

An introduction to the Princess Royal Spinal Injuries Centre



Information for patients, families and carers

Spinal Injuries



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



The Princess Royal Spinal Cord Injuries Centre

The Princess Royal Spinal Injuries Centre (PRSCIC) is a unit providing comprehensive services for patients with spinal cord injuries, with facilities for acute, rehabilitation and continuing care. The centre is the second largest spinal injuries centre in the United Kingdom, with patients from Yorkshire, North and North-West England, the East and West Midlands and East Anglia,

As well as three wards equipped with 60 beds across 3 wards and an outpatient centre, it has a physiotherapy and occupational therapy unit, hydro pool, assessment flat, sports hall, an operating theatre, urology team, and a radiography suite.

Patients are normally first admitted to Osborn One. This booklet is designed to provide you with the information you need to make your admission and first few days as smooth a process as possible.

The staff on Osborn One are here to help you with your rehabilitation and want to work with you to enable you to become as independent as possible.

We aim to foster a positive environment where you and your relatives feel comfortable and form good relationships with the health professionals caring for you.

Staff you may meet on the unit

Name	Position	Contact details
Jonathan Rowe	Ward Manager	0114 271 5609
Michael Hodgkinson	Ward Manager	0114 271 5628
Hansdew Aubeeluck	Ward Manager	0114 271 5634
Pradeep Thumbikat	Spinal Injuries Consultant	0114 226 6762
Ram Hariharan	Spinal Injuries Consultant	0114 226 6762
Rohit Bhide	Spinal Injuries Consultant	0114 226 6762
Jan Lee	Spinal Injuries Consultant	0114 226 6762
Sheilagh Reid	Consultant Urological Surgeon	0114 2715645
Altaf Mangera	Consultant Urological Surgeon	0114 2725645
Andrew Beechey	Clinical Director	0114 226 6762
Jayne Scothern	Matron	0114 271 5652
Claire Trask	Lead Therapist	0114 271 5674
Marie Watson	Urology Specialist Nurse	0114 226 6823

How is this centre different from your previous hospital ward?

Our goal is to help you be as independent as you can be when you return to the community. In rehabilitation, you are an active member of your care team. You and your family help us understand what is most important to you, so together we can prepare you for discharge.

We have a specialised dedicated Multidisciplinary Team (MDT). Alongside the 24/7 care provided by the nursing and medical team, you will receive specialist therapy services and have access to other trust wide specialities as appropriate such as a dietician or speech and language therapist.

You may find recovery physically and emotionally demanding, however to gain the most from your stay with us, we need you to, with the teams support, engage fully with your rehabilitation.

Our team will help you make the most of your recovery. You will work every day with your team to improve your skills and confidence in managing your condition. You will start learning how to care for yourself, either independently or with the support of others and we will guide you through this process, preparing you for discharge.

Osborn One is usually the initial part of your journey towards achieving your individual potential in rehabilitation. It aims to help provide you with the physical, psychological and emotional skills to help you on your way, this will continue throughout your whole stay within the centre. The journey is likely to include you moving onto Osborn Three to continue your rehabilitation, prior to discharge.

Your time within the PRSCIC is just the start of a lifelong rehabilitation journey following your spinal cord injury. Our aim is to maximise your independence during your stay and prepare you for leaving.

Roles and responsibilities

Your role

- Contribute to goal setting if able
- Co-operate with all members of the rehabilitation team
- Let staff know what is easy and difficult
- Have awareness that all patients have different needs and require different amounts of therapy and care at different stages. Staff will do their best to accommodate the needs of everyone and consideration for other patients is appreciated.

Family and friends' role

- Support and motivate your relative / friend through their rehabilitation
- Follow guidance from the team regarding appropriate intervention
- Help to transfer the skills learned in therapy to everyday life
- Plan visiting times around timetabled activities or rest periods, respecting hospital visiting times.

Teams' role

- Set appropriate goals with individual and family
- Provide a supportive environment for rehabilitation
- Treat each person on an individual basis

Code of behaviour expected from patients

The Trust has a code of behaviour that applies to all patients and visitors.

Please note that the following behaviours are unacceptable on Trust premises:

- Verbal abuse which prevents staff doing their job or makes them feel unsafe
- Violence to persons or property
- Threatening behaviour
- Threatening or abusive language involving excessive swearing or offensive remarks
- Derogatory racial or sexual remarks
- Offensive sexual gestures or behaviours
- Smoking on Trust grounds or premises
- Shouting, or loud or intrusive conversation
- Criminal activity, such as theft or drug dealing/taking
- Abusing alcohol and drunkenness
- Malicious allegations relating to members of staff, other patients or visitors
- Taking photographic, video or digital images of staff, patients or visitors without gaining consent

Hospital smoke free / drug policy

Sheffield Teaching Hospitals NHS Foundation Trust became a completely smoke-free zone from 1st October 2018.

Patients and visitors are no longer allowed to smoke anywhere on the premises of the Northern General Hospital and the Royal Hallamshire Hospital (in addition to Jessop Wing, Weston Park Hospital and Charles Clifford Dental Hospital which were already smoke-free sites).

Vaping is permitted in outside areas.

If you have any further smoking related questions please speak to a member of the PRSCIC team.

The use or possession of illegal/non-prescription drugs is strictly prohibited and is a criminal offence. The police will be informed if this occurs.

The consumption of alcohol within the hospital grounds, is strictly prohibited.

What to bring in for your stay

We appreciate you may be many miles from home, may not have frequent visitors and your needs will change depending on your phase of rehabilitation. We hope that you will find the following helpful in thinking about what items will be useful for your stay.

Toiletries

The ward does have an emergency stock of basic essential toiletries such as tooth brushes, soap and wipes, however, please ensure you have a supply of all the toiletries you require including items such as, shower gel, shampoo, toothpaste, toothbrush, deodorant, razor, hairbrush, hand held mirror etc.

Top Tips

- Many patients prefer liquid soap or shower gel, even when washing in bed. This is because it dissolves easily and does not require as much rinsing.
- If you have limited hand function, try buying a 'flannel mitt' or ask a friend to sew together 2 sides of a normal large flannel for your hand to fit inside. You may also find flannels and sponges on sticks are helpful in reaching those difficult to reach places.
- We don't advise using talc. It can block your pores, causing skin problems, and it is also very slippery on the floor.
- A hand held mirror with a handle is great for checking those areas which are out of sight.

Clothes

We want you to maintain your dignity even while on bed rest. The ward does have a limited supply of hospital gowns though we would prefer you to bring your own night wear. Ask your relatives or friends to bring in soft (preferably cotton) loose fitting pyjamas, night dresses or t-shirts for you to wear when you are in bed.

Top Tips

- Avoid tops with tight necklines and tight sleeves; they are difficult to get on and off.
- Think about buying cheap t-shirts and night clothes which if needed can be cut up the back so your front is covered but you are not lying on creased material. Seams and creases can cause problems for your skin if you are in the same position for any length of time.

Clothes for getting out of bed in

Once you are sitting / mobilising out of bed, we encourage you to do this in day rather than night clothes, because they maintain your dignity much more effectively and allow you to regain a regular daily routine.

You will need a clean supply of clothes to last you a few days (depending on how regularly you have visitors). If you do need to wash items in-between visits there are washing machines on Osborn Two and Three. Please note that these should not be relied upon and we cannot take any responsibility for clothes that go missing. If you need to use the machines, staff will show you where they are and how to use them (if you are physically able to use them yourself). Where possible we do encourage you to send your clothes home to wash.

Think about all the clothes you need such as:

- Tops (t-shirts, sweat shirts, blouses, jumpers)
- Bottoms (jogging trousers, skirts)
- Underwear (socks, pants, vests)

Top Tips

Choose clothes made of soft materials, which are loose fitting with easy fastenings. Loose fitting jogging trousers with an elastic waist are ideal to start with.

- Avoid trousers with pockets in the back to protect your skin.
- Ensure underwear is loose fitting and avoid items which have seams which will be sat on.
- Avoid tops with tight necklines or tight sleeves until you are able to put them on and take them off easily.
- If you have one arm / shoulder which is more restricted in movement or painful, put that side in first when putting clothes on, but leave it until last when taking clothes off.
- Label you clothes if you need to use the washing machines.
- Dress practically in the first weeks here to make life easier.

Footwear

We advise that you have footwear which covers your toes and is non-slip. This is especially important when learning to transfer.

Top Tips

- Your feet are likely to swell, so avoid tight shoes.
- If buying new shoes choose a size larger than usual.
- Soft trainers are ideal for when you first get out of bed.

Personal belongings / electrical items

Since you will be staying for a number of weeks, you will understandably want to have some personal possessions with you, such as a mobile phone, music to play, books, etc. You will have a locker beside your bed to store these items in. Please choose what to bring carefully as the hospital ward has limited storage and is open access. Unfortunately, we cannot accept responsibility for any of your personal items which are lost, damaged or stolen.

Any electrical goods that you bring must have moulded plugs and be in good condition. Phone chargers must be the manufactures recommended type.

We recommend you only have a very small amount of cash with you. There is a Cashiers Department within the hospital where money can be held safely, but there is not easy access to this and they issue cheques when returning your money to you.

The centre does have free patient Wi-Fi and you will also have access to a television free of charge. If you are watching the TV after 11:00pm we ask that you wear headphones to be considerate to others who are staying in the centre. We can supply headphones, though please bring your own if you find them more comfortable.

Top Tips

- Check your home contents insurance policy to ensure your personal belongings are covered for loss or accidental damage while you are in hospital.
- Only keep very small amounts of cash with you, for items such as newspapers and other items to buy from the WRVS shop or the newspaper trolley.
- Never leave valuables such as phone, tablet, etc unattended on your table or locker.
- Do not disclose your passwords to anyone.
- Never leave electrical items charging, when you are not at your bed space.
- If you do bring large amounts of money with you, please inform the nursing staff who will arrange for it to be taken over to the Cashiers Department.
- If at all possible avoid keeping any bank cards with you.

Personal belongings on discharge

It's worth being aware that most ambulance services will only allow 1 bag of personal belongings. So, if you need an ambulance or medicar transport when you are discharged you will need to make sure that your family/friends take as many of your personal belongings home before you leave.

The hospital cannot take responsibility for forwarding or safekeeping your belongings after you have been discharged.

What can I expect?

Your first few days may be overwhelming. You will meet many members of your multidisciplinary team who will be involved in your rehabilitation. Your rehabilitation starts from time of admission and is not restricted to your therapy sessions alone.

The first 24 hours

On arrival you will be met by a member of nursing staff and a number of baseline assessments will be undertaken including:

- Weight and observations
- Swabs
- Skin check. If you have a pressure ulcer, this may be photographed.
- Nursing documentation including next of kin
- Assessment of bladder and bowel management
- You may need your catheter changing to a larger size. This will be discussed with you if required.

You will meet a member of the medical team who will assess you and review your medical history. This will include:

- Full physical examination and neurological assessment
- Reviewing scans and arranging for any further investigations
- Reviewing your current medication
- Discussing with the senior medical team any specific issues they may want further advice on.

You will be reviewed by a senior member of the medical team, usually a consultant within 48 hours. The doctors work in two medical teams and there will often be extensive cross cover between members of each team. You will have a named consultant who will oversee your rehabilitation journey. The consultant will advise you on your current

medical condition, management plans and on your expected long term outcome including the likelihood of recovery.

Even if you have been getting out of bed at your previous hospital it should be noted that you may need to be on monitored flat bed rest. This is important:

- to ensure your spinal column is stable
- to prevent any skin condition getting worse

The first 48 hours

You will be assessed by an Occupational Therapist and Physiotherapist within the first 48 hours of admission.

The Occupational Therapist will:

- complete an initial assessment to gather information about your home and personal circumstances
- discuss a referral to your Community Equipment and Adaptations Team for allocation of a Community OT to assess your home environment. Your Community OT is based in the Social Services department.

Your Physiotherapist will:

- complete an initial assessment of joint range, tone, muscle power and sensation and carry out initial treatments whilst you are on bed rest
- assess you for upper limb management, such as splinting, bracing, casting and management of swelling if your upper limbs have been affected
- provide chest care if your breathing has been compromised

You will be seen by or referred to the other members of the multidisciplinary team such as a speech and language therapist (SALT), pharmacist, psychologist and dietician if appropriate.

Beyond 48 hours

Rehabilitation takes place 24 hours a day, 7 days a week. Outside of your therapy sessions, the specialised nursing team will support you in developing your independence e.g. continue to assess and educate you on your bladder, bowel and skin condition.

Once your team is happy for you to start mobilising, a member of the therapy team will assess and measure you for an appropriate wheelchair to allow you to get around the ward and building.

The nursing team will initially transfer you out of bed via a hoist until your therapist has assessed you for an appropriate transfer technique. You will then be encouraged to gradually increase the time you spend sat out of bed.

Once you are mobilising for 4 hours, you will be provided with a therapy programme and start attending sessions in the Therapy Department. You are expected to attend all therapy sessions allocated unless you are unwell or have other appointments.

You will be reviewed weekly in an MDT ward round, this is an opportunity to discuss your management and progress. There is also a shorter ward round during the week. If medical advice is needed outside these times, medical cover is available 24 hours as necessary.

Discharge planning will start straight away to enable a timely and smooth discharge. This may include an access visit at your property.

Following an MDT discussion you will be provided with a letter detailing your discharge date approximately 2-3 weeks after admission. A discharge coordinator will have an initial discussion with you at this time.

Your allocated discharge coordinator will keep you updated about your discharge process.

A multidisciplinary meeting will be arranged for you and your family in the early stages of your admission to provide the opportunity to discuss prognosis, goal planning and discharge planning.

A member of the team will arrange this for you.

What happens after Osborn One?

Patients are usually transferred to Osborn Three to continue with rehabilitation and discharge planning. Occasionally patients are discharged from Osborn One to their discharge destination.

If you are to be transferred to Osborn Three, you will be informed of this in advance. Sometimes there are occasions where patients are admitted directly onto Osborn Three.

This will depend upon bed availability, your circumstance and the needs of all rehabilitating patients. This will be discussed with you.

Information about other organisations on site can be found in the '*Peer support, services and activities for inpatients*' booklet <http://publicdocuments.sth.nhs.uk/pil4244.pdf>



Additional support

It is to be expected that you will have lots of questions beyond the scope of this booklet. If you are on an orthopaedic or general ward the staff there may have the knowledge to answer some of these whilst others may be best answered by specialist staff which may come and visit you.

There are also a number of organisations available to support you through this time of adjustment.

We can arrange for a volunteer who has had a spinal cord injury to come and visit you if you feel this would be helpful.

Useful websites

There are also a number of websites with lots of information:

Princess Royal Spinal Injuries Centre

- **<http://www.sth.nhs.uk/services/a-z-of-services?id=277>**

Spinal Injuries Association:

- **www.spinal.co.uk**

Aspire:

- **www.aspire.org.uk**

Back Up:

- **www.backuptrust.org.uk**

Information for visitors

How to get here

By public transport

The Northern General Hospital is on the north side of the city about three miles from the city centre and is served by several bus routes.

A hospital travel guide is available from Travel South Yorkshire on their website <https://www.travelsouthyorkshire.com/Hospitals/> or can be obtained by calling Traveline on **01709 51 51 51**.

By car

The hospital can be accessed from both Barnsley Road (A6135) and Herries Road (A6102). If you are using Satnav the postcode for the hospital (Herries Road) is **S5 7AT**.

Current parking charges are available onsite and on our website <https://www.sth.nhs.uk/our-hospitals/northern-general-hospital/car-parking>.

Please be aware that Parking Charge Notices are in operation within the hospital grounds. This is to ensure that ambulances and other emergency services have free access to the hospital at all times. To avoid being issued with a Parking Charge Notice please make sure that your car is parked in a designated parking space.

Courtesy bus

Once here, the Northern General Hospital site is serviced by a Courtesy Bus, which is provided jointly by the Trust and the League of Friends.

This free of charge service is designed to help anyone visiting the site with getting around the hospital grounds. The service is fully accessible to disabled travellers. Please ask the driver if you require help getting on the bus.

The electric Courtesy Bus operates to a dedicated timetable and stops at a number of key points around the site.

Please contact **0114 271 4701** for more information.

Onsite accommodation

The PRSCIC has a limited number of rooms with basic amenities available to visitors.

Priority is offered to relatives of patients with acute injuries and those receiving carer training. Please note that there is a charge for this service.

To book or check availability please speak with a member of staff.



**Sheffield
Hospitals
Charity**

To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



Yes I donate
ORGAN DONATION

**Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net**

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005"
SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals.
Email sth.infogov@nhs.net