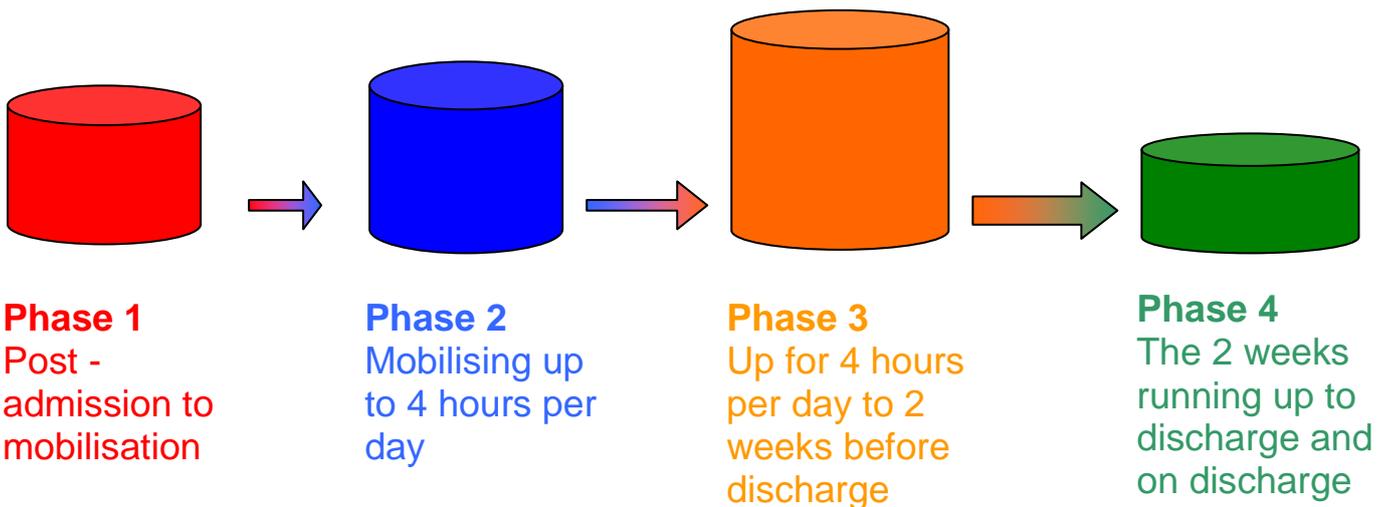


PHASE 1

REHABILITATION MILESTONES

The Multidisciplinary Staff of the Spinal Treatment Centre have created a Rehabilitation Milestone guide for all patients admitted to the Centre.

There are 4 Rehabilitation Phases:-



Each patient on admission is given a copy of the Rehabilitation Milestones. This informs the patient about the Phases of Rehabilitation and what he/she can expect from the Multidisciplinary Team, within each phase, working towards their discharge. There is also a copy of the Rehabilitation Milestones on each Ward Notice Board. Throughout the patient's stay he/she is encouraged to participate in planning and reviewing his/her goals of rehabilitation. At the patient's Goal Planning Meetings realistic, timely goals are set, in conjunction with the phase of rehabilitation that he/she is in. Goals are set to be worked towards and achieved prior to the next meeting, 4 weeks later.

What can be expected?

PHASE 1 Post - admission / Pre - mobilisation

This is a phase of introduction and assessment by all members of the Multidisciplinary Team. It might be a matter of just a few days or a 6 week period in a flat position (recumbent rehabilitation) to maintain spinal cord blood supply and promote healing.

Patients are allocated their Primary Care Team. Management plans are created for the patient and a Goal Planning Meeting date is identified. Diagnosis is discussed with the patient and a daily clinical review is undertaken by the medical staff.

The patient's General Practitioner and Clinical Commissioning Group are informed about the patient's situation and referral is made to the local Social Services or the Housing Department, if appropriate. Specific care is implemented, for example food charts, hand splints or a change in bladder management.

The patient is introduced to his/her education plan, which consists of staff working with him/her on the Patient Learning Plan as well as he/she attending the formal taught sessions of the Patient Education Programme. This, and other general information, is included in the patient's information folder given to him/her on admission.

Preparation is also made for mobilising the patient into a wheelchair with a pressure relieving cushion.