

Appendix: Further Information about Regional Neuro Rehab Unit, Homerton Hospital

Focus of Facility:

- The RNRU provides specialist inpatient brain injury rehabilitation programmes for service users including family/carer education and support
- The RNRU's ethos is on returning Service Users back into the community where possible with adequate and appropriate ongoing support or finding the best possible alternative long term care facility with adequate and appropriate ongoing care

Ethos:

- The RNRU specialises in the care of people living with a traumatic or non-traumatic brain injury and their families/carers
- Programmes are tailored to an individual's needs and provide active rehabilitation packages to optimise potential

Clientele:

- The RNRU accepts adults (18 years and above) of both sexes, with no upper age limit.
- The RNRU focuses on Service Users after traumatic or non-traumatic brain injury, including those in low awareness state
- The RNRU can offer support and complex care to service users with long term neurological conditions after brain injury and their families/carers

Location:

- The RNRU is situated in a residential area with access to good transport links, local shops, banks, churches and leisure facilities
- RNRU is attached to the Homerton University Hospital
- It is situated close to the boundaries of Hackney and Haringey
- It is easily accessed by rail (Homerton overground station), bus and road though parking in the hospital grounds and surrounding streets is limited

Family Accommodation:

- The RNRU has no formal accommodation for family members. However every effort is made to advise/support relatives about accommodation if required.

Family Dining Facilities:

- Family members/visitors can access meals and snacks in the hospital canteen outside of staff lunch time (which is 12-2pm). Coffee and snacks are also available

from Costa Coffee at the front of the hospital. Local cafes and restaurants offer a wide range of eating options – those with wheelchair accessibility are listed in the patients' Welcome Pack.

Range of **Cares Provided:**

- The RNRU provides active rehabilitation for Service Users with traumatic or non-traumatic brain injury
- The RNRU can access high dependency nursing care for Service Users who require non-invasive ventilation or have complex respiratory needs, including those who have a tracheostomy (currently cuff down only)
- The RNRU provides specialist assessment and treatment programmes for service users in a low awareness state
- RNRU currently offers specialist brain injury intervention Monday to Friday including goal directed leisure activities supported by a trained volunteer workforce and a full time leisure coordinator available also on Saturdays.
- Medical staffing includes 2 neurologists with a special interest in recovery and rehabilitation after brain injury, a specialist neurology registrar and a senior house officer
- There is immediate access within the hospital to intensive care and all other medical and surgical specialties as needed
- Therapy staffing includes highly specialist clinical neuro Occupational Therapy, Speech and Language Therapy and Physiotherapy with support from technical assistants for each discipline
- Clinical Psychology is provided by a senior clinical neuro psychologist, an assistant clinical psychologist and a part time assistant clinical psychologist. The psychology team provides psychological therapies and behavioural guidelines following complex assessment. They also provide support for RNRU staff and patient families.
- Psychological support for service users, their families/carers and staff is also provided by a part time neuro psycho – therapist
- There is a dedicated art curator/artist in residence
- Dietetic advice and support, including assessment and management of alternative feeding systems such as PEG and NG tube feeding is provided by the Homerton Hospital dietetic team
- RNRU have 2 dedicated full time social workers who specialise in complex discharge planning for people with the residual effects of brain injury and provide highly specialist advice to staff, families and carers

- There is access to a weekly specialist swallow clinic (video fluoroscopy), ENT assessment clinic, ophthalmology and optometry services, focal spasticity management, neuro orthotics and splinting services
- A graded home discharge programme may be implemented with home visits gradually being extended and supported by appropriate levels of care/specialist equipment

Service User Involvement:

Rehabilitation Schedules, Social Activities, activities of daily living

- The RNRU is part of the UK specialist Rehabilitation Outcomes Collaborative (UKROC) which is a national data collection and measurement of outcome measure for people undertaking Neurorehabilitation
- Following initial assessment on the day of admission (Monday) by the full treating team with family/carers present, individual service user needs are documented, care plans created and goal and discharge planning commenced
- The family and/or significant others are invited to attend monthly goal setting meetings with the service user and treating team to hear feedback from the MDT on clients progress and goal attainment
- The family and significant others are also invited to attend a case review meeting with the treating consultant and therapy team after 4-6 weeks to discuss current prognosis and discharge plans
- Wi-Fi access is available free to clients throughout the RNRU. Designated patient use computers are available to service users at all times in the dining room and also in a designated computer room for both social and independent therapy exercise practice

Clothing and Laundry:

- There is an adapted service user laundry room and service users are supported to be as independent as possible in activities of daily living
- It is recommended that service users make their own arrangements for dry clean only articles.
- Service users are encouraged to wear their own clothes where appropriate

Mealtimes:

- Service users are encouraged to take their meals together in the dining room though arrangements can be made to facilitate eating in the service users own room/ bed-space.
- Independent breakfast/lunch groups take place in the occupational therapy kitchen weekly with appropriate therapy support

- Meal times can be flexible to meet individual service users needs e.g. if the service user has been off site on an activity.
- Mealtimes are protected. Therapists and family/significant others may assist with feeding in line with agreed therapy goals

Diet and Choice:

- RNRU is able to provide a full range of diets, including oral and non oral feeds and modified diets. A choice is available from the daily menu for every meal with a picture version available to support service users with communication impairment.
- Halal, Kosher and vegetarian specialist dietary options are available in both normal and modified diet options
- There is a dedicated fridge for patient use for individual snacks and meal supplements situated in the dining room.
- There is a water cooler situated in the dining room of the unit
- An adapted occupational therapy kitchen is available for client meal preparation as part of therapy or as preparation for discharge.

Bedrooms:

- 3 single gender bays - 1 x 8 beds and 2x 6 beds
- 1x single use side room with en suite bathroom facilities
- 3x single use rooms with shared bathroom facilities
- 1 x single use flatlet with en suite bathroom facilities
- There is a wet room and 3 bathrooms all on the ground floor close to the nurses' station
- Piped oxygen and suction is available

Access:

- RNRU is fully adapted to meet the needs of its individual Service Users.
- RNRU is based in a wing on the ground floor of Homerton Hospital
- The wet room and all the bathrooms, the gardens, computer room, workshops, art room and life skills kitchen are wheelchair accessible
- The physiotherapy gym has a tilt table, bikes, standing equipment, treadmills with/without body weight support, Saebo equipment and electrical stimulation.
- RNRU also provides quiet areas, a communal TV lounge, a family room, a workshop with wood work equipment and technician support, an art room, a computer room,

gardens, stores rooms, offices, nurses' station and a reception area which is staffed during office hours

- The RNRU benefits from wide corridors that will easily accommodate wheelchairs and has a switch card activated entry system to ensure optimal patient safety
- Wander guards are available for patient safety

Medical Cover:

- Consultants in Neurological Rehabilitation lead the weekly assessment clinic, the weekly MDT ward round and the six monthly outpatient review clinic
- 1x rotational senior registrar and 1x FY1 cover
- There is access to the medical and surgical specialities in Homerton Hospital
- there is access to x ray and scanning facilities including video fluoroscopy clinic, critical care including tracheostomy management, ophthalmology, ENT assessment clinic and dietetics

Staff Training:

- All newly appointed staff are required to undertake an induction training programme with subsequent regular updates
- Staff are encouraged to attend training courses both internally and externally.
- Higher dependency staff are appropriately trained.
- 3 SMART trained therapists for the assessment and management of minimally conscious patients
- Majority of therapy staff trained in Facial Oral Tract therapy to optimise patient positioning
- All therapy staff have appropriate ABI training.

An Introductory Acute Brain Injury programme for nursing staff has been developed recently

Fire Safety and Evacuation Planning:

- A business continuity plan which addresses all aspects of utility failure across site with access to emergency generator within four hours to provide back up emergency power
- Fire risk assessments are received annually and horizontal evacuation plan is in place and is tested regularly by fire drill
 - Fire alarms are tested weekly.
 - RNRU has an integrated fire system

- RNRU operates a horizontal evacuation plan.
- All staff receive appropriate fire evacuation training.

Management Team:

- RNRU is accountable to NHS England and is a level 1 consultant led neurorehabilitation unit
- Highly skilled senior specialist neurorehabilitation therapists lead each of 3 treating teams

Service User Contact Details:

- Details are taken at assessment/admission and updated as required.

Transport:

- RNRU has access to a dedicated mini bus which can accommodate a person sitting in a wheelchair, two people who can transfer from wheelchairs and three further seats for staff plus a driver
- The RNRU provides where possible appropriate transport for clients attending outpatient appointments, leisure activities and home visits with support of staff. Each service user may apply for transport to their home once monthly as deemed appropriate by staff
- local overground rail and bus services may be accessed as part of a service user's therapy programme with appropriate staff support