

# Welcome to the Specialist Neurological Rehabilitation Unit

Neurology Service

Information for Patients

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## What is the Specialist Neurological Rehabilitation Unit (SNRU)?

The SNRU offers rehabilitation for adults who have a neurological condition or injury, for example a brain injury or stroke.

We work with patients after a neurological injury to help them achieve their physical, social and psychological potential.

We provide this service for people who live in Leicester, Leicestershire and Rutland, and when needed, for people across the Midlands. Referrals are made by healthcare professionals for people who have neurological needs and realistic and achievable goals.

## What is rehabilitation?

Rehabilitation is the process of adjustment and recovery from injury, illness or disease. Effective rehabilitation requires input from you, your family and friends as well as treatment from our specialist healthcare team.

Rehabilitation is a long term process that will continue beyond your stay on the SNRU. When you are discharged other services may be involved to support you to continue your rehabilitation.

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

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Your stay on SNRU

Your stay on the SNRU is time limited and regularly reviewed. Your length of stay will be dependent on your goals being achieved and your potential for further improvement.

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 which will depend on your clinical needs or the needs of other patients.

You will be reviewed by the healthcare team within the first few days of your admission. They will carry out initial assessments and set goals with you.

Therapy sessions can be in different formats, either 1 to 1, with multiple therapists or in groups with other patients. Therapy sessions take place between Monday and Saturday and rehabilitation nurses will continue to help your progression 7 days a week. The frequency of 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, hair brush.
- 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 - glasses, hearing aids, dentures.
- personal belongings you may wish to have - e.g. books, a music player, tablet, mobile phone, photos of loved ones.

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

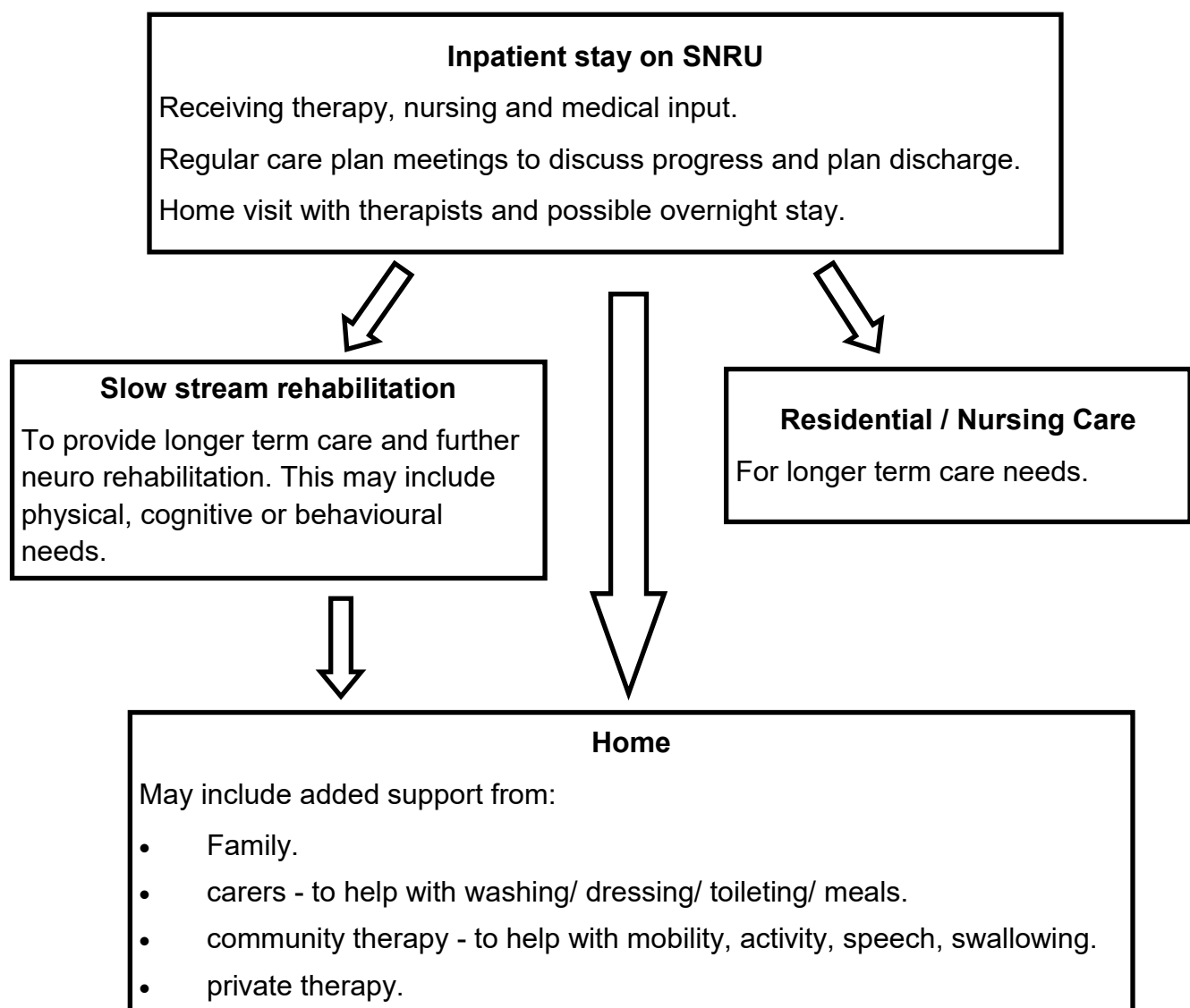
## Communicating with you and your loved ones

During your stay we will organise regular care plan meetings (CPM) to discuss your progress. You, your loved ones and the healthcare team will be present to discuss your current needs and goals. This is a good opportunity for you to ask the team questions. We may also discuss 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 until 7pm.

Children can visit with a responsible adult.

Only 3 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 provide care during your stay. They have specific skills in managing your medication, skin, nutrition and toileting.
- **Health Care Assistant:** they work alongside 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 provide certain 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.

## Further 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: [uho-tr.neurorehab.unit@nhs.net](mailto:uho-tr.neurorehab.unit@nhs.net)

Leicester's Hospital switchboard: 0300 303 1573

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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