

Stroke Unit

Welcome to the Stroke Unit. In this section, you will find information for you and your family, friends and carers about your stay with us.

Introduction

The Stroke Unit has twenty beds dedicated to the assessment and management of patients who have had a stroke. It is located on Keats Ward, Level 6 of Esher Wing.

The aim of your stay here is to help you achieve the best possible recovery, through:

- Assessment, investigation & management of the reasons for your stroke
- Commencing the process of rehabilitation when appropriate
- Encouraging physical and psychological independence
- Assessing the need for ongoing rehabilitation
- Liaison with community services when further care is needed on your discharge

The Team

A team of professionals with specialist skills in stroke will provide your care.

- The **doctor** arranges for you to have tests to confirm the diagnosis and identify the appropriate treatment. They work with you to minimise the risks of this happening again.
- The **nurses** assist you to maintain your independence in carrying out your daily activities. These include taking your medication, getting washed and dressed, using the toilet, and assisting you to move in or out of bed.
- The **dietitian** assesses if you are eating and drinking enough to help you recover. If you are unable to eat and drink enough, they are able to suggest various ways to try to improve this.
- The **discharge co-ordinator** helps organise your timely and seamless transfer into the community.
- The **physiotherapist** helps you to overcome the movement difficulties you may have as a result of the stroke. These may include weak muscles, stiffness in muscles, or poor co-ordination of movements or balance.

Discharge Coordinator

Angela Roberts
bleep 508

Dietitian

Sarah Mills
Extension 3433 or bleep 473

Occupational Therapists

Christine Mithen
Helen Burnham (bleep 754)
Emma Cornwall (bleep 753)

Extension 2518, 2025

Physiotherapists

Olivia Frimpong
Nik Raja
Extension 2025 or bleep 495

Speech & Language Therapist

Annie Fairhurst

Brigid Jackson (bleep 334)
Extension 3478

- The **occupational therapist** helps you relearn the skills needed to perform your everyday activities and maximise your independence. When difficulties persist, they may encourage you to use new pieces of equipment, adapt your environment at home, or find different ways of doing tasks.
- The **speech and language therapist** assesses your swallowing and gives advice on how to avoid food and drink going down the wrong way. They will also assess your speech and language if you are having difficulties communicating and will provide advice to you, your family and the rest of the team on how to help

You may need to spend time with one or many of these health professionals. They will each perform their own assessment. Any information you can give about how things were before your stroke as well as what you feel your main problems are since your stroke would be very helpful and may speed up the assessment process.

There are times when we have students who may be involved with your care under the supervision of their senior professionals. If you do not wish to be seen by them, please do let us know.

Rehabilitation

Your therapy begins as soon as possible. The team will work with you to achieve set goals.

There may be a number of different therapists working with you at different times. You will find their contact details on the last pages of this section.

While you are here, you are encouraged to carry out therapy exercises and activities on your own. Your therapist will go through these with you during your therapy time.

You are also encouraged to maintain as much independence as possible. Having your personal items such as clothes, slippers, shoes & toiletries brought in is recommended.

If you have family or friends visiting you, they can play a valuable role in your recovery. Please ask one of the therapists for advice on how they can be involved.

If you need help during meal times and you would like your family or carers to assist you, please let the nursing staff know and we will arrange for them to be present during these times.

How to Contact Us

Stroke Unit
Keats Ward - Level 6 Esher Wing
Kingston Hospital
Galsworthy Road
Kingston-upon-Thames
Surrey
KT2 7QB

Tel: 020 8546 7711 extension 2697 or 2025

Your family may ring these numbers to speak to the members of the multi-disciplinary team, preferably after 11:00 am.

Stroke Consultants

Dr Lillian Choy
Dr. Robin McNabb
Extension 2276 or 2767 (Secretary's Office)
You may also ring the ward after 2:00pm to speak to members of their team.

Ward Sister

Julie Drabwell
Extension 2697 or 2025

Keyworker Scheme

In order to facilitate communication between patients, families and the multidisciplinary team, we allocate one therapist to each patient as their keyworker.

Your keyworker is

Your keyworker is you and your family's first point of contact if you have any questions.

Your keyworker is a source of information that you may need about your stay in hospital and your rehabilitation. If they do not have the answers to your questions they will find out for you.

Your keyworker will discuss your goals with you. They may also ask to meet with your family or carers to discuss your care and future plans.

Your keyworker will keep track of your rehabilitation progress and feedback to the rest of the team.

Discharge Planning

Once the doctors have done their investigations and decided treatment and the therapists have carried out their assessments, a decision will be made about what happens from here. There are a few options:

- If therapy assessments show that you can manage at home then you will be discharged home from here. Community or outpatient therapy services can be arranged if required to further improve your ability to move and perform daily activities.
- If therapy assessments show that you need ongoing rehabilitation, we will arrange for you to be moved to the appropriate hospital local to you.
- If the stroke is severe, going home or going for further rehabilitation may not be an option. The team will then work with you to find a more suitable place to live in and be cared for.

In some instances you will be moved out of the Stroke Unit onto a medical ward. Please understand that this is necessary to free up a bed for someone else who may have had a stroke and needs the same focussed care that you received initially.

Other Useful Information

Pastoral Care

If you would like to see a religious leader of any denomination, please let the nursing staff know and they will try and arrange for someone to visit. Your own religious/spiritual leaders are welcome to visit you at any time.

Interpretation Service

Please inform a member of staff if you require interpretation services during your stay. If you require this leaflet in your own language, enlarged print, Braille or on audiotape, please call 020 8934 2003.

Protected Meal Times are observed to enable patients to enjoy their meals and for staff to assist those needing help with feeding. Relatives and friends are discouraged from ringing at these times: 12:00 – 1:00 pm and 5:30 – 6:30 pm. Special diets can be catered for on request.

Visiting hours are 2:00– 4:00 pm and 6:00– 8:00 pm. If you wish to visit out of these hours, please speak to the Sister-in-charge.

Mobile phones should only be used outside of ward areas.

Please be aware that Kingston Hospital operates a **no-smoking policy**.

Further information on stroke is available on the Stroke Association website, www.stroke.org.uk. Copies of some of their leaflets are also available on the ward.

Comments

We value your feedback on your stay on the Stroke Unit. Please send your comments and suggestions to our ward sister who will pass on the information to the relevant staff concerned.