

# Welcome to the Floyd Unit

An information guide



# **Welcome to the Floyd Unit**

## **Introduction**

The Floyd Unit was opened in October 1988 and is based on the Birch Hill Hospital site, Birch Road, Rochdale.

It is an eighteen bedded unit providing a service to male and female adults from the age of 16, who have a neurological condition that requires specialist neuro rehabilitation services.

Inpatients have access to the multidisciplinary team of medical, nursing and therapeutic staff, which includes occupational therapists, physiotherapists, psychologists and speech therapists. This is in addition to other support services.

Whilst patients are in the unit, relatives are encouraged to participate in the rehabilitation process.

Therapeutic recovery can vary from weeks up to many months, with discharge arrangements focused on the individual needs of the patients, which range from minimal to highly complex care packages.

## **Bedrooms**

Each bedroom is equipped with a television, which are free to use. On leaving the unit, please ensure remote controls are left behind for future use.

## **Rehabilitation kitchen**

The rehabilitation kitchen is available for patients use, after assessment from the occupational therapists. The kitchen is used to assess patients' ability to safely prepare food and drinks.

It is expected that patients will assist staff to keep these facilities clean and tidy, as this is part of the rehabilitation programme to

improve self care objectives. If food items for patients' personal use are stored in this kitchen; they must be clearly labelled and dated to comply with health and safety regulations. Labelled food will be removed when sell by/use by date is reached.

## **Rehabilitation flat**

The rehabilitation flat is used to assess patients in an as 'near to home' environment as is possible while still maintaining patient safety. The use of the flat is at the discretion of the occupational therapist involved with individual patients. The flat is a one bedded self contained annexe which is accessible from the main unit. Carers may be invited to stay in the flat with the patient in order to assess practical care issues.

## **Visiting**

Visiting times are Monday to Friday 2pm – 8pm and Saturday and Sunday 11 am – 8pm.

Visitors are kindly asked to wait in the lounge area or patient bedroom whilst meals are served.

The front door to the unit has a security card access to ensure safety and security for patients and staff. Please ring the buzzer to gain access to the unit.

Although children are welcome to visit on the unit, they must be supervised at all times, and are the responsibility of the parent/guardian attending with them. There may be times when children are asked not to visit or asked to leave for safety reasons.

People who have gastric problems, such as diarrhoea and vomiting, or coughs and colds are advised against visiting the unit to prevent spreading illnesses. If uncertain do not hesitate to contact staff for advice.

Please help us to prevent the spread of infection by using the hand gels provided on entering and leaving the building.

### **Activities organiser**

The activities organiser is available Monday to Thursday between 9 am and 3 pm to occupy patients between therapy sessions. This may be on a one to one basis or group sessions. The organiser will also visit patients who are unable to leave their rooms.

### **Housekeeping Support**

There is a dedicated team of cleaning support staff to keep the unit clean, although patients are encouraged to keep their own rooms tidy as part of their rehabilitation.

### **Speech and language therapists**

There are speech and language therapists that work part time on the Floyd Unit. The therapists will assess, advise and, where appropriate, plan treatments for any patients that have communication problems. These may include difficulties with understanding the spoken or written word and/or expressing themselves using speech, gesture, and/or the written word.

In addition they will assess, advise and treat patients who have difficulty with swallowing and feeding. The speech and language therapists aim to work closely with patients and relatives. If you have any concerns about your communication/ swallowing you can ask for a consultation.

### **Dietician**

The dietetics department may be contacted if any concerns are raised about weight or dietary intake. A dietician visits the unit

once a week to give advice to patients. If you wish to see the dietician, please inform staff and a referral will be sent.

## **Food**

Food is provided for patients but not relatives. Visitors are kindly asked to wait in the lounge area or patient bedroom whilst meals are served. Protected meal times are:

Breakfast between 8:00 am – 9:00 am

Lunch between 12:00pm – 1:00 pm

Evening meal between 5:00pm – 6:00 pm

There is a large selection of meals available. Catering staff may be approached if special dietary needs are necessary.

If you wish small quantities of fresh/frozen food to be brought into you by relatives, it must be clearly labelled with the patient's name and the date it was brought into the unit. The food must be easily prepared, and stored in accordance with Health and Safety regulations. Food will be disposed of when expiry/use by date is reached. Fridge and freezer facilities are limited.

It is not the responsibility of the nursing staff to prepare patients' own food.

There are two vending machines available on the unit, providing cold drinks and snacks. Please ensure you have the appropriate change available.

## **Smoking**

The Pennine Acute Hospitals NHS Trust operates a no smoking policy which is strictly enforced within its buildings.

## **Illegal substances**

Use and/or storage of illegal substances in the unit are strictly forbidden. If such substances are discovered, legal advice will be taken and patients will be asked to leave the unit.

## **Alcohol**

The consumption of alcohol in the unit is also strictly forbidden. Alcohol following head injury can be potentially lethal and may induce convulsions. It may also exacerbate the reaction to certain medications given to prevent epilepsy. Please ask the nurse in charge if you are unclear on this matter.

## **Zero tolerance**

Everyone has the right to be treated with dignity by those they come into contact with. Unacceptable behaviours will invoke the use of the Trust's zero tolerance policy.

## **What you need to bring with you**

If items of jewellery or money arrive with a patient, it is possible to store such items in the safe on the unit until they can be taken home.

- Clothing
- Day clothes
- Night clothes
- Outside coat
- Well fitting shoes
- Toiletries
- Face cloth and hand towel
- Liquid soap (bar soaps harbour infection and their use is not encouraged)

- Shower/bath gel
- Toothbrush/toothpaste
- Denture adhesive and pot (if appropriate)
- Razor and shaving foam

Talc and deodorant sprays are not encouraged in hospital as these can interfere with the fire detectors.

**You are asked to keep personal belongings to a minimum and not to bring valuable items on to the unit unless absolutely necessary.**

### **Facilities**

The Floyd Unit is equipped to prepare patients to continue their normal living activities once they are discharged.

### **Laundry**

There are no facilities on site for patient laundry. Patients relatives are responsible for laundering patients personal clothing.

### **Lounge/dining area**

This area is open plan to meet the needs of the patients.

It is expected that patients will socialise between meals in the communal area where activities are organised by staff on weekdays. This includes general social activities either in groups or one to one. In the main lounge the following items are for patients use:

- Large screen TV and DVD
- Billiard/pool table
- Interactive games console (under supervision)
- Newspapers
- Fridge with drink snacks
- Music system

**Other facilities include:** film nights; outdoor activities (weather permitting). A monetary contribution may be requested.

## **Multidisciplinary team**

### **Medical team**

On the unit there are 2 consultants who specialise in neurorehabilitation as well as other doctors at different levels of training. A medical ward round takes place once a week, where you will have the opportunity to see the consultant and doctors to discuss any medical aspects relating to your care.

The medical input on the unit is 9 am – 5 pm week days, excluding bank holidays. If any medical problems arise out of these hours patients are then referred to the Bury and Rochdale GPs on call/The Urgent Care Centre at Rochdale or to the Emergency Department at Fairfield General or Royal Oldham Hospitals. If a transfer out of the unit occurs, nursing staff will inform the next of kin.

If you or your relatives have any queries regarding your condition or treatment, please do not hesitate to speak to the nursing staff who will arrange for a suitable meeting time in liaison with the medical secretary.

After discharge most patients are given a follow-up appointment with the consultant. The out-patient appointment is for the rehabilitation clinic. This clinic is held on the unit.

### **Nursing team**

The nursing team are dedicated qualified and unqualified members. They are available to assist and advise on most matters twenty four hours a day. Each patient will be assigned a named nurse and a key worker on admission (the key worker may not necessarily be a nurse). They will introduce themselves to you and should be approached for an update on your progress. The named

nurse/key worker will co-ordinate your care from admission to discharge. If there is a need for discussion with other members of your team, your named nurse will organise this.

The named nurse/key worker is also responsible for arranging progress meetings where you and your relatives will be invited to discuss any problems or progress. These meetings include a goal setting meeting, where goals are set for the future treatment and management of your condition whilst on the unit.

The Floyd Unit is an established area for the training of student nurses and cadets, who work under supervision.

### **Rehabilitation support workers (RSWs)**

Rehabilitation support workers work with the therapists and nursing staff on the unit. You may have a support worker assigned to you whilst you are an inpatient. These RSWs continue treatments already established by therapy and nursing teams.

### **Occupational Therapists**

Occupational therapists are available on the Floyd Unit, between the hours of 8 am – 4.30 pm each weekday. The specific role of the occupational therapist includes the assessment and teaching of daily living skills, these include washing and dressing, cooking and shopping.

The occupational therapists work closely with the family, and carry out home visits to assess the environment to which the patient will return on discharge. If adaptations or aids are required, the occupational therapists will work with social services to facilitate and direct work that may be needed to the property, or hand over to care workers to achieve maximum independence and quality of life.

Patients may be asked to contribute financially to aspects of their treatment, e.g. shopping and community trips.

## **Physiotherapists**

The physiotherapists will assess each patient on admission to the unit and decide on an appropriate programme of physical therapy for each individual. The physiotherapists are available between the hours of 8am and 4.00 pm each weekday.

Relatives are encouraged to observe and join in therapy sessions where appropriate.

It would be helpful if you could bring with you on admission any aids you are using; such as walking aids, wheelchairs and any other splints or appliances that have been given to you.

## **Clinical psychologist**

The clinical psychologist aims to help individual patients and their families recognise, understand and cope with many of the 'invisible' effects of a new or progressive disability. These may include difficulties, often temporary in nature, with memory thinking, concentration, feelings of anxiety, anger, and frustration or depression. The possible effects of disability on a person on physical relationships, on self-concept, work and leisure are explored with the patient and their carers. Emphasis is placed on encouraging self management and learning to deal with problems, whilst planning positively for the future. Additionally, neuropsychology assessment includes carrying out tests of memory and thinking skills in order to discover strengths and any difficulties since the injury.

## **Timetables**

All patients will receive a weekly timetable identifying therapy times. This timetable is revised and provided to patients every Friday afternoon.

## **Contact Details**

The Floyd Unit, Birch Hill Hospital, Wardle Road, Rochdale OL12 9QB  
Tel (01706) 754242.

**For sat nav purposes please use postcode OL12 9RD.** This will direct you to Wardle High School - the Floyd Unit can be found opposite turning right from the main road.

This leaflet has been designed to provide information for you and your relatives to help during your stay on the unit. If you have any queries or concerns about any aspect of your care, please contact a member of our team.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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