to ensure that we all understand the immediate plans for your rehabilitation and your future discharge. This is usually two weeks after your admission to the stroke unit so that we have had time to fully assess you and are able to give you the information you need. If your condition requires it, we may bring this meeting forward, or put it back a little, to get the best result for you.

Visiting Times

Monday to Friday

3pm - 4pm and 6.30pm - 8pm

Saturday, Sunday and Bank Holidays

2pm - 4pm and 6pm - 8pm

If you would like this information in another language or format, please telephone 0116 295 0994 or email: Patient.Information@leicspart.nhs.uk