

# St Pancras Hospital Inpatient Rehabilitation Service

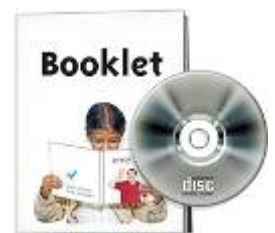
Supporting you at hospital

Information for patients and carers



Please tell us if you need this leaflet in

- larger print
- spoken on a CD
- Braille
- another language



# What is the Inpatient Rehabilitation Service?

We provide healthcare for patients with **rehabilitation** and **continuing care** needs.



## **Rehabilitation**

Helping a patient to get back some or all of the skills they had before they were ill or injured.

For example, **rehabilitation** after a stroke may help a patient to move or swallow more easily

## **Continuing care**

Long-term care to support a patient's health needs due to an accident, illness or disability.



**Rehabilitation** takes place on Oakwood, Kingsdale and Rochester wards.

**Continuing care** patients live on the Evergreen ward.



We want to provide a fair and equal service for all patients at St Pancras.

And treat everyone with dignity and respect.

The team at St Pancras Hospital includes a wide range of health and social care professionals:



- Dieticians
- Doctors
- Housekeepers
- Modern matrons
- Nurses
- Occupational therapists
- Pharmacists
- Podiatrists
- Psychologists
- Physiotherapists
- Social workers
- Speech and language therapists
- Volunteers & League of Friends
- Ward clerks

We can also refer patients to specialist nurses. E.g. for problems with continence

## What happens when I arrive at the hospital?



We will meet with you to find out your needs.

Then we will agree the best care for you



We will regularly check your progress, and talk to you about it. With your permission we will also involve your family and carers in planning the steps in your rehabilitation.

## What should I bring with me?



We suggest that you bring:

- Clothes and footwear for the daytime and evening.
- Soap, shampoo, toothbrush, toothpaste, hair brush and other toiletries,
- Books and magazines to read.
- Small change to buy items from the trolley (no more than.....).

If you would like your own television please speak to the ward staff .

## Visitors



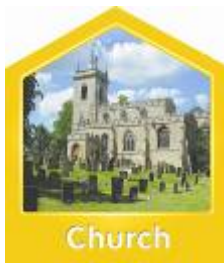
You can have visitors at any time. Children should be with an adult.

If you are going to have visitors before 8am or after 9pm please let the ward staff know.



You can park in the St Pancras Hospital car park after 5pm weekdays and at any time on Saturdays and Sundays.

## Useful information

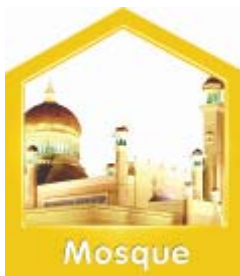


Church

### Chaplaincy

Staff, patients, their families and visitors can go to The Well Centre.

This is a quiet place where you can go to think or pray.



Mosque

A number of religious people also regularly visit the wards for Christian, Jewish and Muslim patients.

### Events at the hospital

A number of events for patients are run at the hospital every week.

All wards have a small selection of books and games.





### **Hairdresser**

You can get your hair cut or styled at the hospital. Please speak to your nurse to arrange this.



### **Library**

A mobile library visits wards on Tuesdays and Thursdays between 10am and 12.30pm.



### **Meals**

Lunch and dinner times are 'protected'. This means that we prefer that people do not visit at these times.

If you want your family or friends to be with you during meal times, please speak to your named nurse.



until



**Breakfast** is served between 7.45am and 8.30am



**Morning Coffee** is served at 10.15am



until



**Lunch** is served between 11.45am and 1pm



**Afternoon tea** is served at 3pm



until



**Dinner** is served  
between 5pm and 6.30pm



### **Newspapers**

Newspapers are delivered to the wards every morning.



### **Telephone**

Your friends and relatives can call you on the ward phone - please ask the ward staff for the number.

You can also use personal mobile phones.



### **Interpreting and communication support service**

This service supports patients whose first language is not English.

It also supports patients who have difficulty hearing people.

## Contact us



The Clinical Services Management Team is on the First Floor of the South Wing.

You can call them on

**Tel: 020 3317 3321**

## Your health records



By law all patients can see their health records.

If you want to see your records or you want to find out more please call

**Tel: 020 7685 5954.**

## Tell us what you think



We welcome your views on our service.

Please get in touch with the Patient Support Service (PSS) if you would like to comment on this service.

**Tel: 020 3317 3003**

**Minicom: 020 3317 2890**

**Fax: 020 3317 2880**





**E-mail:** [pss@camdenpct.nhs.uk](mailto:pss@camdenpct.nhs.uk)

**Web:** [www.camdenproviderservices.nhs.uk](http://www.camdenproviderservices.nhs.uk)

Or you can **write** to

Patient Support Service  
NHS Camden  
Freepost RRCA-BXHE-HUSR  
London NW1 0PE

You don't need to use a stamp.