Ashford and St. Peter's Hospitals
NHS Foundation Trust

Welcome to the Bradley Unit

We provide **specialist inpatient neuro-rehabilitation** depending on your needs and agreed goals.

We work very closely together as a team to provide a **rehabilitation programme specific to you** and your needs.

To start with you may have a number of **daily appointments** for assessments.

We will talk to you about your **goals.**

This guide has been developed to be more **accessible** for people with **aphasia** or **difficulty reading.**

Different people will work with you to aid you in your recovery:

Nurses

Physiotherapists

Occupational Therapists

Speech & Language Therapists

Clinical Psychologists

Doctors

Dietitian

Therapy Assistants

Aspects of your work with any of the team will inform your rehabilitation across the 24 hour period.

Rehabilitation

We will talk to you about your rehabilitation **goals**

An **individual treatment plan** will be agreed with you

A **Keyworker** and **Named Nurse** will guide you and answer any questions

? ?

The Bradley Unit team **will monitor** your **progress**
The team meets regularly to do this

Your rehabilitation will then be adapted, and your sessions will be **reduced or increased** as required

Sessions usually last **30 to 45 minutes**

The team will also plan with you for your **longer term needs** and when you leave the Unit. We will refer you on to other services as required

We start to plan your **discharge** with you early on in your stay here.

Your Keyworker and Named Nurse

These team members are the main **communication links** between you and the rest of the team.

They will discuss with you:

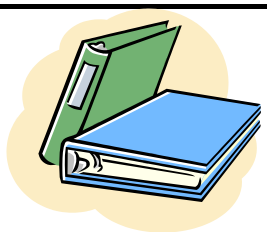
- Your short and long term **goals**

- Your **needs** during the rehabilitation phase

- Your **long term needs**

- **Plans** for discharge from the Unit

Communication



This **folder** is for your use during your time here at the Bradley Unit. You are welcome to keep it at the end.
The professionals working with you will add information to it.

The Bradley Unit team will **inform your GP** of your progress and of any further plans on discharge.

Rehab sessions

Every **Friday afternoon** you will get your timetable for the following week.

This tells you what sessions are planned for you each day

We try to be **flexible** but need to schedule all the patients being seen by the team.

You will also be provided with **advice** and **exercises** to practise between sessions and at weekends.

Please do **not** take **photos** of **other patients** or **staff**.

Please **talk to staff** about this.

Some people may not **consent**, or not be able to consent.

If asked please **delete** pictures of other people and **never share** them

Visiting Times

Monday – Sunday (including Bank Holidays)

11am – 12noon
2pm – 5pm
6.30pm – 7.30pm

These times are in line with national guidance to protect mealtimes when visiting is not permitted.

Up to 2 visitors may visit at a time.

Children may visit if accompanied by an adult but please try not to bring in children under the age of 10.

You may be asked to leave bays / communal areas at times in order to maintain the privacy and dignity of the patients.

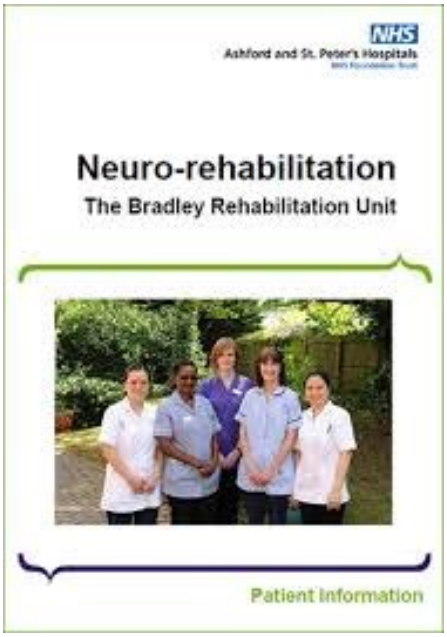
For infection control reasons please do not bring fresh flowers or plants to the Unit.

Thank you for your understanding

Lilley Malinga – Ward Manager
Ward number (01932) 72 3127/3148

Fire alarms are **tested** early every **Wednesday morning**.

Alarms **at any other times:** **staff will tell you** where you need to go and **assist you** if needed.



Bradley Unit,
Woking Community Hospital,
Heathfield Road, Woking,
Surrey, GU22 7HS
Tel: 01932 723127

Team Members

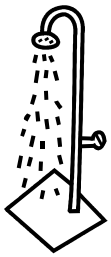
NURSING TEAM

The Nurses will:

- Monitor your **vital signs**

  e.g. **blood pressure**

- Facilitate your participation in **activities of daily living**



- Give you your **medication**

- Provide any **care** you need,
  e.g. with catheters, feeding tubes, or wounds

- **Support** you with **any other issues** you wish to discuss

The Nurses **work closely** with the therapists and doctors to help you in your rehabilitation. They provide further opportunities to use strategies taught in therapy sessions to **work on your goals**

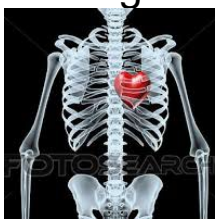
Nurses are available **all day**, **every day**.

DOCTORS

You will be under the care of a doctor who **specialises in rehabilitation**.

They will **see you soon** after admission to talk to you, **examine** you and check your **medication**.

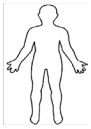
If further **tests** are required, they will arrange these.



They will also **liaise** with other health care professionals as required.

Doctors are on the ward **Monday - Friday**.

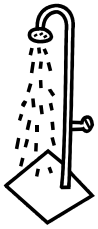
OCCUPATIONAL THERAPY

Your Occupational Therapist (OT) will look at how your **vision** , **body**  and **thinking** may have been affected.

Your OT will work with you to make you more **independent**.

This may include working on:

- Daily activities e.g. **dressing**, **washing**, **using the toilet**



- Complex everyday tasks e.g. **planning** and **preparing a meal**, going **shopping, getting out and about** in the community

- Providing suitable **seating,** e.g. wheelchair

and

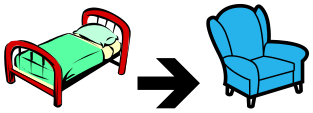
Planning for discharge, including

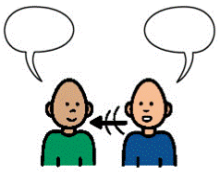
- **Equipment** and **support** you may need
- A **visit** to your **home** if needed

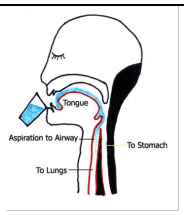
PHYSIOTHERAPY

The Physiotherapist (Physio) will assess your **movement, strength, co-ordination, balance** and **functional ability**.

Your Physio may work with you on:

- **Transfers** e.g. moving from bed to chair 
- **Mobility** both indoors and outdoors
- Finding **comfortable resting positions**
- **Arm** and **hand** function and strength
- Managing any **pain**
- **Balance**
- **Stairs practice**
- Advice for **physical activity** and **exercise,** e.g. Motomed cycle challenge





SPEECH & LANGUAGE THERAPY

The **Speech & Language Therapists** will work with you on any **communication** or **swallowing** problems you may have.

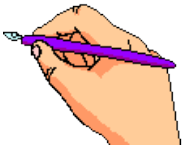
This may include working on your:

Communication

including **speaking**:

understanding:

reading:



and **writing:**

and / or **swallowing**

This may include recommendations on the types of food and fluids you eat and drink, and how you do so

THERAPY ASSISTANTS

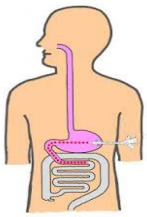
The Therapy Assistants will help you **practise** the **exercises** and **activities** that you have been shown by other members of the team.

DIETITIAN

The Dietitian visits the ward most weeks.

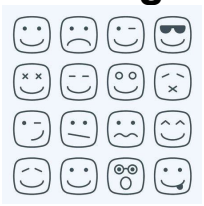
The Dietitian assesses your **nutrition** and makes **recommendations**.

If you have **tube feeding**, they will monitor and advise the ward staff.



PSYCHOLOGY

The **Clinical Psychologist** will talk with you about your
thoughts and **feelings**



They will help you **adjust** to the recent change in your life
and
work with you to find out how the illness or injury has affected your **thinking** processes such as:

Learning and **remembering**

Planning

Concentrating

Solving problems

They might help you to **re-learn how to do certain things**
E.g. how to use a diary to help

DRIVING

You must **consult a doctor** before returning to driving even if your symptoms have resolved.

You need to tell **DVLA** about **medical conditions** that can affect your driving.

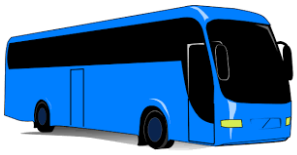
You must tell DVLA if you have had a serious head injury, any visual field deficit, multiple sclerosis, Guillain Barré syndrome and if you still have symptoms 1 month after a stroke.

You can do this on line on the www.gov-uk website (search for 'medical conditions' and go to 'Telling DVLA about a medical condition or disability')

There are **different forms** to use, depending on your diagnosis
e.g. STR-1 form (for stroke)
B1 (for brain / head injury / hypoxia)
CN1 (for Guillain Barré)

Ask the team for help if you need some.

If you ride a **motorcycle** or **drive** a **lorry, bus** or **coach** there are different forms to use - the information is on the website.



Your **doctor will liaise with the DVLA** about the possibilityof returning to driving in the future.

Going Home

When it is time to leave here we will give you **medication** for the **next 2 weeks**.

Please **contact your GP** once home to arrange **repeat prescriptions** from then on.

Service Development

We value your **feedback**

We would be grateful if you and your family or friends could give us your honest **feedback** at the end of your time with us.

Your **Nurse** or **Keyworker** can **help** you complete the questions on the iPad.

We are happy for feedback from you **at any time** (not just when you are leaving).

You can **speak to any of us**, but your **Keyworker or Named Nurse** may be good people to start with.