

Welcome to Ward C6, Midland Metropolitan University Hospital

Information and advice for patients

Stroke and Neurology

We are a team of healthcare professionals, including doctors, nurses, healthcare assistants, physiotherapists, occupational therapists, speech and language therapists, psychologists, dieticians, and rehabilitation assistants.

We work with you and your family to provide high quality care, rehabilitation and discharge planning following a stroke or other neurological event.

Visiting Times and Mealtimes

Visiting hours are from 11am to 7pm daily.

Visits outside these hours need approval from the ward sister.

Please limit the number of visitors to a maximum of 2 at any one time.

Mealtimes are between 12:30pm to 1:30pm and 5pm to 6pm daily.

We encourage carers and families to assist with mealtimes for patients that require assistance. Maximum of 1 visitor during mealtime.

What can I expect during my stay?

Once admitted to C6, the medical team will see you each morning during the week and update you on medical issues. You will also have a Physiotherapist; Occupational Therapist and a Speech and Language therapist assess your needs and create a plan tailored to your individual goals. We will work with you with the aim to regain as much independence as possible in the activities which are important to you and support you to go home safely.

Small things can go a long way with improving your independence. Once you can get out of bed into a chair it is important to aim to complete this daily. You will be encouraged to keep active and the whole multi-disciplinary team will support with this.

Communication

If you are unable to provide updates to your friends/relatives, your family can contact the ward or speak to the team when they visit. We request that 1 family member contacts the ward and feeds back to others, as we cannot give multiple updates to different family members throughout the day.

What can I bring with me?

Whilst you are on the ward, we encourage you to wear your own clothes. We suggest you or your visitors bring the following items that you would normally have or wear:

- Your own clothes.
- Toiletries.
- Shoes (with backs).
- Glasses, hearing aids (including batteries) and dentures.

We also encourage items such as reading books, magazines, word searches, tablets (including chargers). Please speak to the therapy teams if you have any questions about this or items to help with recovery.

How can family/ friends help?

When they visit friends and family can help you recover by doing some of the following:

- **Orientation:** re-orientate by discussing the date, day, where you are, reason for admission whenever possible
- **Inattention:** ask visitors to sit on the side of you that you pay less attention to as this will encourage you to become more aware.
- **Stretches/ exercises:** as recommended by the physiotherapist.
- **Communication strategies:** as recommended by the speech and language therapist.
- Promote independence when possible and safe to do so.

The Multidisciplinary Team

Medical Team

The medical team will check your condition. They will arrange scans and tests and prescribe the right medication for your treatment plan.

Nursing team

The nursing team will help with your personal care, nutrition, mobility, and medications. They will also check your condition throughout the day. The nursing team is available on the ward 24 hours a day. If you have any concerns, please let them know.

Occupational therapy

The occupational therapy team will help you understand how your stroke affects your ability to do tasks like personal care, meal preparation, and shopping. They will make suggestions to help you overcome the difficulties.

Physiotherapy

Physiotherapists will check your movement, including sensation, coordination, strength, mobility, and balance. If needed they will create a plan to help regain your independence. Therapy assistants will help with exercises and treatments.

Speech and Language

The speech and language therapy team will help you with swallowing and communication. They will check how well you understand and use language, and how clear your speech is. The team will find out what you need and make a plan to help you, which can continue in the community if needed.

Dieticians

Our dietitians are here to help you eat healthy and set personal nutrition goals. If you have changes in appetite, lose weight without trying, need different food textures, or need help with tube feeding, we are here to support you.

Clinical psychology

The psychology team can help you understand and manage your feelings after a stroke. It's normal to have strong emotions in the first few weeks and months. If psychology input is needed, the psychologist will talk to you to find the best ways to support you and give advice on how to handle any problems you might have.

Please use the QR code to the left to watch a video summary of the Stroke Pathway or use the web link: <http://bit.ly/4oPBmBW>



Discharge from C6

As soon as the medical team say that you are medically fit, the therapists will start to plan for your discharge. Sometimes they will start these discussions a few days before you are medically well enough to leave the hospital.

The therapy team will go through the appropriate discharge options that are best for you. We always strive for a "home first approach" to discharge if this is a safe option for you, but if your symptoms are more severe and more support is needed, there are other options such as rehab at Rowley Regis Hospital.

Depending on where you live will determine the discharge options as Sandwell and Birmingham have different Stroke pathways. The therapy team will be able to go through this with you. If you need ongoing therapy input at home, the therapists will refer you to the appropriate community team.

Contact us

C6 ward contact numbers are as follows:

Ward Clerk - 0121 507 3366

Main desk - 0121 507 2901

Feedback

How was your stay on ward C6 at MMUH?

We would love to hear your feedback, good or bad.

Please complete the Patient Experience Questionnaire by using the QR code or visiting <http://bit.ly/4mPf6WT>



Useful contact details		
Sandwell Assist- Sandwell adult social care + home adaptations	0845 352 2266	www.sandwell.gov.uk
ACAP- Birmingham adult social care + home adaptations	0212 303 1234	www.birmingham.gov.uk/adults
Welfare Rights- financial support	0121 569 3158	https://www.welfarerights.net/
ICSS- Sandwell integrated community stroke service	0121 507 4486	
Birmingham community stroke team- Birmingham Stroke rehab	0121 466 2213	https://www.bhamcommunity.nhs.uk/patients-public/rehabilitation/community-stroke-service/
Stroke outreach nurse - (SONS) Sandwell	0121 507 3366/ 0121 507 2901	
Community pendant alarms Sandwell	0121 569 6800	www.sandwell.gov.uk
Community pendant alarms Birmingham	0121 303 1234	www.birmingham.gov.uk
Stroke Association- stroke charity, good resources and support groups	0303 3033100	www.stroke.org.uk
Headway- "improving life after brain injury"	0808 800 2244	www.headway.org.uk
Different Strokes – Support for stroke survivors	0345 1307172 01908 317 618	www.differentstrokes.co.uk
ICares- community nurses, therapists for Sandwell residents	0121 507 2626	www.swbh.nhs.uk
SPA Birmingham - community nurses & therapists	0300 555 1919	www.birminghamcommunity.nhs.uk

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



A Teaching Trust of The University of Birmingham

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

© Sandwell and West Birmingham NHS Trust

M8507

Issue Date: December 2025

Review Date: December 2028