

Welcome to the Specialist Neurological Rehabilitation (SNRU) Unit

Neurology Service
Information for Patients

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What is SNRU?

This is a rehabilitation unit for adults who have a neurological condition or injury. For example, a brain injury or stroke.

We help patients achieve their physical, social and psychological potential.

This service is for patients who live in Leicester, Leicestershire and Rutland, and when needed, for people across the Midlands. Healthcare professionals make referrals to our service for those patients who they think have realistic and achievable goals.

What is rehabilitation?

This is the process of helping you adjust and recover from your injury, illness or disease. You will get treatment from our specialist healthcare team. For it to work we need input from you, your family and friends.

Rehabilitation is a long-term process that will continue after your stay on the SNRU. When you are discharged, other services may support you with your rehabilitation.

The team will work with you and your loved ones to include you in setting meaningful, realistic and achievable goals.

Your stay on SNRU

How long you stay with us will depend on achieving your goals and how much more you can improve. You will be regularly reviewed.

There are 16 beds on SNRU. You may be in a single room or in a bay with 4 beds. You could be moved during your stay. This will depend on your clinical needs or the needs of other patients.

The healthcare team will review you within the first few days of your admission. They will carry out assessments and set goals with you.

You can have therapy sessions as a 1 to 1, with multiple therapists or in groups with other patients. Therapy sessions take place between Monday and Friday. The rehabilitation nurses will continue to help your progression 7 days a week. How often you have treatment is planned based on your agreed needs and the availability of staff.

Alongside the therapy sessions you will be given activities to do on your own or with the support of other people.

During your stay, you will need:

- Shower gel, shampoo, toothbrush, toothpaste, hairbrush.
- Clothes: underwear, t-shirts, jumpers, jogging bottoms, socks.
- Shoes with backs which are comfortable and supportive.
- Your own wheelchair and cushion if you have these.
- Splints and any other important equipment that you regularly use.
- Any important aids like glasses, hearing aids, dentures.
- Personal belongings you may wish to have. This can be books, a music player, tablet, mobile phone, photos of loved ones.

Please talk with a staff member about making sure these items are kept safe and what the right time for you to have them is.

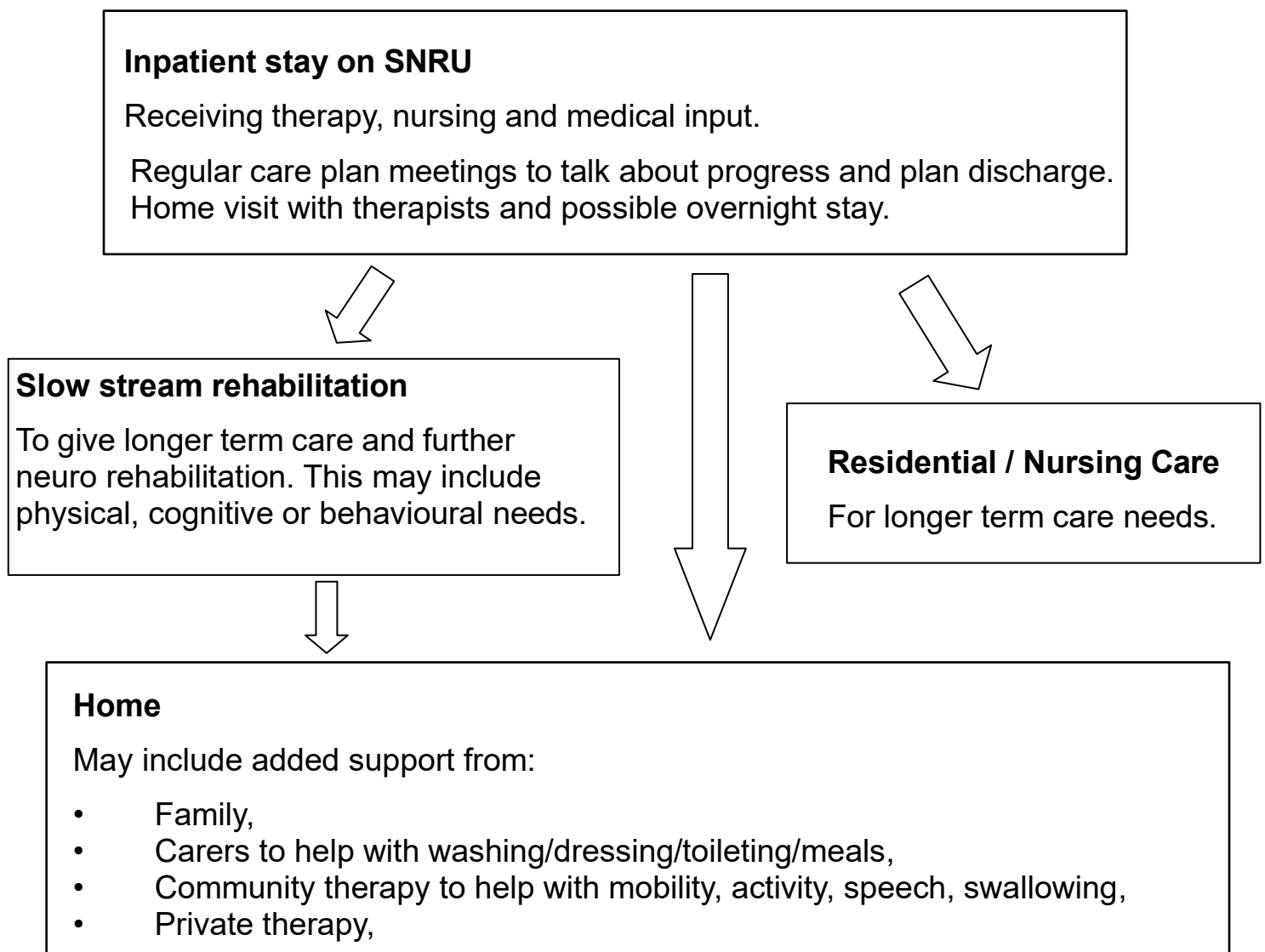
Keeping you and your loved ones involved

During your stay, you will have regular care plan meetings (CPM) to talk about your progress. You, your loved ones and the healthcare team will be at these meetings to look at your current needs and goals. This is a good chance for you to ask the team questions. We may also talk about plans for discharge and referrals to other services.

Sometimes a brain injury can make it more difficult for people to make decisions. Sometimes we assess your decision making as part of a capacity assessment. Please ask a member of the team if you would like to know more about this.

What is the discharge process?

We will start to think about your discharge from the SNRU at an early point in your stay. Please see the flow chart below to help understand the discharge options:



When can my family or friends visit me?

The visiting times are 11am to 8pm. Children can visit with a responsible adult.

Only 2 visitors per bed space. Larger groups may visit at weekends/ evenings or on special occasions if agreed by the nurse in charge.

If you have any other specific requests, please speak to the nurse in charge.

The healthcare team looking after you

- **Rehabilitation Consultant and Doctor:** the rehabilitation consultant and doctors look after your medical care on the ward.
- **Registered Nurse:** the nurses give care during your stay. They manage your medicines, skin, nutrition and toileting.
- **Health Care Assistant:** they work with the nurses and therapists to help in your daily care.
- **Physiotherapist (PT):** the physiotherapists will assess and treat difficulties with your strength and movement. They can give you equipment to help with your walking and balance.
- **Occupational Therapist (OT):** the occupational therapists help to improve your abilities with daily activities such as getting washed and dressed. They can provide wheelchairs and equipment to help with using the toilet. They may also assess your thinking and problem-solving skills.
- **Speech and Language Therapist (SLT):** the speech and language therapists will assess and treat communication and swallowing problems.
- **Clinical Neuropsychologist:** works with you, and your loved ones, to recognise, understand and manage how your thinking (cognition), emotions and behaviours may have been impacted by your injury or condition.
- **Therapy Support Workers:** work with the therapists to help carry out rehabilitation programmes.

We also work closely with other services to help you. For more details, please ask a member of the team.

More useful information for patients

Patients can access the Multi Faith Centre in the hospital. A chaplaincy service is available for any/ no faith.

An interpreting service is available for patients who speak other languages. If you have specific dietary needs or any food allergies please let us know.

Contact details

Specialist Neurological Rehabilitation Unit, Ward 2

Leicester General Hospital, Gwendolen Road, Leicester LE5 4PW

Telephone: **0116 258 4085**

Email:

Leicester's Hospital switchboard: **0300 303 1573**

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead

or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research