



## **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.

### ***Pre-admission Agreement***

Patients seeking admission to RHD must agree to the following:

- Acknowledge the planned duration of rehabilitation
- Participate in all prescribed rehabilitation activities
- Undertake self-directed exercises where prescribed, including outside of regular therapy sessions
- Provide information need for applications for services, such as home care services, where and when requested, in a timely manner
- If applying for NHSS(Fair Deal) submit application forms to the NHSS office within 10 working days
- Co-operate with discharge processes, including applications for support services, pre-discharge home visits, home adaptations and equipment provision as required
- Grant permission for information sharing of relevant information between RHD, referring hospitals and relevant HSE sections e.g. NHSS (Fair Deal) Office, Homecare Support Services office

### ***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 services:

Service	Gender / Age	Usual duration
Short-term Post-Acute Rehabilitative Care (Larches and Willows Ward)	➤ 65+	Up to 6 weeks
General Rehabilitation	➤ 65+ ➤ Male and Female	Up to 8 weeks
Stroke	➤ 18+ ➤ Male and Female	Up to 12 weeks
Neuro-rehab	➤ 18-65 ➤ Male and Female	Up to 12 weeks

Depending on your progress, your stay may be shorter. In some circumstances additional time may be negotiated where the need arises, providing you are still making progress and are working collaboratively the rehabilitation team.

### ***End of rehabilitation***

When rehabilitation is complete the aim is that you will be discharged to your preferred location/place of care. Planning for this will begin from the time you are admitted. However, please note that your consultant may consider your rehabilitation to be complete before the full stay indicated above. This might happen if you reach your rehab goals more quickly or the maximum benefit from rehab has been achieved. In that case, it may be necessary for you to return to the care of the referring hospital while awaiting discharge home, or to your preferred place of care.

### ***Assessments***

When RHD receives a referral for you, you will be assessed by our doctors, nurse manager or other team members as to the suitability of the rehabilitation programme for you. Once accepted, a therapy plan suitable to your needs will be discussed with you. When your 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 our medical/nursing team and you will also receive an initial assessment by therapy staff. Based on these assessments, you will be scheduled to attend therapy sessions. Our Therapy services run from Monday-Friday and you will need to attend these services as required to meet your individual goals.

### ***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 as indicated during your rehabilitation programme.

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

There is no charge, as rehabilitation services at The Royal Hospital Donnybrook are funded by general taxation, through the HSE. The hospital provides services on a public basis only; there are no private beds or private consultants. In the future, there may be a means-tested charge for food and accommodation, in-line with national charging regulations.

## *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 are expected to be

- actively involved in all decisions during your stay,
- to complete any application forms recommended by the team e.g. for home support services
- to provide the team with information that is needed to the complete rehabilitation process.

You can nominate one or more members of your family to be involved in the rehabilitation process. You will be given the opportunity to meet the teams and talk to them in relation to any concerns or issues you may have.

While being mindful of issues such as fatigue and emotional adjustment, practicing the skills you learn in therapy during your daily routine outside of therapy times and at weekends will be an important part of your rehab. 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. If hospital transport is available, it will be provided free of charge, but you will need to nominate a person to travel with you. Alternatively, you can make your own travel arrangements.

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***

All patients admitted for rehabilitation will be given an estimated date of discharge. Everyone is expected to work towards that date. The date may change during the rehabilitation process. If appropriate, an Occupational Therapist will conduct a home visit with you and your family and possibly your local Public Health Nurse 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/or your family in applying for community supports e.g. Home Support Services, day centre, meals on wheels.

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

On discharge home from The Royal Hospital Donnybrook, a discharge summary of your care will be sent, with your consent, 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.

The hospital may follow-up at 3 and 6 months after your discharge, to see how you are getting on. This will be discussed with you before you leave.

## ***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 are delivered to the wards daily.

***Do not bring:***

Large sums of money or items of significant financial or sentimental value. The hospital cannot guarantee the safety of valuable items.

***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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