CITY HOSPITAL SUnderland
foundation trust

PORTFOLIO OF LEARNING OPPORTUNITIES

NEUROLOGICAL PHYSIOTHERAPY TEAM
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Welcome

City Hospitals Sunderland is a Foundation Trust that provides health services to a local community of 330,000 residents, with an increasing range of more specialised services provided to patients outside this area. The trust has an in patient bed capacity of over 970 acute beds and also provides outpatient care in the acute and community setting.

The Trust operates from:

- Sunderland Royal Hospital (owned by the Trust)
- Sunderland Eye Infirmary (owned by the Trust)
- Ryhope General Hospital (on a limited basis)
- Monkwearmouth Hospital (on a limited basis)

Provides some outreach services at:

- Washington Galleries
- University Hospital of North Durham
- Shotley Bridge Hospital
- Hartlepool General Hospital
- South Tyneside General Hospital
Introduction to the Physiotherapy Service

The physiotherapy service is part of the “Division of Clinical Support” within City Hospitals Sunderland. The neurological physiotherapy team provides care to inpatients and outpatients who have movement disorders secondary to pathology to the central nervous system (e.g. CVA, Parkinson’s disease, multiple sclerosis, cerebral palsy). The team are dedicated toward developing their specialist knowledge and skill through internal (e.g. in service training, patient workshops) and external training (e.g. Bobath courses, post graduate study), all lead clinical supervisors have attended accredited teaching courses. The physiotherapy neurological services are provided at:

Neurological Physiotherapy Inpatient Services:
- Hume Unit, D41 Sunderland Royal Hospital.
- Acute neurological service, E58 Sunderland Royal Hospital.

Neurological Physiotherapy Outpatient Services:
- Sunderland Royal Hospital.

The Neurological Physiotherapy Service Philosophy

The neurological physiotherapy service aims to provide personalised care that is friendly and flexible, from a highly trained, specialist team. Clinical practice is in line with national standards, professional codes of conduct and evidence-based practice.

The team aims to work in partnership with all services involved in patient care, to improve the quality of lives of the patient and their family and to ensure each patient reaches their optimal functional ability and role within their family, social environment and workplace.
Acute Neurological Rehabilitation

The neurological physiotherapy clinical leads are Kirsty Rogerson and Ena Nozawa-Harkensee.

The acute neurological rehabilitation team provides a specialist service to E58, a 40-bedded acute stroke unit, outreach support to the five stroke beds on the acute medical unit. The unit provides a patient focused approach to care from a specialist, coordinated, multi professional team. The team includes 2 stroke consultants, speech and language therapists, occupational therapists, physiotherapists, stroke specialist nurse, social workers and nursing staff.

This placement aims to give you experience appropriate to your level of learning in:

- Patient centered approach to care.
- Neurological assessments.
- Formulation, development and documentation of treatment plans.
- Implementation, adaptation and progression of treatment.
- Moving and handling skills in line with national guidelines and evidence based practice.
- Coordinated multidisciplinary team (MDT) care.
- Goal orientated therapy, facilitated by physiotherapy and MDT goal setting.
- Multi professional working e.g. home visits, joint treatment sessions.

Learning Opportunities

Learning opportunities are based on elements of the patient care that may help you to develop an overview of the patient journey and could include:

- Assessment, treatment and management of acute stroke patients, patients with movement disorder secondary to other neurological pathologies to the central nervous system and lower limb amputees.
- Regular communication with other members of the MDT via nursing handover.
- Weekly multi-disciplinary meetings and physiotherapy goal setting meetings to evaluate progress and prognosis for further recovery.
- Joint working with senior neurological specialist physiotherapists and other members of the physiotherapy team.
- Joint working with other members of the multi disciplinary team.
• Attend family meetings to discuss patients’ care, prognosis for recovery and plans for the future (e.g. home care package, out patient treatment).
• Advise other MDT members, patients and their carers on exercise and positioning.
• Liaise with the Hume unit, other inpatient wards, intermediate care and out patient services to ensure a seamless transition of care.
• Study time allocated to enable the development of patient care in line with evidence based practice, national and professional guidelines.
Hume Neurological Rehabilitation Unit

The neurological physiotherapy clinical leads are Joanna Joyce and Lynn Ruggles.

The Hume unit is a 27-bedded inpatient neurological rehabilitation unit for adults over 18 years old who have movement disorders secondary to pathology to their central nervous system. The unit provides a patient focused approach to care from a specialist, coordinated, multi professional team. The team includes a rehabilitation consultant, neurological consultants, speech and language therapists, occupational therapists, physiotherapists, social workers and nursing staff.

This placement aims to give you experience appropriate to your level of learning in:

- Patient centered approach to care.
- Neurological assessments.
- Formulation, development and documentation of treatment plans.
- Implementation, adaptation and progression of treatment.
- Moving and handling skills in line with national guidelines and evidence based practice.
- Coordinated multidisciplinary team (MDT) care.
- Goal orientated therapy, facilitated by physiotherapy and MDT goal setting.
- Multi professional working e.g. home visits, joint treatment sessions.

Learning Opportunities

Learning opportunities are based on elements of the patient care that will help you to develop an overview of the patient journey and could include:

- Assessment, treatment and management of patients with movement disorders secondary to pathology to the central nervous system.
- Regular communication with other members of the MDT via nursing handover.
- Weekly physiotherapy goal setting meetings to evaluate progress and prognosis for further recovery.
- Weekly multi-disciplinary goal setting meetings.
- Joint working with senior neurological specialist physiotherapists and other members of the physiotherapy team.
- Joint working with other members of the multi disciplinary team.
- Attend family meetings to discuss patients’ care, prognosis for recovery and plans for the future (e.g. home care package, out patient treatment).
- Advise other MDT members, patients and their carers on exercise and positioning.
- Liaise with inpatient wards, intermediate care, and outpatient services to ensure a seamless transition of care.
- Study time allocated to enable the development of patient care in line with evidence based practice, national and professional guidelines.
Outpatient Neurological Physiotherapy Services

The neurological physiotherapy clinical lead is Emma Fraser.

Neurological physiotherapy outpatient services provide therapy that is predominantly hospital based and includes home based therapy on a needs basis. The team aims to work in partnership with all services involved in the patients’ care. The team liaises with referring agencies (consultants, GPs, specialist nurses, allied health professional) and also refers patients to agencies within the NHS (e.g. other AHPs, orthotist, Walkergate Park spasticity clinic) and social services (e.g. community OT, wheelchair services).

The service provides rehabilitation and hydrotherapy for patients with movement disorders secondary to neurological injury who live in the City of Sunderland, Ryhope, Easington, Washington and Seaham and lower limb amputee patients across the catchment area.

These placements aim to give you experience appropriate to your level of learning in:

- Patient centered approach to care.
- Neurological assessments.
- Formulation, development and documentation of treatment plans.
- Implementation, adaptation and progression of treatment.
- Moving and handling skills in line with national guidelines and evidence based practice.
- Coordinated multidisciplinary team (MDT) care.
- Goal orientated therapy, facilitated by physiotherapy goal setting.
- Multi professional working, e.g. joint treatment sessions with the specialist nurse.

Learning Opportunities:

Learning opportunities are based on elements of the patient care that may help you to develop an overview of the patient journey and could include:

- The assessment, treatment and management of patients with a wide range of neurological and rehabilitation needs.
- The assessment, treatment and management of amputee patients throughout the various stages of their rehabilitation (SRH).
- The assessment, treatment and management of patients in hydrotherapy (MWMH).
- Participation in goal setting meetings.
- Provide treatment to patients in a variety of settings (e.g. hospital, home, care home).
- Joint working with senior neurological specialist physiotherapists and other members of the physiotherapy team.
- Opportunity to work with other members of the multidisciplinary team.
- Advise patients and their carers on exercise and positioning.
- Study time allocated to enable the development of patient care in line with evidence based practice, national and professional guidelines.
**Addresses and Transport Links**
City Hospitals Sunderland NHS Foundation Trust,
Physiotherapy Department
Sunderland Royal Hospital,
Kyll Road
Sunderland
SR4 7TP
Physiotherapy Department: Entrance 8, Chester Wing.
Telephone Number: 0191 5699027 ext 42963
Fax: 0191 5699337
Transport Links:
http://chsnet/corporate-zone/maps/sunderland-royal-hospital
http://www.nexus.org.uk/wps/wcm/connect/Nexus/Tickets/Where+to+buy/Journey+Planner

**Contact Hours**
Please contact the clinical lead at least 2 weeks prior to your placement for more information.
Monday: Thursday: 8.30 – 4.30
Friday: 8.30 – 4.00

**Facilities**
- Staff members and students are expected to change into uniform on site; changing facilities and lockers are provided (this facility requires a refundable deposit).
- Library facilities can be accessed at SRH (open Monday – Thursday 8.00 – 19.00, Friday 8.00 – 18.00, http://chsnet/division-information/central-services/library).
- Students can use internet and intranet facilities (temporary password can be issued by IT on request).
- Canteen facilities are available on each site, Monday – Friday, 0.7.30 – 21.00.
- Staff rooms are available on each site (facilities include fridge, microwave and kettle, staff and students provide their own refreshments).
- SRH has staff gym facilities (access to this facility can be arranged on request).
- Car parking is available but spaces are limited and at a cost at SRH.
- The hospital is in close proximity to shops and banking facilities.
**Pre placement preparation**

- SWOT analysis developed from previous experience.
- To enable you to, with prompts from your clinical supervisor, complete a subjective and an objective assessment of a patient with neurological pathology.
- To familiarise you with the pathology, national guidelines and evidence base for the management of stroke, multiple sclerosis and Parkinson’s disease.

**Suggested Reading.**

You will find information in **any** of the books and journals below useful in preparing for your placement and to support your learning during the placement. Please do not attempt to read all of these; the list allows for your personal preference and resource availability.


**Useful Resources**

Great Britain: The Department of Health  

The British Bobath Tutor’s Association  

The Chartered Society of Physiotherapy  
The Multiple Sclerosis Society.
http://www.mssociety.org.uk/

The Parkinson’s Disease Society
http://www.parkinsons.org.uk/

The Stroke Association
http://www.stroke.org.uk/information/index.html

The World Heath Organization
http://www.who.int/en/