

## Stroke research

Our unit is a research active ward, to support the care of patients who have a Stroke or T.I.A (Trans Ischaemic Attack) to improve nursing and medical care for the future.

## Your discharge

When you are admitted you will be given a Predicted Date of Discharge (PDD). This is subject to change as there are often times when you may require further investigations or you may require further input or assessment by **Social Workers** or **Occupational Therapy**.

Once a discharge date is set, you and your relatives will be informed in advance where possible.

**Pharmacy** will ensure you have sufficient amounts of medication to take home with you. Our **doctors** will complete your Discharge Papers, otherwise known as an E.D.D. (Electronic Discharge Document). This will be sent to your GP to notify them of your discharge from us and any change in medication. We appreciate that you may not always have someone to take you home. We do have a transport service available for these occasions. A member of staff will ask you if you require transport and if so they will book it for you.

You may be assessed for suitability for **A.D.S.S** or **LRS (Lincs Re-enablement Service)** on discharge. The A.D.S.S team work with the stroke services in hospital to enable you to have an earlier discharge. This service will enable you to continue your treatment at home including **Physiotherapy**, **Occupational Therapy** and **S.A.L.T**. This will last up to 6 weeks. The LRS offer a short term home care service.

## Useful contacts

### The Stroke Association :

www. Stroke.org.uk  
Stroke Helpline : 0303 3033 100

### Assisted Discharge Stroke Services :

01522 574181

### Phoenix Stop Smoking Service :

Head Office : 01522 574200

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

Issued: August 2018  
Review Date: August 2020  
ULHT-LFT-1852 Version 2

# Welcome to the Stroke Unit

Pilgrim Hospital  
Telephone 01205 445657  
Visiting Times 12.30pm to 8.00pm daily

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## Our team

<b>Consultants:</b>	Dr D Mangion Dr S Markova Dr K Jergovic Dr Constantin
<b>Matron:</b>	Maxine Skinner
<b>Ward Sister:</b>	Anne-Marie Palmer
<b>Deputy Sisters:</b>	Chelsey Housham

**Lead Occupational Therapist:**  
Mandy Fitzsimmons

We also have other members of the multi-disciplinary team including:

**Staff Nurses/Trainee Nurse Associates**  
**Health Care Support Workers**  
**Assistant Practitioners**  
**Dieticians**  
**Speech and Language Therapists**  
**The Stroke Association**  
**A.D.S.S. (Assisted Discharge Stroke Services)**  
**Pharmacists/Pharmacy Technicians**  
**Social Workers**  
**Ward Clerks**  
**Housekeeping Assistants**

We also have students on placement who are involved in your care under supervision of a qualified member of staff. They may be in their first year, second or third year, but your consent will be gained before they carry out any form of treatment or care with you.

## Our ward/our philosophy

The ward is a 28 bedded unit and aims to provide specialist hyper-acute care and rehabilitation to stroke patients as early as possible.

Patients are admitted directly from A&E in most cases. They are assessed for suitability of thrombolysis prior to admission to the ward.

We have a dedicated team of nurses and therapists on the ward and we work together to ensure each patient receives their best chance to regain their maximum abilities.

Our Nursing Philosophy of Care is based on our values of quality, dignity, respect and commitment.

Our goal is to provide a multi-disciplinary approach to stroke care. To plan and provide skilled care based on our patients' individual needs, that will achieve an optimum level of health and recovery, or where this is not possible, support a peaceful and dignified death.

We respect the cultural and spiritual beliefs and backgrounds of all patients and incorporate this in their plan of care. This can be provided by our hospital Chaplaincy team.

We respect the patients' right to autonomy, ensuring they are supported to participate in and make informed choices about their care and decide with whom information will be shared.

We aim to create a work climate that values evidence based nursing practice, commitment to on going education and personal development and research, leading to continued improvement in Quality and Standards of Care.

## Your stay

Whilst on the Stroke Unit, you may require therapy from any of our varied multi-disciplinary team. These include:

**Physiotherapists** - The aim of the physiotherapists is to work on areas such as muscle strength, balance and standing as well as transferring on/off your chair or bed and walking. They will assess you for any aids you may require to mobilise/transfer safely.

**Occupational Therapists (OT)** - They will assess how a stroke has affected your ability to carry out activities and find out what you want and need to achieve. The Occupational Therapist will develop a plan with you to help you overcome these barriers and suggest alternative ways of doing things, regaining lost skills or learning new skills to help you to get the most from life and remain independent.

**Dietician** - They will assess your nutritional intake and offer dietary supplements if required and are there to offer help and support to you to achieve your full nutritional intake to aid your recovery.

**Speech & Language Therapists (SALT)** - Following a stroke the ability to speak, understand, read and write may be affected. These therapists will work with you as required to help you regain these abilities as much as possible. They may also offer other ways to communicate to staff and family/friends such as drawing, writing or simple gestures. They also help with complex swallowing difficulties and will often suggest a suitable alternative diet for mealtimes.