

Patient Information

Therapies

## Rugby rehabilitation therapy unit

### What is 'Rugby Rehabilitation'?

'Rugby Rehabilitation' is found at The Hospital of St Cross Rugby. We have 44 specialist inpatient, rehabilitation beds with access to:

- Physiotherapists,
- Occupational Therapists,
- Nurses,
- Support Staff,
- Advanced Clinical Practitioners,
- Doctors.

'Rugby Rehabilitation' is situated on Oak and Mulberry Wards. Patients referred for this service, are identified as having ongoing physiotherapy and occupational therapy goals that can be achieved with a short period of continued inpatient stay.

There is access to a therapy gym and assessment kitchen to help reach your individually identified rehabilitation goals.

This service is only available at The Hospital of St Cross in Rugby, and no such service is available at University Hospital Coventry.

### What do we expect from you?

To get the most from your time at 'Rugby Rehabilitation' you will be expected to take part in all aspects of your treatment. This includes:

- Getting dressed in your own clothes with/without support
- Arranging the delivery of your own clothing, secure fitting footwear, spectacles, hearing aids with spare batteries, mobility aids, and small items to entertain you such as crossword books
- Providing your own toiletries for your personal hygiene needs



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- Taking part in therapy sessions when they are offered
- Following any exercise programmes and healthcare advice given to you by the rehabilitation team
- Asking someone to complete the 'Home Furniture Heights Questionnaire' that you will be provided upon admission

## What therapy will I have?

If appropriate, the therapy team will assess the following during your stay:

- Your ability to stand from the recorded heights of your own furniture such as toilet, chair, and bed
- Your current exercise tolerance
- Your ability to get washed and dressed
- Your ability to prepare meal or drinks
- Requirement to provide additional equipment to assist you
- Any difficulties or safety concerns for your discharge from hospital

Therapy sessions may take place on the ward, and in the therapy gym or assessment kitchen. Each session may vary in duration because of the personalised aims of the session and specific equipment that you may need.

**A member of the therapy team will aim to see you a minimum of 3 times per week from Sunday – Friday, between 8:30am - 4:30pm.**

Therapy **will not** be every day; however, ward staff will continue to perform the recommended advice, and movement techniques set out by the therapy team.

## How long will I be at 'Rugby Rehabilitation'?

The service can offer inpatient rehabilitation for a maximum of 4 weeks; however, the exact length of stay is based upon an individual's set goals and clinical decision making by the multi-disciplinary team so could be less.

The service is designed to help you reach a point where you can be safely discharged from hospital with a level of physical ability that can be continued successfully with therapy in the community.

The whole ward team will start planning your discharge from hospital as soon as you arrive on the ward. Please do not be alarmed. This is to give enough time to consider factors affecting your rehabilitation and your discharge needs with you, your family/friends, and carers.

## **What happens after I leave ‘Rugby Rehabilitation’?**

When you leave, you may not be as independent as you were before admission. The multi-disciplinary team looking after you will help identify the level of care support you require. Ideally, you will be discharged to your own home, or alternatively you may be discharged to a short-term care facility. Where you get discharged to will depend on your individual care needs at the time. The therapy team will provide any equipment and process any onward referrals that you have consented to.

## **Do I have to go to ‘Rugby Rehabilitation’?**

No. From a medical perspective, you no longer need to be in hospital, and you have a right to decline this offer. However, this will lead to a process of immediate discharge planning from University Hospital Coventry. You may find the physiotherapy and occupational therapy services more limited once you are discharged into the community.

## **Wards and Visiting Hours**

Oak and Mulberry are the two rehabilitation wards at Hospital of St. Cross. You will be allocated a bed on either ward, as beds are allocated on a “first available” basis.

Visiting hours are everyday 2pm-8pm.

## **Contact Numbers**

Oak Ward:	01788 663812
Mulberry Ward:	01788 663527
Consultant Secretary:	01788 663200
Medical Rehab Therapy Department:	01788 663444 / 663448
Discharge Team:	01788 663554

## **Additional Information**

### **Location:**

Hospital of St Cross, Barby Road, Rugby, Warwickshire, CV22 5PX

UHCW Main Switchboard Telephone: 02476 964000

Website: [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk).

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## **Parking:**

Parking at Hospital of St. Cross is on a pay and display basis. ANPR.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## **Did we get it right?**

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



### **Document history**

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