

YOUR ADMISSION TO THE CENTRE

The NSIC is a two storied building that has 6 wards, an out patient department, along with specialist Occupational Therapy and Physiotherapy areas. Each ward produces its own leaflet giving information about its routine. Every year about 750 patients are treated at the Centre, and 2000 return for check-ups and treatment.

A flow chart on page 7 summarises your journey through the Centre, which is described below.

The Patient's Rehabilitation Pathway

What happens when I'm admitted?

As a newly injured patient you will probably be admitted to St Andrew Ward, where initial acute care and treatment are undertaken. If you have already started to get up whilst in a general hospital you may be admitted directly into one of our rehabilitation wards, but each case is assessed individually.

The majority of people admitted to the NSIC are here due to traumatic injury, and the initial period spent in bed following the accident is to allow the bones of the spine to knit and become stable.

You may have an operation to stabilise the bones of the spine, in which case you will be able to get up (known as 'mobilise') quite quickly. However, the "bed rest" period can vary and may last as long as three months.

Whilst in bed you will be turned at regular intervals during the day and night to prevent pressure ulcers from developing. At first this may seem annoying, especially at night, but it is an essential part of your care.

A Rehabilitation Information meeting will be arranged when it is felt you are ready to move downstairs to the Rehabilitation floor. This meeting will include members of your treating team (see page 7) and up to 2 members of your family, or friends, may attend with you. It will provide an opportunity for the team to outline the Rehab process to you, as well as give you the opportunity to raise any queries or concerns.

An estimated Discharge Date may be set at this point to facilitate housing applications etc. but this can be extended if your needs continue to change.

What happens then?

Your rehabilitation may begin before you move downstairs if a bed isn't available when you are ready, however, you will be transferred to either St George or St David ward as soon as possible.

Your Key Worker, who will be a member of your treating team, will help you to complete a Needs Assessment Checklist (NAC) which will highlight the areas you want to focus on to gain as much independence (physically or verbally) before your discharge from the Centre.

This will provide the basis for your Goal Planning Meetings (GPM) which will be held every 3 weeks, where your achievements are acknowledged and the next set of goals will be set by you and your treating team.

A weekly schedule is put together to help you achieve these goals and usually includes various physiotherapy, occupational therapy, hydrotherapy, sports-therapy, nursing and teaching sessions.

During your stay on these wards, the nursing staff will gradually encourage you to take more responsibility for your own care needs so that you will be as independent as possible when you return home.

When can I start going home?

Weekends spent at home are an important part of rehabilitation. These will be encouraged once you have progressed to a stage where it is possible for you to spend a weekend at home, and any necessary access, equipment and care requirements can be organised. If your own home isn't accessible but a relative or friend is happy for you stay with them that can be arranged.

Getting ready for Discharge

Towards the end of your stay in the Centre you may be transferred to St Joseph Ward. St Joseph is a sixteen-bed reintegration ward. As soon as you arrive on the ward you will be encouraged and helped to plan your own nursing care.

A Discharge Planning Meeting (DPM) will be arranged and any external services that may be involved in supporting you at home will be invited to attend.

What happens after discharge?

After discharge you should return for routine check-ups, which will usually involve a medical examination and a variety of investigations.

The first of these appointments takes place about 6 weeks after discharge, another at 6 months and annually or bi-annually thereafter.

Please ensure that an initial appointment has been made for you when you are discharged from the Centre.

If at any other time you have a medical problem requiring the expertise of the NSIC ask your GP to send a referral to your Consultant here requesting an appointment.

However, the Spinal Outpatients department is available to give advice over the phone from 8.30am – 4.30pm Monday to Friday on 01296 315828

If you are being re-admitted to the Centre for any further treatment it is likely that you will have a bed on St Patrick ward.

You will be given a Client Centred Rehabilitation Questionnaire at the time of your discharge, along with a pre-paid return envelope, to complete once you are home. Please take the time to fill this in as your feedback will help to influence the way we deliver our services within the Centre, but rest assured this is all anonymous.