

Lincolnshire Specialised Rehabilitation Medicine Service

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Aim of the patient information

The patient information leaflet aims to provide you with information about the services provided by the Lincolnshire Specialist Rehabilitation Medicine Service.

Introduction

Rehabilitation Medicine is dedicated to the assessment and management of people with recent and long-term neurological conditions. Rehabilitation is a multi-disciplinary team process provided in a variety of settings including inpatient, outpatient clinics and in the community. The aim of rehabilitation is to reduce the impact of disability, enhance independence, prevent complications and promote a healthy lifestyle.

Referrals

Referrals for inpatient rehabilitation, outpatient consultation or outreach services will be received from hospital consultants, general practitioners and other healthcare professionals.

Inpatient facilities

Inpatient rehabilitation is available at Ashby Ward, Lincoln County Hospital. This is a specialist ward with 18 rehabilitation medicine beds. Patients admitted have a range of neurological conditions such as multiple sclerosis or acquired brain injury. Patients will be assessed and provided with a treatment plan according to their abilities and needs. Patients should be medically fit, motivated and capable of participation in a rehabilitation programme.

The Rehabilitation Programme is likely to include Physiotherapy and Occupational therapy along with other therapies as needed.

Physiotherapy

The Physiotherapists on Ashby Ward offer a range of evidence-based interventions depending on the patient's clinical needs and goals.

Physiotherapists have skills in promoting physical activity, reablement and empowering individuals through self-management skills.

Treatment may include use of standing frames, tilt table or parallel bars, gait re-education, task specific training and falls management.

Family members/carers are encouraged to attend physiotherapy sessions as appropriate.

Occupational Therapy

Accidents and illnesses can turn everyday activities into challenges which reduce independence and undermine our sense of identity. Occupational therapists recognise that being able to perform these daily activities is crucial to health and wellbeing and aim therapy towards empowering people to be active participants in their own lives. To the profession, **occupation** means all the activities and roles a person undertakes, enjoys and values.

The goals of occupational therapy intervention are to:

- **promote** performance of desired occupations
- **prevent** problems in performance of occupations
- **resolve** identified problems in performing occupations

Occupational therapy intervention can target:

- the **person** (restoring/establishing skills eg building the stamina to self-care following illness)
- the **environment** (compensating/adapting eg using assistive equipment)

Occupational Therapy helps to find the **best fit** between you, your environment and your desired occupation (eg adapting environment whilst building new skills to support your strengths, whilst minimising your restrictions).

Outpatient clinics

Outpatient consultations involve assessment and management of new patients and those patients receiving follow up care by the service to monitor progress and prevent long term complications.

General neuro-rehabilitation clinics are held in Lincoln, Louth, Boston and Grantham. Specialist clinics include spasticity, head injury and joint neurorehabilitation/orthotic.

Rehabilitation Medicine Community Outreach Service

The community outreach rehabilitation team provides a county-wide service to people with a long-term condition or following major trauma who have complex rehabilitation needs. We offer advice, information and support to patients and their families. Team members include clinical nurse specialists, specialist occupational therapist, specialist neuro-physiotherapist and rehabilitation assistant.

The Rehabilitation Medicine Service has strong links with a range of allied services for support in the ongoing management of people with long term neurological problems.

Dietetics

A senior dietician will see inpatients referred for dietetic assessment and treatment. Patients may continue to be offered dietetic support as outpatients or for those who are discharged on enteral (tube) feeds, support will be offered by the home enteral feeding dietetic team.

Wheelchair Services

The Lincolnshire Wheelchair Service provides a comprehensive wheelchair service for people who have problems with mobility, including the assessment, provision and maintenance of wheelchairs, pressure relieving cushions and associated special seating. Eligibility criteria for different types of equipment are available on request. Written referrals are accepted from healthcare professionals and social service occupational therapists, using the wheelchair service referral forms.

Electronic Assistive Technology

The Electronic Assistive Technology (EAT) service supports people with severe physical disability providing equipment to control aspects of the home environment, including security, access control, telephone communications, home entertainment, computer access and supporting the Speech and Language Therapy Service to provide communication aids.

Speech and Language Therapy

Lincolnshire Adult Speech and Language Therapy Service provides assessment and therapy for adults with communication and swallowing difficulties in various settings.

- During an inpatient admission to hospital.
- In outpatient clinics based in the acute and community hospitals within Lincolnshire. Transport may be available for hospital-based clinics where patients are unable to use public transport.
- In community clinics.
- Where clinically appropriate we may be able to provide home visits to see patients in their own homes, or to visit patients at nursing and residential care homes.

We provide assessment, therapy and support for adults over 18 years of age with communication and/or swallowing problems. These difficulties may be due to:

- traumatic brain injury
- neurological conditions
- progressive neurological conditions
- stroke
- dementia (swallowing only)
- head and neck cancer
- physical disabilities
- other medical conditions

<https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/adult-therapy-services/adult-slt>

Ashby Ward: 01522 572380 (Countywide hub: 01778 426149)

Social Services

The Rehabilitation Medicine Service works in liaison with Social Services to help people leave hospital and to provide support in the community through arranging care packages and assessment for equipment and home adaptations.

Neuropsychology

The Lincolnshire Partnership Foundation Trust Neuropsychology Service works closely with our colleagues in Rehabilitation Medicine. Neuropsychology is about how our brains impact on thinking skills, abilities, and behaviour. Changes in how we think, feel, and function, are common following brain injury and illness, and can affect all parts of life including relationships, work and education.

For more information, please refer to the Neuropsychology Service website:

<https://www.lpft.nhs.uk/our-services/adults/neuropsychology>

Telephone: 01522 508323

Artificial Limb Services

The Artificial Limb Service is provided by the mobility centre at Nottingham City Hospital offering a local service for lower limb amputees from North Lincolnshire and Skegness. The service provides assessment for the measurement of artificial limbs for new amputees and the review of established amputees. More complex assessment for lower limb provision and upper limb fitting is currently provided at the mobility centre.

Orthotic Service (Surgical Appliances)

The Orthotic Service provides an assessment for specialist appliances (orthoses) in the management of physical disability such as footwear products, limb splints, provision of protective helmets and neck supports. The service provides local general orthotic clinics and specialist paediatric and rehabilitation orthotic clinics. Referrals are accepted from designated healthcare professionals following eligibility criteria.

Contact information

Ashby Ward - Lincoln County Hospital
Medical Secretaries - 01522 573926/27/28

Community Outreach Team - Lincoln 01522 573698

Community Outreach Team - Grantham
01476 5464971

Lincolnshire Wheelchair Service
Millbrook Healthcare

Telephone: 03332 400101

Fax: 03333 210 020

Neuropsychology - Tel: 01522 573696

Electronic Assistive Technology

Tel: 01522 697282

Fax: 01522 694110

Available 9.00am to 5.00pm Monday to Friday

Rehabilitation Medicine Service

c/o Occupational Therapy Department
Lincoln County Hospital

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www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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