



## **THE ROYAL HOSPITAL DONNYBROOK**

**Rehabilitation Services**

**Patient Information**

Welcome to our guide on rehabilitation services offered in The Royal Hospital Donnybrook (RHD). It is our aim to help and assist you in your recovery.

### ***What is Rehabilitation?***

Rehabilitation is a process through which you and our multidisciplinary team work together to develop rehabilitation goals aimed at helping you to regain as much independence as possible. During your stay, you and the team will make informed decisions about your rehabilitation and treatment plans.

The Royal Hospital Donnybrook has five rehabilitation units:

- (SPARC) (Male & Female)  
Short-term Post Acute Rehabilitative Care >65yrs (4 - 6 weeks duration)
- (PARC) (Female)  
Post Acute Rehabilitative Care >65yrs (12-24weeks duration)
- General Rehabilitation >65yrs (16-36 weeks duration)
- Stroke Rehabilitation <65yrs & >65yrs (16-36 weeks duration)
- Neuro-Rehabilitation <65 yrs (4-12 weeks duration)

### ***Assessments***

Upon the RHD receiving a referral, you will be assessed as to your suitability for the rehabilitation programme. Once accepted, a therapy plan suitable to your needs will be discussed with you. When your treating consultant is satisfied that your medical condition is stable, you will be transferred to the RHD to commence your rehabilitation programme. The referring hospital will organise your transfer to the RHD. You will be admitted by the medical/nursing team and you will also receive an initial assessment by therapy staff. Based on your assessments, you will be scheduled to attend therapy sessions Monday to Friday.

### ***Who is on the Multidisciplinary Rehabilitation Team?***

The RHD multidisciplinary rehabilitation team consists of consultants, doctors, nurses, physiotherapists, occupational therapists, medical social workers, dieticians, speech and language therapists, podiatrist and psychologist, all of whom are available to help you during your rehabilitation programme.

### ***How much does it cost?***

Rehabilitation services at The Royal Hospital Donnybrook are funded by the HSE.

### ***During Your Stay***

Following admission and assessment, your team will develop an individual care and treatment plan that involves nursing care, active therapy, treatment and opportunity for recovery. The multidisciplinary team will meet weekly to discuss your progress and set goals. You will be actively involved in all decisions during your stay. You may also wish for a member of your family to be involved. You will be given the opportunity to meet the teams and talk to them in relation to any concerns or issues you may have.

You are 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, will help you to do this.

Your attendance at any existing out-patient appointments with other hospitals will be facilitated and family members will be encouraged to accompany you.

Visitors are welcome at any reasonable time. However, we ask visitors to avoid meal times (09:30 - 10:30, 12:30 – 13:30 and 17:00 – 18:00) and therapy sessions. Please check with staff members for times of therapy sessions.

There is a sun room available for patients and relatives to allow for privacy and relaxation. Family rooms are also available for quiet time with your relatives.

Following assessment and depending on your medical condition, it may be possible for you to leave the unit for short periods. Please discuss your intention to leave the unit with the multidisciplinary team and inform a member of the nursing staff before you leave.

## ***Discharge***

If required, an occupational therapist will conduct a home visit with you and your family to assess your current living situation and advise you on any equipment and home adaptations that are relevant to you.

If necessary, a social worker will assist you and your family to organise a home care package.

You will be given the opportunity to complete a patient satisfaction survey on discharge as your feedback is valuable to us.

On discharge from The Royal Hospital Donnybrook, a discharge summary of your care will be sent to your GP and Public Health Nurse (PHN). A PHN may visit you after your discharge home. Community physiotherapy and occupational therapy follow-up may be arranged where necessary. You may also be referred to our Day Hospital upon recommendation from your multidisciplinary team.

## ***What do I need to bring with me?***

You are advised to bring comfortable day wear with you, such as loose clothing and comfortable shoes that are suitable for wearing during exercise. You will also need to bring your own toiletries such as toothbrush, toothpaste, shower gel, shampoo and deodorant. You should also bring any personal aids such as walking stick, hearing aid, glasses, dentures.

It is not necessary to bring medication with you.

You will need a small amount of money if you wish to buy a newspaper, which is delivered to the wards daily.

***Useful Contact Numbers:***

Admissions Office	01-406 6742 <a href="mailto:admissions@rhd.ie">admissions@rhd.ie</a>
Clinical Nurse Manager, SPARC	01-406 6678/648
Clinical Nurse Manager, PARC	01-406 6747/749
Clinical Nurse Manager, General Rehabilitation	01-406 6788/783
Clinical Nurse Manager, Stroke Rehabilitation	01-406 6698/767
Clinical Nurse Manager, Neuro-Rehabilitation	01-406 6787/782

*On behalf of all the staff in the rehabilitation units, we hope you have a very pleasant experience and make the optimal recovery.*







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