How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.
What is Early Supported Discharge?

The aim of the Early Supported Discharge (ESD) service is to enable patients to return home from hospital as soon as possible, whilst continuing to receive on-going specialist support and rehabilitative services in their home. However patients are only discharged home from the ward once they are medically ready.

You have been referred to this service as you, your family and/or carers and the multi-disciplinary team feel it is the best way forward for your recovery from your stroke.

Research has shown that ESD services can result in better outcomes for patients with mild to moderate disability as a result of their stroke.

The ESD Team:
Will plan and implement treatment based on specialist assessment and goals that are important to you.

Physiotherapists: Will focus on improving physical function and movement.

Occupational Therapists: Will help increase your confidence in performing daily living tasks.

Speech and Language Therapists: Will help you improve your ability to communicate and swallow.

Nurses: Will provide support and advice on a range of health issues such as continence, medication and nutrition.

Therapy Assistants: Will provide support to the therapists and help you to achieve your goals.

How does it work?

The programme runs for up to six weeks. Therapists and Nurses from the ESD service will come to your home to continue your rehabilitation. The number of times you are seen each week will be tailored to meet your specific needs, and you might be seen more than once some days by various different members of the team, as agreed in your individual care plan.

You will normally have a medical review at your Consultant’s clinic during the six week period. Additionally, if you are experiencing any problems as a result of your stroke and would like to speak to a Community Stroke Co-ordinator, this can be arranged for you by one of the team members.

If you are unable to keep an appointment, please ring 01494 425616 or the Therapist you are due to be seeing mobile and leave a message for the team/team member.

What happens at the end of the programme?

You will be discharged from ESD once you have achieved your agreed goals or after six weeks. If you should require any support after this time, you will be referred on to the appropriate community or outpatient service.