

Complex rehabilitation service review

What is complex rehabilitation?

Complex rehabilitation services play a key role in managing a patient's recovery once they have been admitted to hospital and after their immediate medical and surgical needs have been met. The services help to maximise a patient's recovery and support a safe return to the community.



While most patients who require rehabilitation following illness or injury will be prescribed non-specialist rehabilitation services (level 3), those patients with more complex needs may be referred to local specialised rehabilitation services (level 2). A small number of patients with highly complex needs may be prescribed tertiary specialised rehabilitation services (level 1) at a specialist regional centre.

Generally, patients who need specialist rehabilitation have complex needs or disabilities. These patients typically have wide-ranging needs, which require specialist input from many different professionals (rehabilitation-trained nurses, physiotherapists or occupational therapists), as well as specialist input from consultants trained in rehabilitation medicine, and other relevant specialties.

Complex rehabilitation services in the Humber region

Castle Hill Hospital in Cottingham has a 15-bed specialist rehabilitation ward (ward 29), which cares for patients with conditions including acquired brain injuries (traumatic and non traumatic), haemorrhages and tumours, infections, myelitis, encephalopathies, Guillain-Barre syndrome, cerebral palsy, major trauma, post amputation, post intensive care deconditioning, and progressive conditions such as multiple sclerosis and severe Parkinson's disease. The service also provides specialised mobility rehabilitation.

Ward 29's complex rehabilitation team consists of two consultants in rehabilitation medicine, a speciality doctor, nursing staff, physiotherapists, occupational therapists, a consultant clinical neuropsychologist and trainee clinical psychologists. Patients also see other health professionals according to their needs, including speech and language therapists, dieticians and social workers. The ward 29 team is further supported by an acute specialist rehabilitation team — which is a multidisciplinary team led by a consultant in rehabilitation medicine.

The Neuro Rehabilitation Centre at Goole and District Hospital cares for individuals following a severe brain injury, or those with other neurological conditions including Guillain-Barre syndrome and progressive conditions such as multiple sclerosis. The centre is led by a consultant in rehabilitation medicine, and also includes a team of speciality doctors, nurses, psychologists, speech and language therapists, physiotherapists, occupational therapists and dieticians. The team works with patients who have a range of cognitive, physical, medical, emotional and behavioural needs.

Find out more about the review at humbercoastandvale.org.uk/humberacutereview



Humber, Coast and Vale

What is a service review?

A service review involves examining a service area thoroughly to understand which parts of the service are working well and which are not working as well, to find ways to improve the service further for the good of the patient. This may involve looking at department policies and processes, data analysis, speaking often and regularly to the people who use the service and the doctors and nurses who provide them. Once all this information has been gathered, it is used by managers of the service to help them make a plan for improvement.

Why do we need to review hospital services in the Humber region?

Advances in medical knowledge and technology have allowed our doctors to develop fantastic services for our hospitals, which, in part, is helping people live longer and survive illnesses that their parents or grandparents might not have. These developments have also enabled more healthcare services to be provided away from hospitals — at GP practices and in the community, for example — while hospitals continue to focus on looking after the most seriously ill patients.

As the ways of delivering care to patients change, an extensive hospital services review is needed to ensure we provide services that are safe and patient-centred, both now and in the future. NHS services need to constantly adapt to provide the best possible care for patients with the resources available. Current challenges, such as rising demand, workforce challenges, finance and quality of care mean that change is necessary to ensure the future of our health services.

What happens to complex rehabilitation patients in the Humber region?

Mark has been admitted to an intensive care unit (ICU) at Hull Royal Infirmary after being involved in a road traffic accident on the east coast. Mark has suffered life-threatening head injuries and also requires a leg amputation.

Following surgery, Mark is referred to the complex rehabilitation team at Castle Hill Hospital. Mark is transferred to ward 29 and is assessed by the rehab team, and an individual treatment plan and objectives are devised for him and reviewed regularly. Mark stays on the complex rehabilitation ward for several weeks.

The team work with Mark and his family to ensure he has the support he needs to go home before he is discharged. Most patients are discharged to home but, in some cases, alternative placement or support may be required to meet a patient's ongoing needs. Following discussion with his occupational therapist, Mark's local council help his family to get a ramp installed at his home and make some other simple improvements to Mark's home. Mark continues to see a speech and language therapist and a physiotherapist in his local community.

Have
your
say

Throughout the review process we are keen to hear from members of the public to ensure their feedback and experiences are reflected in any recommendations made. You can do this in a number of ways:

- Email us: humber.acutereview@nhs.net
- Phone us: 01482 344711
- Write to us: Humber Acute Services Review, c/o NHS Hull CCG, 2nd floor, Wilberforce Court, Alfred Gelder Street, Hull, HU1 1UY