

## Patient information factsheet

# Hyperacute rehabilitation team

We have given you this factsheet because you have been referred to the care of our hyperacute rehabilitation team (HART). It explains what hyperacute rehabilitation is, who our team are and how we can support you while you recover. We hope it helps to answer some of your questions. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

### What is hyperacute rehabilitation?

Hyperacute rehabilitation is a specialist, early phase rehabilitation service designed for adults who have experienced major neurological trauma or severe illness affecting the brain, spinal cord, or peripheral nerves.

University Hospital Southampton NHS Foundation Trust (UHS) has received funding from the NHS England South East Regional Specialised Commissioning team to run a 12-month trial to deliver high-intensity, specialised hyperacute rehabilitation for people with complex needs after experiencing a major neurological trauma or illness. This is a national project and has already achieved positive results in other NHS Trusts in London and Birmingham.

### Who is suitable for hyperacute rehabilitation?

Although many people may benefit from hyperacute rehabilitation, as this is a trial with limited funding, we can only currently offer support to a small number of people. The decision as to who we offer hyperacute rehabilitation to will be based on individual clinical needs. Depending on the success of the trial at UHS, our aim is to eventually be able to widen this service and offer hyperacute rehabilitation to a larger number of people.

### What are the benefits of hyperacute rehabilitation?

Evidence has shown that early, intensive rehabilitation after a major neurological trauma or serious illness can:

- improve your quality of life
- ensure you receive a timely referral to appropriate onward services
- speed up your recovery
- give you the best chance of a full recovery

### Who are the hyperacute rehabilitation team?

Our hyperacute rehabilitation team is a highly specialist multidisciplinary team made up of:

- physiotherapists
- occupational therapists
- speech and language therapists
- dietitians
- therapy support workers
- medical consultants from different specialties (neurorehabilitation, neuropsychiatry and neurology)

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These healthcare professionals will help you work towards goals around:

- mobility (the ability to move from one location to another)
- cognition (mental processes that take place in the brain, including thinking, attention, language, learning, memory and perception)
- breathing
- activities of daily living
- psychological needs
- communication
- eating and drinking

You may be seen by all or some of these healthcare professionals depending on how the illness or injury has affected you.

You will also be assigned a key worker (a healthcare professional who will act as your main point of contact during your recovery).

## Your key worker is:

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If you have any questions or concerns, please speak to your key worker in the first instance.

## How can we support you?

Our aim is to provide early assessment and rehabilitation. Our team will work with you to:

- coordinate your care journey
- provide focused and rehabilitative care
- assess your ongoing needs
- plan the most appropriate next steps (this may include us referring you on to other organisations, inpatient rehabilitation units or community therapy teams for further care or treatment)

We will provide therapy as often as possible and tailor the sessions to your individual needs and goals. The sessions may take place in different environments and with various members of the team, depending on what type of therapy you need.

## How can your family and friends support you?

Support from family and friends plays an important role in a person's recovery. However, it can be difficult to know how best to help. We have included some ideas below for family and friends about how they can help support you.

## Information for family and friends

- Be involved
  - Join in therapy sessions with your loved one.
  - Bring in comfortable clothes and shoes, toiletries and familiar objects for your loved one to aid their rehabilitation sessions. It can also be helpful to bring in photographs of family and friends labelled with their name and relationship to your loved one.

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- Be patient
  - Allow your loved one time to rest.
  - Recovery can be frustrating. Offer support and reassurance as much as possible.
  - Avoid rushing or doing tasks for your loved one too quickly.
  - Try not to overstimulate your loved one (too many phone calls or visits can be overwhelming).
- Encourage and support independence
  - Our therapy team will guide you on how you can help your loved one with their rehabilitation (for example, taking them out in a wheelchair or helping with exercises).
- Ask questions

## What happens next?

When you are well enough to leave our team's care or you have received six weeks of hyperacute rehabilitation (whichever comes first), we will discuss the next steps with you, including where you will continue your recovery.

Depending on your individual needs and where you live, you may:

- be able to go home (with the support of your family, friends, community therapy teams and/or carers)
- be transferred to an inpatient facility for a further period of rehabilitation (the type of unit will depend on your injury or illness and recovery so far)
- be transferred to the care of your local hospital (so you are nearer to services in your local area in preparation for leaving hospital)

## Your feedback

Your feedback helps us to celebrate what's working well and identify where we need to improve. We would be grateful if you would take a moment to review the service you received while in our care. Please scan the relevant QR code below or click the relevant link to complete our online surveys:

For patients	For friends and family
 <a href="https://gthr.co.uk/b3ea">https://gthr.co.uk/b3ea</a>	 <a href="https://gthr.co.uk/23b15">https://gthr.co.uk/23b15</a>

## Contact us

If you have any questions or concerns, please contact us.

Hyperacute rehabilitation team

Telephone: **023 8120 1874** (Monday to Friday, 9am to 5pm)

Email: [hyperacuterehab@uhs.nhs.uk](mailto:hyperacuterehab@uhs.nhs.uk)

## Useful links

[www.uhs.nhs.uk/for-patients/your-stay-in-hospital/leaving-hospital](http://www.uhs.nhs.uk/for-patients/your-stay-in-hospital/leaving-hospital)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**

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