

Patient advice sheet

Welcome to Buckinghamshire Neuro Rehab Unit (BNRU)

We provide high quality rehabilitation and treatment tailored to your individual needs to increase your functional independence. We also provide expertise and advice in managing long term disability and support you in maximising your health and well-being.

We work as an inter-disciplinary team in partnership with you and your family. Help us by and your wellbeing by fully engaging with the team to achieve your goals.



What happens when I arrive?

The therapy team will assess you to decide what type of therapy will help you. You'll also meet your keyworker who'll contact your next of kin within a few days of your initial meeting.

How long will I stay at BNRU?

Following your admission we'll give you an estimated discharge date. It's a best guess and we may bring it forward or extend it as appropriate. On average, patients stay on the unit from 6 to 8 weeks. The therapy team may support you with a trip back before you leave hospital.

What should I bring from home to BNRU?

Please wear loose practical clothing, for example, tracksuits, t-shirts and trainers. Bring your own toiletries to use during your stay.

What will happen during my stay?

You'll work with our specialist neuro-rehabilitation team including doctors, nurses, physiotherapists, occupational therapists, speech and language therapists, clinical psychologists, dietitians, and social workers. Depending on your needs you may not need to see all members of the team.

How often will I see a doctor?

Ward rounds happen on a Monday or Wednesday depending which consultant looks after you. A doctor is available between 9am to 5pm on weekdays and will discuss any concerns you may have.

If you need medical assistance outside of these hours, we'll call the out of hours doctor.

How much therapy will I have?

This will depend on what you need. The therapy team will complete an assessment to identify your needs and will determine how often we need to see you to achieve your goals. Individual sessions are timetabled daily by the therapy team, and you will be provided with a daily plan. Occasionally sessions need to be re-arranged at short notice.

How can my family contact the ward and when can they visit?

Call the ward reception on 01494 734102.

Visiting times are 3pm to 8pm daily.

When are meals available?

Breakfast - 7:30 am
Coffee/Tea - 10am
Lunch - 12 noon
Tea/coffee - 3pm
Supper - 5pm

Tell us if you have any special dietary requirements or any special likes/dislikes.

Can I bring my own food in?

Yes if you're eating a normal diet family/carers or friends can bring food in for you. We'll store it in a sealed, labelled container in the patient fridge.

You can't use microwaves to reheat food while in hospital.

Is there wi-fi available on the ward?

Yes, there's free wi-fi in the hospital, but the signal can vary throughout the day.

The Wi-Fi is called: BHT_Public.

You can bring and use your mobile phone on the hospital site.

Who can I talk to if I have any concerns?

If you have any worries, concerns or a complaint, speak to the ward manager.

You can also contact the Patient Advice and Liaison Service (PALS) who'll listen to your concerns and help you find ways of resolving them. Call PALS on 01296 831120 or email bht.pals@nhs.net

How do I find out more about BNRU?

Visit our page on the website by scanning the QR code below.

