

## Bedded Rehabilitation Pathways: Within Discharge Pathway 2

Descriptor	Services Available	How to refer
<p><b>Category A</b> Patients with highly complex rehabilitation needs.</p> <ul style="list-style-type: none"> <li>Patients may be medically unstable or potentially medically unstable and may still require direct inputs from their acute major trauma teams.</li> <li>They may require involvement of 5 or more therapy disciplines</li> <li>Category A patients include those with tracheostomies who are being actively weaned, those who require ventilation, and those with Prolonged Disorder of Consciousness</li> <li>Patients with brain injury who have severe cognitive deficits and highly challenging behaviours requiring rehabilitation have Category A needs.</li> </ul>	<p>Patients with potential prolonged disorders of consciousness:</p> <ul style="list-style-type: none"> <li><b>RHRU Northwick Park Hospital</b></li> <li><b>National Hospital for Neurodisability (RHN)- Putney</b></li> </ul> <p>Patients with multiple medical co-morbidities, medical instability:</p> <ul style="list-style-type: none"> <li><b>RHRU Northwick Park Hospital</b></li> </ul> <p>Patients with complex Physical needs with tracheostomy:</p> <ul style="list-style-type: none"> <li><b>RHRU Northwick Park Hospital</b></li> <li><b>National Hospital for Neurodisability- Putney</b></li> </ul> <p>Patients with primary complex communication/ behavioural</p> <ul style="list-style-type: none"> <li><b>The Thames Brain Injury Rehabilitation Unit, Blackheath</b></li> <li><b>Lishman Brain Injury Unit, Maudsley Hospital</b></li> </ul> <p>Mixed complex specialised rehabilitation:</p> <ul style="list-style-type: none"> <li><b>The Heathside Neurodisability Unit, Blackheath</b></li> <li><b>Frank Cooksey Rehabilitation Unit, King's College Hospital</b></li> <li><b>Neuro-rehabilitation Unit, National Hospital for Neurology &amp; Neurosurgery</b></li> <li><b>Regional Neurological Rehabilitation Unit, Homerton Hospital</b></li> <li><b>Wolfson Neuro-rehabilitation Centre</b></li> </ul> <p>Other highly specialist rehabilitation options include those for primarily cognitive rehabilitation or challenging behaviour will be specific to patients needs and CCG funded.</p>	<p>In Sussex there are no level 1 rehabilitation units for category A patients. The level 2a unit at SRC can take some category A patients on a case-by- case basis, excluding those needing specialist PDOC assessment or those with complex challenging behaviour needing security.</p> <p>Patients across the whole of Sussex are eligible for level 1 rehabilitation units regardless of their home address.</p> <p>They must be entitled to full public funds. The most appropriate unit is decided based on:</p> <ul style="list-style-type: none"> <li>Clinical assessments</li> <li>Rehabilitation MDT meeting</li> <li>Patient/Family/Carer preference</li> <li>MDT knowledge of services</li> </ul> <p>Decisions should be made collaboratively after MDT therapist assessments.</p> <p>Please make sure any patient who is being considered as a Category A is discussed with the therapy team looking after the patient.</p> <p>All referrals to specialist units is done via email Referral forms are sent to: RHN: <a href="mailto:TRHFN.Admissions@nhs.net">TRHFN.Admissions@nhs.net</a> NorthwickPark: <a href="mailto:nilashah@nhs.net">nilashah@nhs.net</a> Homerton: <a href="mailto:huh-tr.RNRU@nhs.net">huh-tr.RNRU@nhs.net</a></p> <p>For referral to CCG funded rehabilitation agreement needs to be confirmed from the patients CCG before referring. Please discuss these patients with the therapy team who can lead on these referrals.</p>

## Category B

Patients with complex rehabilitation needs

- Patients are usually medically stable
- The involvement of 4 therapy disciplines is required
- Patients with stable tracheostomy who are not being weaned may have Category B needs
- Patients with brain injury and cognitive deficits who can be managed in a structured environment have Category B needs.

## Sussex Rehabilitation Centre based at PRH, Haywards Heath.

Inclusion criteria :

Sussex resident with a  
Sussex GP Age 16 years and upwards  
ABI-Trauma ,stroke ,GBS, confirmed critical illness neuropathy, incomplete non traumatic SCI recovering rapidly  
2 Trachy patients at any one time -self ventilating and showing good rehab potential

• Brain tumours -If prognosis is reasonable

Exclusion criteria :

Patients with category A needs unless discussed with SRC consultants and agreed on  
PDOC patients  
Extreme challenging behaviour requiring security or constant 1:1  
Patients who are under a mental health section  
Patients who need just complex discharge planning or neuro palliation

## Donald Wilson House based at St Richards Hospital, Chichester.

Patients who live in the Western Sussex Hospitals catchment area

Decisions about referring to SRC should be made collaboratively after MDT therapist assessments.

Referral form is sent to:

[bsuh.srcprhreferrals@nhs.net](mailto:bsuh.srcprhreferrals@nhs.net)

It is recommended that patients suitable for Donald Wilson House are repatriated to their acute hospital (St Richards or Worthing) prior to referral being made. Here they are assessed by the Consultant in Rehabilitation Medicine to determine appropriateness of referral.

It is important to consider whether there are advantages for the patient and their family when deciding upon referrals to either SRC or Donald Wilson House.

Please make sure any patient who is being considered as Category B is discussed with the therapy team looking after the patient.

<p><b>Category C</b> Patients who do not have complex rehabilitation needs</p> <ul style="list-style-type: none"> <li>• They require rehabilitation in a residential setting, which can be delivered by a non- specialist team in either a hospital or intermediate care facility</li> <li>• Up to 3 therapy disciplines may need to be involved.</li> <li>• Most patients with musculoskeletal injuries who need inpatient rehabilitation will have Category C needs.</li> <li>• The frail elderly who have complex medical needs are likely to have Category C rehabilitation needs</li> </ul>	<p>Usual local services already on main pathway 2 of microguide</p>	<p>Local services on microguide</p>
<p><b>Patients with Spinal cord injuries</b></p>	<p>All patients with spinal cord injury whether traumatic or non-traumatic need referral to the National Spinal Cord Injury Database.</p> <p>The database links the referrer to the local SCI unit.</p> <p>The local SCI unit for BSUH is Stoke Mandeville Hospital In Aylesbury.</p> <p>If the patient is not from Sussex they may not fall under Stoke Mandeville. The referral process is the same and only changes once the patient has been repatriated to their local hospital out of Sussex.</p>	<p>Refer online via portal: <a href="http://www.nscisb.nhs.uk/">http://www.nscisb.nhs.uk/</a></p> <p>Once referral is sent, the referee must send back additional documents within 5 working days or the referral will be closed.</p> <p>Please discuss with the patient's therapists the needs of the patient and whether inpatient rehab at a specialist spinal unit is required. Some patients may not need specialist rehab and could be referred elsewhere. This needs to be guided by the rehabilitation team.</p>

**Useful contacts to help with complex rehabilitation planning**

Patients with behaviours that challenge and primarily cognitive rehabilitation needs

Clara O'Brien, Consultant Neuropsychologist- referral to neuropsychology department via intranet

Neuro Occupational Therapy team: Bleep 8964

Patients with complex rehab needs after acquired Brain Injury

Michelle East, Specialist Head Injury Nurse, referral via intranet

Patients with complex rehab needs after acquired brain injury, spinal cord injury , or complex orthopaedic injury

Fiona Conway, Major Trauma Rehabilitation Coordinator;  
Email: [fiona.conway2@nhs.net](mailto:fiona.conway2@nhs.net)  
Tel: 01273 6969 55 Ext: 63694  
Mob: 07826918108