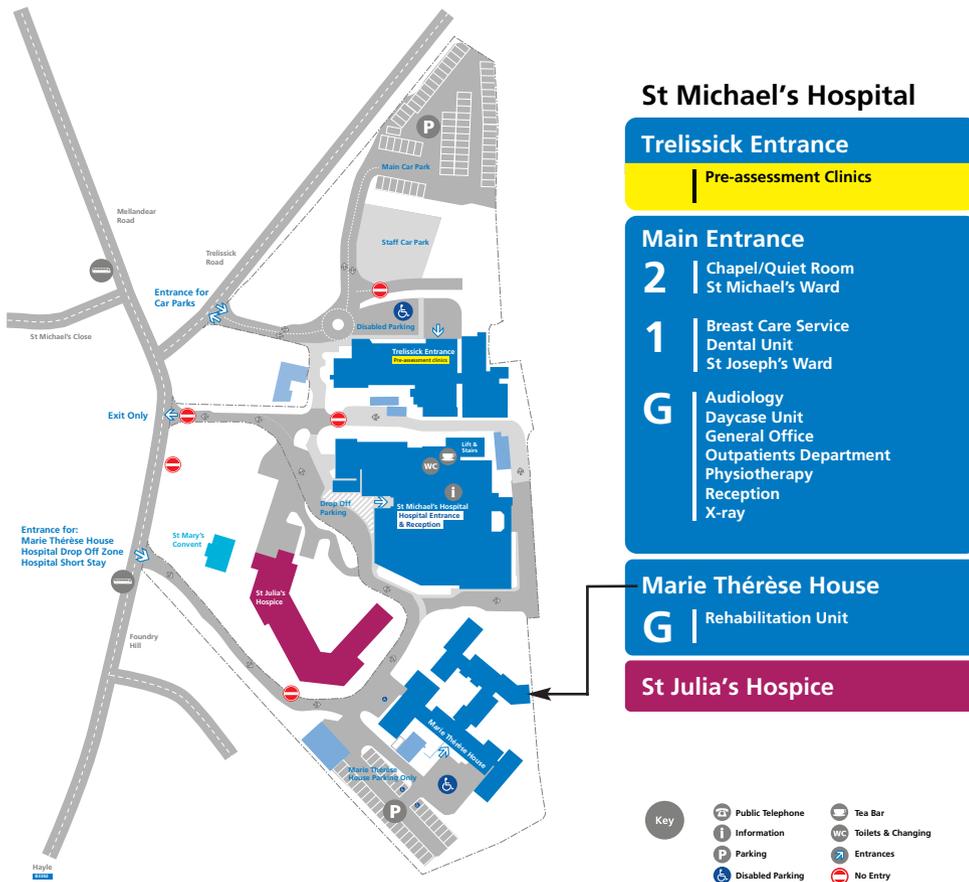


Site map

Marie Thérèse House

St Michael's Hospital, Trellissick Road, Hayle, Cornwall TR27 4JA
Tel: 01736 758875



If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

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Royal Cornwall Hospitals
NHS Trust

Welcome to Marie Thérèse House

A Neurological Rehabilitation Unit



"Caring, dedicated staff specialising in rehabilitation"

Our facilities

Your room and personal belongings

In all of our patient rooms we have:

- Wardrobe
- Chest of drawers
- Television
- DVD player
- Sink



Please note we have a limited laundry service so please bring a supply of labelled clothes.

More facilities at Marie Thérèse House

- We have a quiet room which is a space for patients to use if needed.
- We also have accessible toilets and showers.
- We have equipment such as hoists to assist our patients.



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Welcome

Marie Thérèse House Neurological Rehabilitation Unit is a 12 bed unit consisting of single occupancy bedrooms. We are situated in the west of Cornwall in Hayle. The unit accepts patients aged 16 years and above, who have been approved for referral by the consultant specialised in Neurological Rehabilitation.



We are experienced in managing people with complex Neurological conditions such as Guillian-Barré Syndrome, traumatic brain injuries and spinal injuries.

Our aim is to promote patient choice and provide patient centred Neurological Rehabilitation, tailored to individual goals. We prioritise the safe, effective and efficient delivery of care to all patients and strive to deliver a high-standard service to reach these goals.

On admission, assessments will be completed and goals will be set with each patient to form part of their treatment plan during their stay. Our highly skilled multidisciplinary team members will work with patients to achieve these.

“Treatment has been intense but with dignity”

Food

Meals are timetabled. You can choose to eat your meals in your room or in the communal dining area. The mealtimes are as follows:

Breakfast from 08:00, Lunch 12:00 to 13:00 and Dinner 17:00 to 18:00.

Breakfast is made on site and the rest of the meals are pre-ordered the day before. Meals are served with a 15 minute window due to health and safety requirements, to ensure they are served hot. We are unable to re-heat meals from the meals trolley.



We operate a protected mealtime policy, as we recognise the value and importance of mealtimes and these are not interrupted by members of staff for purposes other than to support eating and drinking.

There is the option for friends and family to bring in food, for example takeaways. However please do let us know if this is the case so we do not order you a patient meal. There is space in our fridge/freezer in the patients' kitchen, for pre-packaged food with heating instructions.

“My stay at Marie Thérèse House has been very rewarding on my journey to walk again. All staff and care excellent”

Daily routine

- Our therapy service runs weekdays only. There are no therapy sessions at the weekend or on Bank Holidays.
- Each patient has an individual rehabilitation programme tailored to meet their needs.
- Wake up times and bed times are decided by you and your care needs. We recommend afternoon bed rest for most patients to support active rehabilitation. Our staff will help you to be up and ready for your planned rehabilitation sessions each day.
- There are regular opportunities for breaks during the day, which are based on individual routines and timetables.
- As part of your therapy programme, there may be opportunities to access the local community to support your rehabilitation.
- Therapy sessions are timetabled a day in advance. This means you will have an idea of your appointments by 16:00 hours each day, for the next day. Please note these times are approximate guides due to the unpredictable nature of therapy sessions.



“You could not be in better hands”

Welcome cont...

Our unit

We offer a range of facilities to encourage normal daily living such as:

- Physiotherapy Gym (for use with therapists)
- Dining room
- Lounge with TV, puzzles, games and books
- Patient kitchen (also used for assessment)
- Courtyard



Our team includes:

- Physiotherapists
- Dietitian
- Occupational Therapists
- Ward Clerk
- Medical staff (e.g. Doctors)
- Nursing staff
- Speech and Language Therapists
- Mitie Housekeepers

Getting here

By road

The hospital is located on the B3302 and is well signposted from the B3301, which runs through the centre of Hayle.



Parking

Disabled parking (Blue badge) freely available adjacent to building. Two free parking permits are available during visiting for close relatives. If these are already occupied during visiting, there is a main Pay & Display car park on the site.



Bus

We are close to a main bus stop route, although depending on the route, it may be an uphill walk from the bus stop. Advice on bus times is available from:

- Traveline 07870 608 2608
www.travelinesw.com
- First Devon & Cornwall 0845 600 1420
www.firstgroup.com



Train

Hayle station is approximately half a mile from the hospital. It is an uphill walk to the hospital from the station. Advice on train times is available from:

- Great Western Railway 0345 7000 125
www.gwr.com
- National Rail 0871 244 1545
www.nationalrail.co.uk



24 hours of rehabilitation cont...

Goal setting

On admission to Marie Thérèse House, initial assessments will be completed and following this a goal setting meeting will take place to focus treatment plans. These patient-focussed goal setting meetings will be attended by the patient, relatives and members of the therapy and nursing teams involved with the patient's care. The goals will then be regularly reviewed to guide treatment plans and monitor progress.

Patient and family case conferences (meetings) will also take place with the multidisciplinary team during admission, to discuss plans for care and to enable discharge plans to be put in place when patients are approaching their discharge from Marie Thérèse House



Daily staffing

- We have day shift staff and night shift staff. There will always be nursing staff on duty to help you. There will also always be a 'nurse in charge' and this is shown on the board outside of the nursing office.
- Handover happens between shifts to ensure continuity of care.

24 hours of rehabilitation

At Marie Thérèse House we adopt the '24 hours of rehab' approach. This means that we encourage you to consider all activities of daily and personal living as opportunities to improve. Patients are expected to participate as able in all daily routines in order to build strength and confidence.

All team members contribute to the rehabilitation process and the team can help you to carry out the following tasks to develop independence:

- Washing, dressing and toileting
- Getting in and out of bed
- Mobility
- Eating and drinking
- Aim to develop routines similar to home

"Fantastic place with staff that always put everyone's needs before their own"

Please see 24 hours of rehabilitation booklet for more in depth detail.



Useful information

What do I need to bring?

It would be helpful if you or your relative could pack the following:

- Toiletries
- Night clothes
- Loose fitting or 'pull on' day wear
- Any regular medication
- Any walking aids and/or equipment
- Trainers or other supportive shoes
- Selection of leisure items, for example books, radio, hobby material etc.



Please feel free to bring your mobile phone or other electronic devices

Visiting times

Our unit promotes open visiting based around therapy appointment times. Please note that between the hours of 12:00 and 13:00, and 17:00 and 18:00, are our protected meal times.

We do advise relatives to ring ahead prior to visits to help work around planned therapy sessions in the week.

Your personal records

We keep confidential records relating to your care and these are shared with teams involved only on a need to know basis.

Please ask a member of staff if you would like more details about the Royal Cornwall Hospitals NHS Trust privacy information, or visit: www.royalcornwall.nhs.uk

Our team



Nursing team

Nurses provide specialist nursing care while supporting rehabilitation 24/7.

Assistant practitioners and healthcare support workers both support the nurses to provide 24 hour care.

Speech and Language

Speech and language therapists work to improve communication and swallowing.



Physiotherapy

Physiotherapy team - provides specialist support to maximise physical recovery and promote physical independence.



Occupational Therapy Team

Occupational therapy team - provides specialist support to maximise independence with everyday tasks e.g. washing and dressing, cooking, coping with memory difficulties etc.

Our team

Dietitians

Dietitians advise on nutrition and weight management.



Housekeeping Team

Assist in everyday upkeep of the unit e.g. providing meals and cleaning.

You will work with the team to maximise rehabilitation and aim to achieve your personal goals



Ward Clerk

Assists with daily admin tasks

Medical Team

Consultant in rehabilitation medicine - provides specialist medical support and assesses appropriate patients for admission.

Ward support doctors - support the consultant in providing medical care.