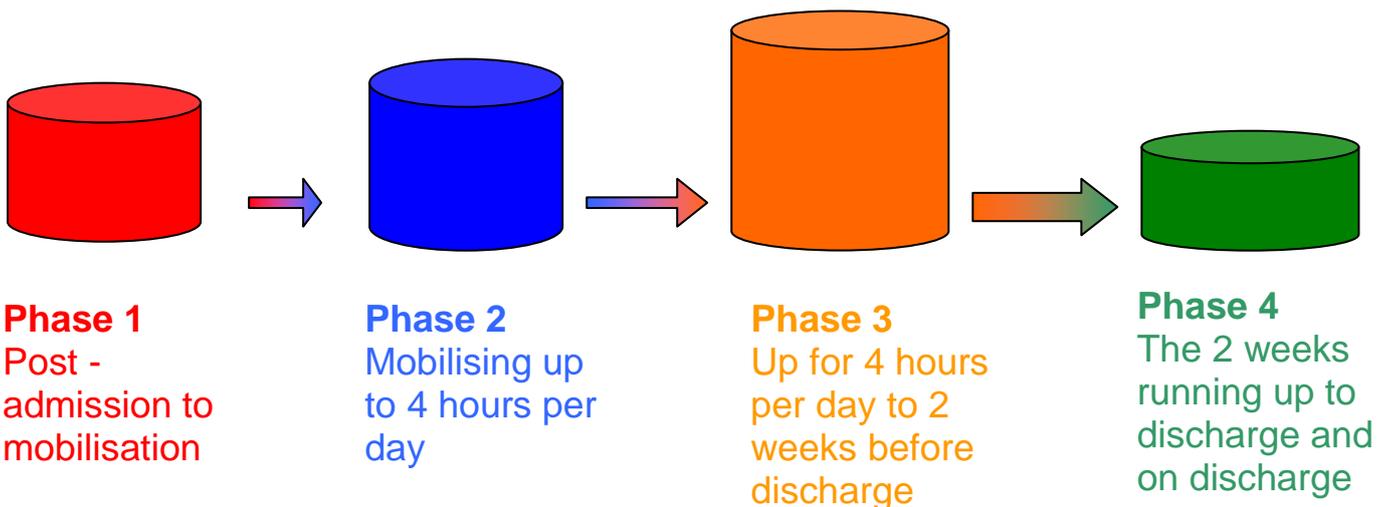


PHASE 3

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

What can be expected?

PHASE 3 Up 4 hours a day to 2 weeks before discharge

This may be the longest phase of the patient's rehabilitation, lasting for several weeks. During this phase the patient's psychological state continues to be monitored and support is offered by the Centre's staff and/or Clinical Psychology.

The Patient's Education Plan is followed, including daily input in the ward, as well as attendance at the Patient Education Rolling Programme and the Pressure Clinic education sessions about skin care, pressure ulcer prevention, and care and maintenance of the pressure relieving cushion. There is a drop in clinic for patients to monitor their weight.

Medical staff continue with their weekly patient reviews identifying any necessary further treatment and X-rays such as an X-ray 2 weeks after mobilising. Long term bladder and bowel management is finalised, with requests made for any further investigations such as videourodynamics (bladder studies) or surgical procedures such as cystoscopy (looking into the bladder), or insertion of a supra pubic catheter. Further review of medication is done and self-medication education and training, if appropriate, is completed by the patient.

If the patient needs to have long-term ventilation, discussion with, and assessment for the patient's local Clinical Commissioning Group is ongoing to address funding. Equipment is purchased and training continues with carers and family.

Education with the nursing staff focuses on all aspects of bladder, bowel, hygiene, skin management and self-medication. If appropriate, patients are taught to turn themselves. Assessment is undertaken with regards to the type of pressure relieving mattress that is required or any additional equipment that may help the patient to turn in bed. The patient should be able to undertake or direct his/her care once he/she has completed Phase 3 of the rehabilitation.

Therapy includes a posture and seating assessment for the patient, with the development of appropriate wheelchair skills and wheelchair clinic attendance. Physiotherapy and Occupational Therapy goals, with regards to functional ability, are worked towards. This may include functional support such as using an orthosis or attending hydrotherapy. After a 'safety assessment' of the patient in his/her wheelchair has been undertaken he/she will start going on trips out of the Centre, into town or visits out with the Recreational Assistants. Additional advice or information on driving, transport and employment can be discussed. During this phase the patient may undertake a 'home visit', or experience time spent away from the Centre on weekend leave or in the Activities of Daily Living Flat with family or friends.

Liaison continues with outside agencies, such as Wheelchair Services, Clinical Commissioning Group, Community Physiotherapy, Community Occupational Therapy, for funding and equipment, and with the District Nurse to arrange care and equipment for weekend leave.

The 2nd Goal Planning Assessment is completed to identify any outstanding rehabilitation goals as well as the Continuing Health Care assessment for ongoing complex health requirements.