

Promoting independence

At the Whittington Hospital we endeavour to maintain and encourage independence throughout your hospital admission.

Things You Can Do:

- Engage and participate in therapy sessions
- Ask questions and address any safety concerns
- End 'PJ Paralysis' by changing into your day clothing – to encourage routine and independence
- Be involved in all decisions about your own care
- Try and move around as much as able to prevent skin breakdown and pressure sores – ask your therapist for guidance
- Work towards your individual goals set by you and the therapy team

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Trauma Allied Health Professions Service

Information for patients,
relatives and carers



About Us

As a local trauma unit within the North-East London trauma network we are committed to providing an equitable service to all patients. We treat all patients with respect and dignity and aim to provide therapy input that caters to individual patient's needs.

The allied health service at the Whittington Hospital provides a multidisciplinary assessment for patients following a trauma or neurological event. The members of the allied health service include:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Dietitians
- Therapy Assistants

We work closely with wider members of the multidisciplinary team including:

- Nursing staff
- Doctors
- Pharmacists
- Social Workers
- Clinical Nurse Specialists

What can you expect from the service?

We aim to assess the patients' needs in order to make appropriate decisions around their ongoing care.

This is done by assessing cognitive function, physical abilities, nutrition, swallowing, communication skills and the ability to engage in and complete activities of daily living.

The allied health service works with the patient and their relatives/carers to devise realistic goals and treatment plans.

This assessment is ongoing during the patient's admission and the care plan will be reviewed with all progress monitored. This will inform and guide the discharge destination from The Whittington Hospital NHS Trust.

Please be aware that The Whittington Hospital is a general district hospital and does not have a designated neurological ward. The patients will receive therapy input based on their needs and the therapy service availability.

Discharge from the Whittington Hospital

Discharge destination from the hospital is needs specific and includes:

- Discharge home with appropriate support
- 24 hour care including residential and nursing placements
- Inpatient rehabilitation centres located across the U.K.

We have regular contact with community teams to ensure seamless care continues on discharge if clinically indicated.

Before leaving hospital, the patient will be provided with a copy of their discharge summary, details of follow up appointments and information and contact details of any recommended community services.