

# Welcome to the Neurorehabilitation Unit

Information for patients from the East Kent Neurorehabilitation Unit

**East Kent Neurorehabilitation Unit**  
Harvey Ward  
Kent and Canterbury Hospital  
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The East Kent Neurorehabilitation Unit (EKNRU) is based at Kent and Canterbury Hospital. It provides rehabilitation for people who have an injury or illness that affects their brain or spine.



## Contact information

- Consultant 01227 868716
- Ward Manager 01227 868692
- Harvey Ward 01227 868713
- Occupational Therapy 01227 868696
- Physiotherapy 01227 868714
- Speech and Language 01227 864153
- Neuropsychology 01227 868667 or 01227 864261

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

**Any complaints, comments, concerns, or compliments** please speak to a member of the nursing team, your ward manager, or matron, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhft.nhs.uk/patientinformation](http://www.ekhft.nhs.uk/patientinformation)

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## Further information

- An online directory of services for people affected by neurological conditions and their families is available at [www.ekhft.nhs.uk/neurosupport](http://www.ekhft.nhs.uk/neurosupport)
- Information sheets regarding support and services can be found on the following page [www.ekhft.nhs.uk/neurology/](http://www.ekhft.nhs.uk/neurology/)
- Harcopies of the information leaflets can be found in the TV/day room, in a blue folder.



## Welcome to EKNRU

We appreciate that this might be an unsettling and worrying time for you; please be assured that we will do everything we can to help you to meet your goals.

It is possible that you are experiencing difficulties in at least some of the following areas

- **Physical:** balance, reduced strength and control of muscles, walking
- **Thinking:** learning new things, concentration, organisation, talking and understanding words
- **Feelings:** feeling worried, angry, irritable, frustrated, or sad
- **Behaviour:** being unable to stop yourself doing or saying certain things.

These difficulties can affect your lifestyle, future plans, friends, and family. The aim of neurorehabilitation is to help you regain as many of your abilities and skills as possible.

## What we do

### The EKNRU team

In addition to providing your medical treatment, **doctors and nurses** will support you to maintain your improvements inbetween sessions.

The **physiotherapist** may focus on your balance, muscle strength, and control with the aim of helping you to get around and move more easily.

Your **occupational therapist** will support you with everyday tasks, such as getting washed, dressed, and preparing meals. They may also assess your thinking abilities.

You may be referred to **speech and language therapy** if you need support to eat and swallow safely and/or with reading, talking, and understanding what others say.

If you are referred to **neuropsychology**, then you and your family will be offered support to understand your thinking difficulties and cope with any distressing feelings.

## Leaving hospital

Within two weeks of your admission to hospital you and your family will be invited to a meeting with members of the therapy and nursing team. The aim of this meeting is to share your assessment findings and give you an opportunity to ask any questions that you may have.

We will also begin to discuss options for your discharge from hospital at this meeting. On occasion, we suggest referral to an alternative inpatient rehabilitation provider. These are based in the community, rather than in a hospital setting. You and your loved ones will be kept fully informed about all of your options and will be at the centre of any decisions.

Once you are home you may also be referred to your local **intermediate care team**. This team will provide you with support (often in your own home) to meet any outstanding rehabilitation goals you may have.

Unfortunately, some people's care needs may be so high that they are not able to return home, at least in the short term. Support around this time will be given, especially from **social services**.