



**Brighton and Sussex
University Hospitals**
NHS Trust

Neuro Clinical Nurse Specialist for head injury

Providing support and information for patients and their families

**Neuroscience South East
Royal Sussex County Hospital**

You have been given this leaflet about the role of the neuro clinical nurse specialist because you have had a head injury.

Who is my clinic nurse specialist?

Your nurse specialist is:

Inpatient and outpatient – Michelle East

What is your role?

I am here to provide support, advice and information to you and those close to you. I am also here to be a key person for you or your family to contact if you have any concerns or queries regarding your care. By providing support I aim to reduce your anxiety by explaining the nature of the injuries and discussing potential behavioural changes which can occur following a head injury. You may also have questions and concerns regarding:

- The diagnosis
- Treatment
- Discharge plans
- Finances.

Support after discharge

I work closely with all members of the multi-disciplinary team (including doctors, neuro-psychologist, physiotherapists and occupational therapists) to ensure there is a planned care pathway and discharge arrangements for each individual patient, to help ensure there is clear understanding of what you can expect both now and in the future.

How can I contact you?

I am based at Royal Sussex County Hospital, although, currently my nurse-led clinics are at Hurstwood Park, in Haywards Heath. I work Monday to Friday.

You can contact me by telephone, e-mail or mobile:

Telephone: [01273 523487](tel:01273523487)

Mobile: [07788 398209](tel:07788398209) (during working hours)

E-mail: Michelle.east@bsuh.nhs.uk

Head.injury@bsuh.nhs.uk

I may not be able to get back to you on the same day, but I will aim to return your call or email as soon as possible. When leaving messages, it is really helpful to leave your full name and date of birth.

Please remember this is not an emergency service; if you need urgent help please call your G.P. **111** or **999**.

Will my specialist nurse always pick up the phone when I ring?

It is not always possible for your specialist nurse to be at their desk to respond to telephone calls immediately. They may be in a clinic or on one of the wards seeing patients or their relatives. They also have teaching commitments which may mean they are busy elsewhere. Your nurse will advise you of their hours of work.

Where else can I get information?

Royal Sussex County Hospital 01273 696955

NHS Direct 111

NHS Choice www.nhs.uk

Neuro/Trauma legal advice service

For advice on employment issues, benefits, compensation, dealing with insurance companies, power of attorney etc. Please contact Michelle or any of the Trauma team for an appointment. Clinic runs on a Thursday afternoon.

Headway

Produce useful booklets, factsheets and information related to head injury and details of your local Headway Groups.

www.headway.org.uk

On alternate Thursday they have a drop in clinic on Level 8a West.

Brain and Spine Foundation

Produce fact sheets and booklets that can be downloaded from their

www.brainandspine.org.uk Helpline: 0808 808 1000

Relate

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultation and support. **www.relate.org.uk**

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

If you have vision, mobility or access issues please contact head injury team for further advice / information

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