



St. Joseph's Hospital Rehabilitation Unit



Springdale Road, Raheny, Dublin 5

Welcome to St. Joseph's Hospital

The St. Joseph's Hospital campus is based in Raheny and provides specialist care of the elderly services within Beaumont Hospital.

The purpose of the rehabilitation unit is to assist patients to reach their full potential through a multidisciplinary team approach by delivering the highest quality and standard of care for all their patients.



The team consist of:

			
Clinical Nurse Manager CNM	Nursing staff	Student nurse	Healthcare assistant
			
Doctors	Pharmacy	Speech & Language Therapy	Dietician
			
Occupational Therapy	Physiotherapy	Medical Social Work	Rehabilitation assistant
			
Portering	House hold & cleaning	Cleaning	

What is rehabilitation?

The process of rehabilitation involves you and the multidisciplinary team working together to:

- Regain as much independence as possible
- Relearn skills you may have lost
- Learn new skills that may be helpful
- Find ways to adjust to life following your illness

Facilities

Facilities include:

- A dining area
- A kitchen used for therapy activities
- Sitting room
- Rehabilitation gym
- Garden
- Canteen open from 9am to 2 pm
- Vending machine
- Chiropody (details on ward)



Medical Consultants

The rehabilitation unit is under the care of a team of geriatric consultants which includes:

- Professor Alan Moore
- Dr Michelle O'Brien

Nursing Staff

The nursing team is led by the Clinical Nurse Manager (CNM) and provides care to all patients on the rehabilitation unit, 24 hours a day, 7 days a week.

Providing a therapeutic environment ensures patients recovering from an acute illness or managing a chronic medical condition can reach their full potential and achieve goals to enable you to return home. The nursing staff on the Rehab unit have vast amount of experience to assist you with many aspects of your care needs during your stay. We work closely with you in areas such as activities of daily living, managing your medication, wound management and can advise about options when planning for home. The nursing team will work closely with all members of the multidisciplinary team to help you towards a speedy recovery.

Healthcare Assistants

The Healthcare Assistants work under the direction of the nursing team and CNM. They will help you and encourage you to do daily tasks for yourself as you progress through the rehabilitation process.

Physiotherapy

The goal of physiotherapy is to maximise your physical function and independence. Your Physiotherapist will assess and treat problems you may have with:

- Mobility (walking)
- Getting on/ off chair and in/out of bed
- Balance
- Coordination
- Upper and lower body movement/ strength
- Participating in your hobbies
- Overall fitness



Occupational Therapy

The OT will review your ability to manage different everyday tasks such as

- Thinking skills (e.g. memory, concentration)
- Getting on/ off chair, toilet and bed
- Self-care activities including toileting and showering
- Kitchen tasks
- Other activities such as managing money, driving and leisure
- Advice & equipment to optimise your home environment

Speech and Language Therapy

- If relevant, the Speech and Language Therapist will meet with you to discuss any difficulties you may be having with speech, language, voice, eating, drinking and swallowing.
- The goal of Speech and Language Therapy is to maximise your communication and swallowing abilities.

Medical Social Worker

- The social worker offers emotional support to you and your family/carers throughout the rehabilitation process.
- He/she coordinates an assessment of your care needs and where required, organises services to help with your discharge plan.
- When other personal issues arise e.g. bereavement, the social worker can provide counselling or refer to a community counselling service.
- The social worker can also provide information and advocate on issues such as housing, welfare entitlements and access to community resources.

Dietitian

- Nutrition is very important for everyone during Rehabilitation. It enhances your recovery after being unwell and it improves your rehabilitation potential, in conjunction with exercise performed with the Physiotherapist.
- The Dietitian will provide you and your family with dietary education where necessary. The Dietitian liaises with the Catering Department to ensure everyone's dietary requirements and preferences can be met on the ward.

Pharmacy

- The Pharmacist is available with the Rehab unit to review your current medication regime and to offer advice and make recommendations if necessary.
- The Pharmacist works closely within the multidisciplinary team and is involved in teaching patients and their families regarding their medications.
- If you are going on overnight or weekend leave the Pharmacist will arrange for your medication to go with you for that period of time.

Rehabilitation Assistants

The Rehabilitation Assistants work with the therapists to deliver individual treatment programmes. They are a very important member of the team ensuring you get lots of practice time. This can be on the ward, in the gym, or going out doors sometimes.

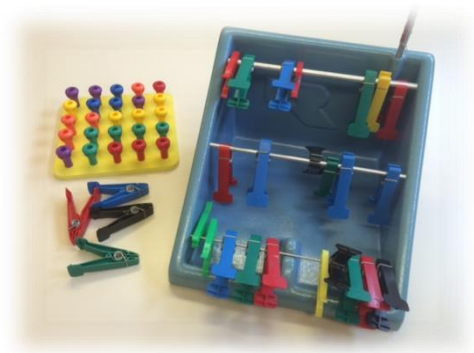
What will happen during my rehabilitation?

To begin with we will take time to get to know you and your needs. The team will identify specific areas that you are having difficulty with and will then develop a rehabilitation plan with you and your family. This plan is reviewed regularly.

We have a “24hour rehabilitation” ethos. Rehabilitation is not just what happens ‘in the gym’. You will also be encouraged to practice the skills you learn in therapy, during your daily routine, outside of therapy times and at weekends. The nursing staff and healthcare assistants, as well as your family, can help you to do this.

Your consultant will review your progress with rehabilitation regularly and will discuss this with the members of your therapy team at weekly progress meetings. Your Consultant is available after these meetings, by appointment only, to discuss any concerns with you and your family.

As you progress throughout your rehabilitation, we may encourage you to go out on weekend day leave or overnight stays at home. This will help with the transition back home.



What should I bring?

A wardrobe and locker will be provided at your bedside, where you can store your personal property. We ask that your family and friends please take care of your laundry needs.

We recommend you bring the following:

- Loose fitting tracksuit bottoms, slacks or skirts
- A loose fitting warm jacket
- A range of jumpers and t-shirts
- Sufficient underwear, socks, stockings and/or tights
- Flat well fitting comfortable shoes
- Pyjamas or night-dress
- Dressing gown and well fitting closed slippers
- Glasses and/or Hearing Aids
- Any specialised splints, shoes, walking aids or cushions; carefully labelled with your full name



The following toiletries are recommended:

- Toothbrush and toothpaste
- Dentures, denture tablets and adhesive creams
- Shower gel or soap
- Shampoo
- Comb or Hairbrush
- Razors
- Deodorant



Please also feel free to bring in any items that may be related to a personal interest or hobby so that we can incorporate this into your rehabilitation.

How long will I stay?

The length of your admission will be planned with you and your family. You and your family will be given a predicted date of discharge. The predicted date will be reviewed regularly. If for some reason there is a delay in your discharge you may be required to move to another site (this could be Beaumont Hospital or another interim care facility). If you need acute hospital care, we will arrange for you to be transferred back to Beaumont Hospital.

Planning for my Discharge

Your discharge will be carefully planned and this begins early in your stay. Where appropriate, we may have a care planning meeting involving you, your family and members of the team.

In advance of your return home, the team may also wish to complete a home assessment. With your permission and involvement, we may wish to refer you to local community services.

A discharge summary and prescription will be sent to your GP and pharmacy and a follow up appointment may be made for you to see your Consultant.

Mealtimes and Visiting

Visiting time is regarded as an important part of the day. However, patients also require quiet times. Please show consideration for all patients by reducing noise level, respecting privacy, and limiting the use of mobile phones. Daily visiting is from 2.00pm - 4.00pm and 6.00pm - 8.00pm. Only two visitors are permitted per patient at the same time.

Visiting is discouraged at meal times which are:

- **Lunch Time:** 12.00pm - 1.00pm
- **Evening Meal:** 4.30pm – 5.30pm.

Visitors who wish to see patients outside of these hours should request permission from the CNM.

Smoke Free Campus Policy

St Joseph's Hospital and grounds is a smoke free campus. We kindly ask that patients and visitors do not smoke on the hospital campus.

Useful Contact Numbers

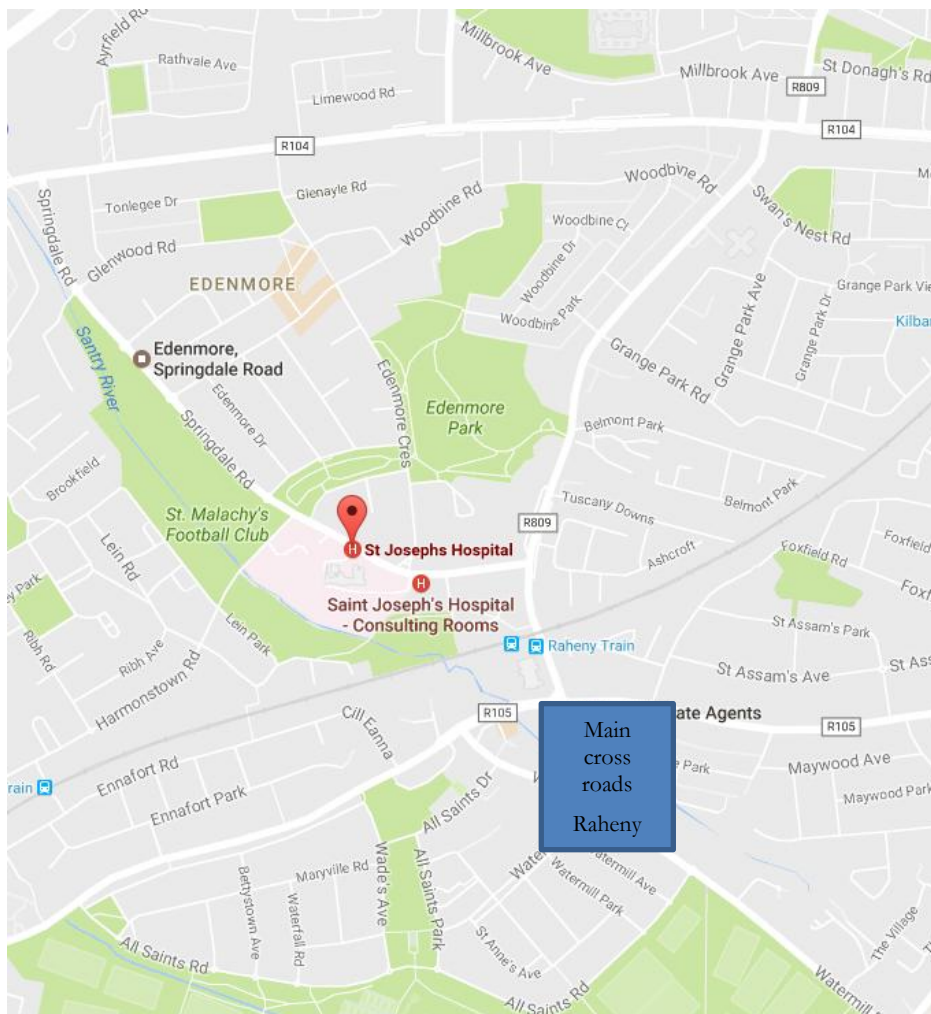
Main Hospital Reception	01 8774903
Nurses Station on the ward	01 8774915
Rehabilitation Gym	01 8774960
Medical Social Worker	01 8774912
Speech and Language Therapy	01 8774910

Getting Here

St. Josephs Campus is located on the corner of Springdale Road and Harmonstown Road. The eir code is D05 W504. It is within walking distance from the Raheny Dart station and various bus stops.

Car Parking

Parking for patients and visitors is available on the St Joseph Hospital grounds. Cars are parked at owner's own risk.



Notes

[illegible]

