

Welcome to the Acute Stroke and Neurology Unit

Information and advice for patients

The Acute Stroke and Neurology Unit is a specialist unit for patients who have had a stroke or a brain injury. The unit is made up of 2 wards: an acute ward and a rehabilitation ward.

The acute ward

Within 4 hours of you arriving at the hospital you will have a CT scan of your head, and be admitted to the acute ward.

For the first 24 hours – 3 days of your stay on the ward you will be monitored closely in a bed at the far end of the ward. As you start to get better you will be moved to a bed further up the ward. You will spend up to 7 days on the acute ward and a specialist stroke consultant will assess your condition each day. After 7 days you will then either be ready to go home, or move to the rehabilitation ward.

The rehabilitation ward

After your stay on the acute ward, you may need to stay on the rehabilitation ward if you need further rehabilitation before you can return home safely. Rehabilitation means helping you to restore some of your independence with movement and completing tasks such as washing and dressing yourself. Everyone recovers in a different way and at a different speed. You and your therapy team will set goals to help you recover.

On the rehabilitation ward you can receive support from our specialist rehabilitation team which is made up of nurses, speech and language therapists, dietitians, occupational therapists, physiotherapists and psychologists. Some of your rehabilitation sessions may be held off the ward at other locations in the hospital.

During the day you will need to wear loose-fitting day clothes and comfortable, supportive shoes or trainers so that it is easy for you to move around.

You may stay on the rehabilitation ward for up to 21 days before you are able to go home. Many patients are able to return home much sooner than this.

What you will need for your stay on the unit

Please ask someone to bring in the following items for you:

- Soap or shower gel
- Shampoo
- Toothbrush
- Toothpaste
- Shaving kit
- Nightclothes

Welcome to the Acute Stroke and Neurology Unit

Information and advice for patients

- Dressing gown
- Slippers
- A change of loose-fitting clothes
- A pair of supportive shoes or slippers

The ward can provide towels and disposable flannels/wash cloths, as it is difficult to store these clean and dry.

The hospital does not have any laundry facilities, so you will need to arrange for your visitors to take your clothes for washing.

Unfortunately flowers are not allowed on the unit as they are an infection risk.

Visiting

Visitors can come to see you 7 days a week. Visiting times are:

2.30pm – 4pm

6pm – 8pm

Only 2 visitors will be allowed to visit at one time. Children under the age of 12 can only visit you if the ward manager has agreed this beforehand.

If your relatives would like to visit to help you wash, dress and eat, we encourage them to do this. If your relatives would like to help you they should talk to the nurse in charge on the ward.

To help us reduce the risk of patients becoming more unwell, visitors should not come to the wards if they have experienced diarrhoea, vomiting, a temperature of 38°C or above, or flu-like symptoms in the last 48 hours, or been in close contact with someone who has.

Visitors should also make sure they wash or gel their hands on entering and leaving the ward and should not sit on your bed.

Communicating with relatives

The telephone numbers for the wards are:

Acute Ward 0121 507 3366

Rehabilitation Ward 0121 507 3271

We cannot give confidential information out over the telephone but individuals can telephone to find out how their relative is.

Welcome to the Acute Stroke and Neurology Unit

Information and advice for patients

Meals on the unit

Meal times on the unit are as follows:

Breakfast: 8am – 8.30am

Lunch: 12pm – 12.30pm

Supper/dinner: 5.30pm – 6pm

If you have any special dietary requirements please tell the nurse looking after you. We do not allow relatives to bring in meals from home for patients.

How can my family help me in my recovery?

Your family can support you in your recovery by helping you complete the exercises and tasks you have been set by your therapists, and by encouraging you to be independent and do as much for yourself as possible, however small.

Getting ready to leave hospital

We start planning for your discharge from hospital from the first day you arrive on the unit. We will talk to you and your family about any on-going rehabilitation or support you will need when you leave hospital and help you decide what will benefit you the most.

Sometimes we may suggest that you may benefit more from being in a residential or nursing home, or a hospice rather than your own home, but you will make the final decision about where you go to after leaving hospital.

The hospital team works closely with community nursing and therapy teams to make sure you can be discharged from hospital safely as soon as possible with the support you need.

Support when you have left the hospital

If you will benefit from on-going rehabilitation when you are discharged the hospital team will organise further support for you. You can receive support from:

- Community nurses
- Social workers
- Occupational therapists
- Physiotherapists

If you live in Sandwell you can also receive support from the Early Supported Discharge Team which provides extra support to enable you to be discharged from hospital as soon as possible.

You will also be given contact numbers for any services you are referred to.

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Information and advice for patients

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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