

# Regional Rehabilitation Unit (RRU) and associated Specialist Community Outreach Service (SCOT)

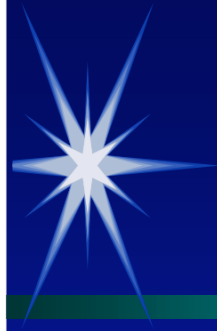
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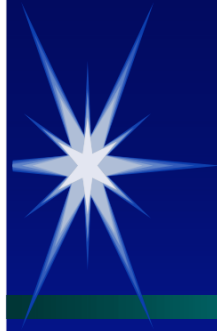
## Background

- RRU in-patient service established in 1992
  - Patients with severe, complex neuro-disability in North West London, Hertfordshire and Bedfordshire.
  
- Specialist Community Outreach support for Hertfordshire patients established in 1999
  - Extended to include Bedfordshire residents in 2003



## RRU in-patient unit

- Situated on 6<sup>th</sup> floor within an acute hospital
- Currently 22 beds
  - **2 and 4 bed bays with some single rooms,**
  - **facilities and clinical staff co-located**
- Team consists of:
  - **medical and nursing staff,**
  - **physiotherapists, occupational therapists, speech and language therapists, clinical psychologists,**
  - **dietitian, social worker, music therapist, computer technical instructor and researchers.**
- Capacity limited by patient dependency and nursing / therapy establishment



## Clientele served:

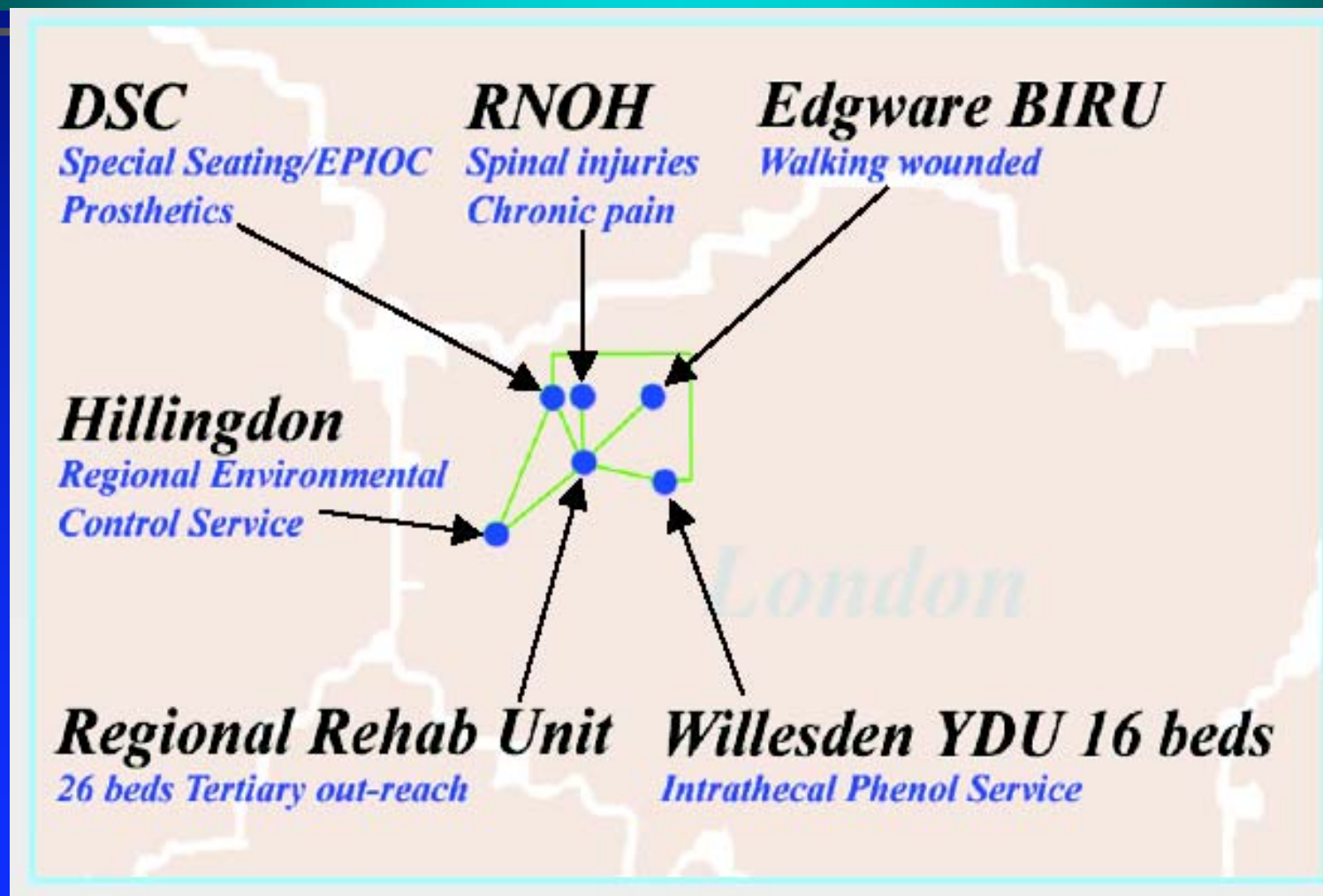
- Working age adults with severe complex neurological disability whose needs are beyond the scope of their local and district rehab services:
  - **Predominantly single insult brain injury e.g. TBI, complex strokes, diffuse brain injuries such as hypoxia, hypoglycaemia, meningitis, encephalitis**
  - **Also some patients with progressive neurological conditions such as Multiple Sclerosis, Motor Neurone Disease, etc.**
- Some fit older people and some youngsters (15-17 yrs) depending on individual assessment



## Specialist expertise in managing

- Patients with complex physical, cognitive / communicative problems
- Assessment and management of patients in low awareness states (long term support)
- Support and advice for families and carers
- Protocols are in place for management of complex clinical issues such as:
  - **depression**
  - **spasticity**
  - **pain in the context of brain injury**

Map of North West London network of specialised rehabilitation services





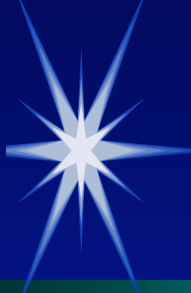
## Structure: RRU in-patient programmes

In-patient:	Programme	Typical length of stay / programme
A	2-6 week inpatient assessment	4-6 weeks
B	Active rehabilitation programmes: <ul style="list-style-type: none"> <li>•Short (up to 60 days)</li> <li>•Medium (up to 135 days)</li> <li>•Long (up to 180 days)</li> </ul>	1-6 months
C	Managed transition back to community care: <ul style="list-style-type: none"> <li>•Short (up to 30 days)</li> <li>•Medium (up to 60 days)</li> <li>•Long (up to 100 days)</li> </ul>	4-14 weeks
D	Short single focus admission	3-5 days or 10-14 days

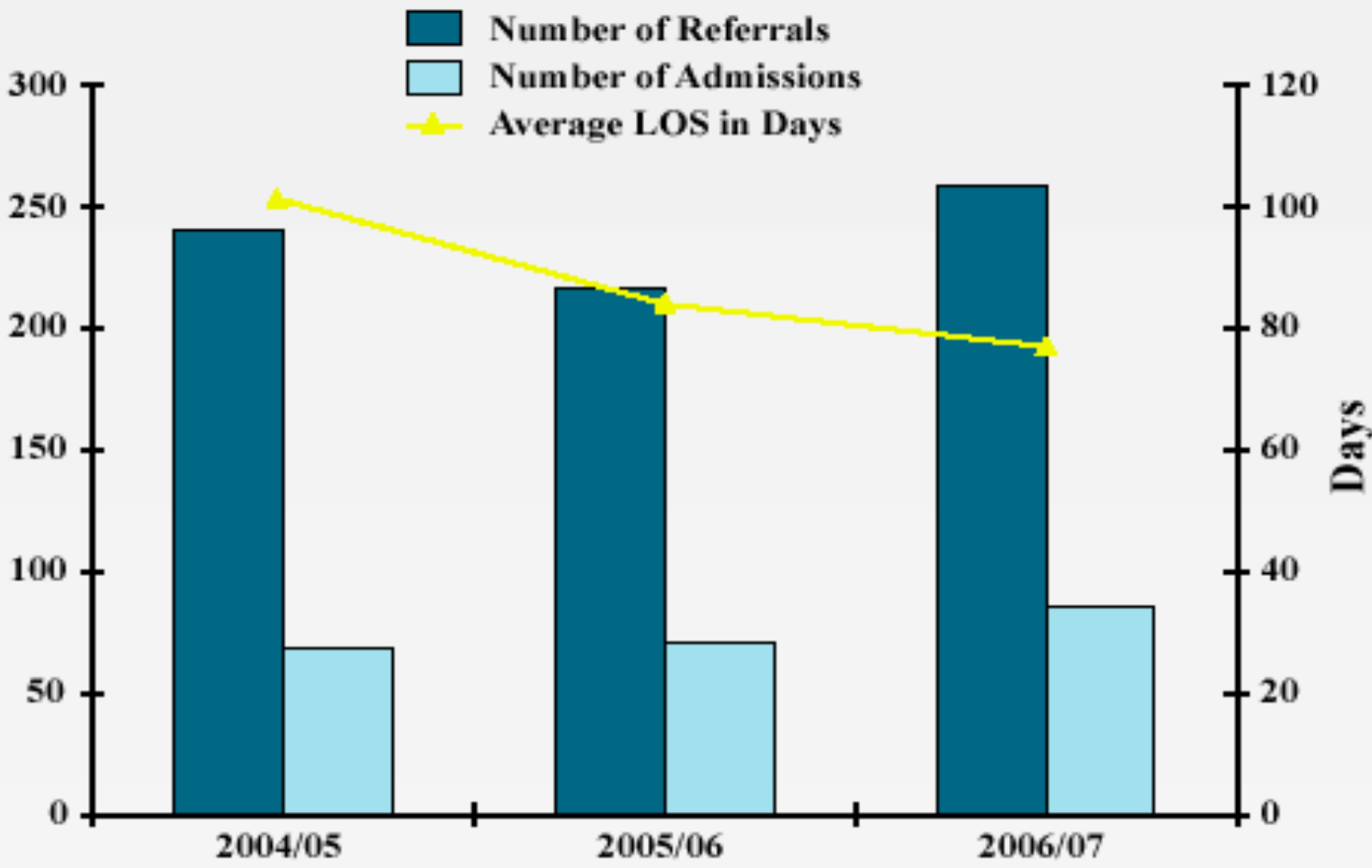


## Outcome measurement etc

- Goal Attainment Scaling (GAS),
- UK FIM / FAM,
- Northwick Park Nursing and Care Needs Assessment (NPCNA),
- Therapy Dependency Scores (NPDS),
- WHIM
- Patient / relative and staff reflective Discharge Audit.



### RRU in-patient activity data

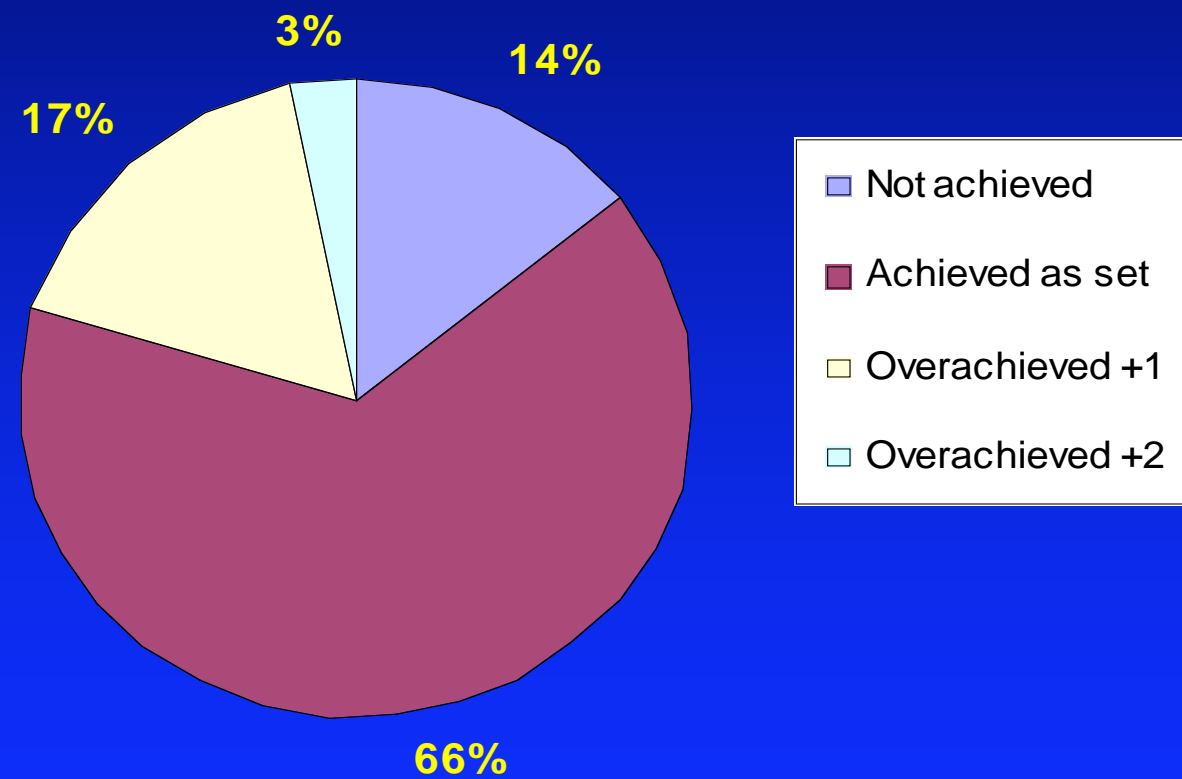




## Admission FIM/FAM scores and % changes on discharge

<b>UK FIM/FAM</b>	<b>2004/05</b>	<b>2005/06</b>	<b>2006/07</b>
<b>Admission average</b>	<b>125</b>	<b>117</b>	<b>120</b>
<b>Discharge average</b>	<b>154</b>	<b>157</b>	<b>155</b>
<b>% change</b>	<b>23%</b>	<b>34%</b>	<b>29%</b>

## Proportion of GAS objectives achieved (50 patients to Aug 2007 - 189 goals set)



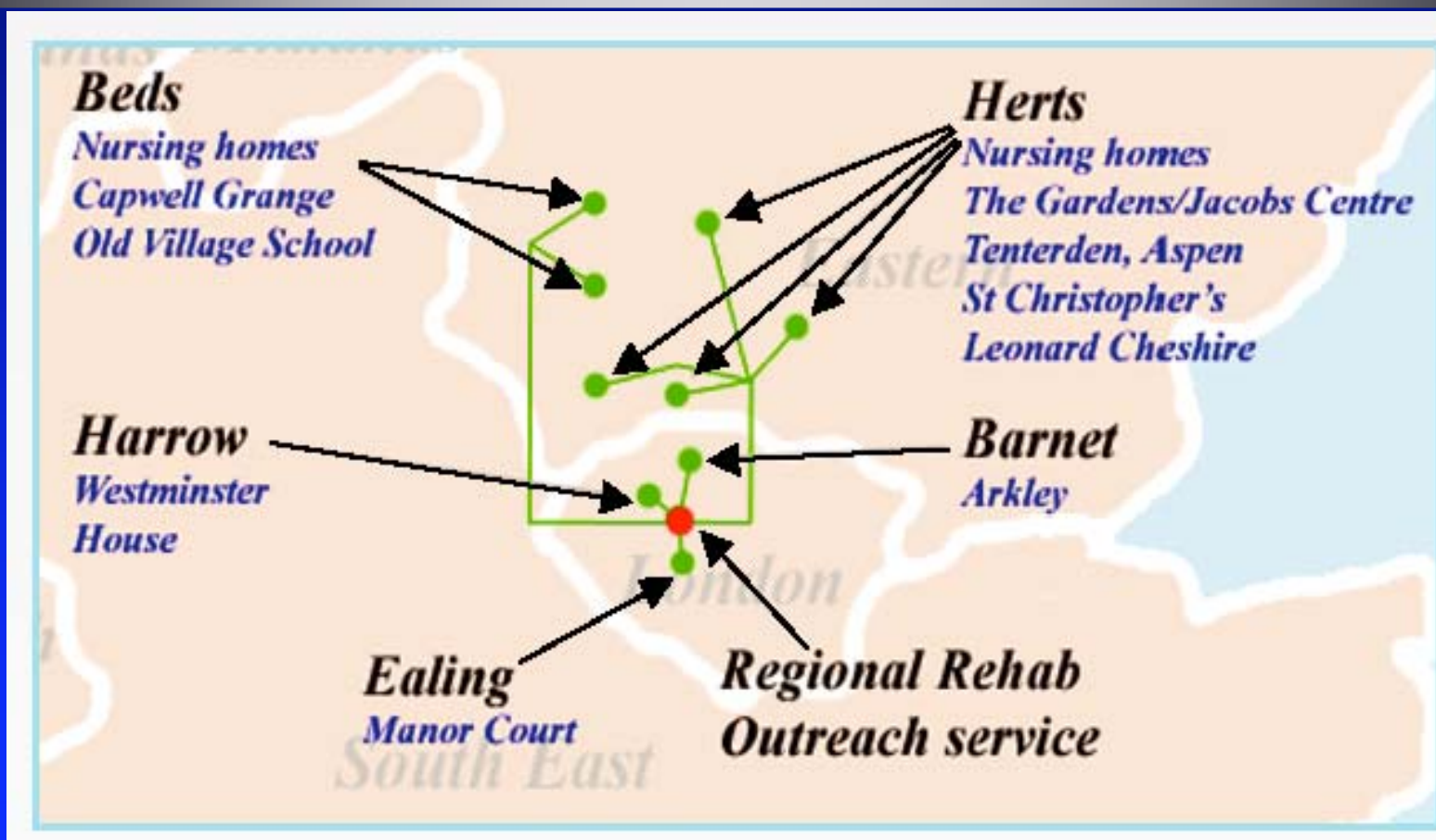
86% of GAS objectives set were achieved or overachieved



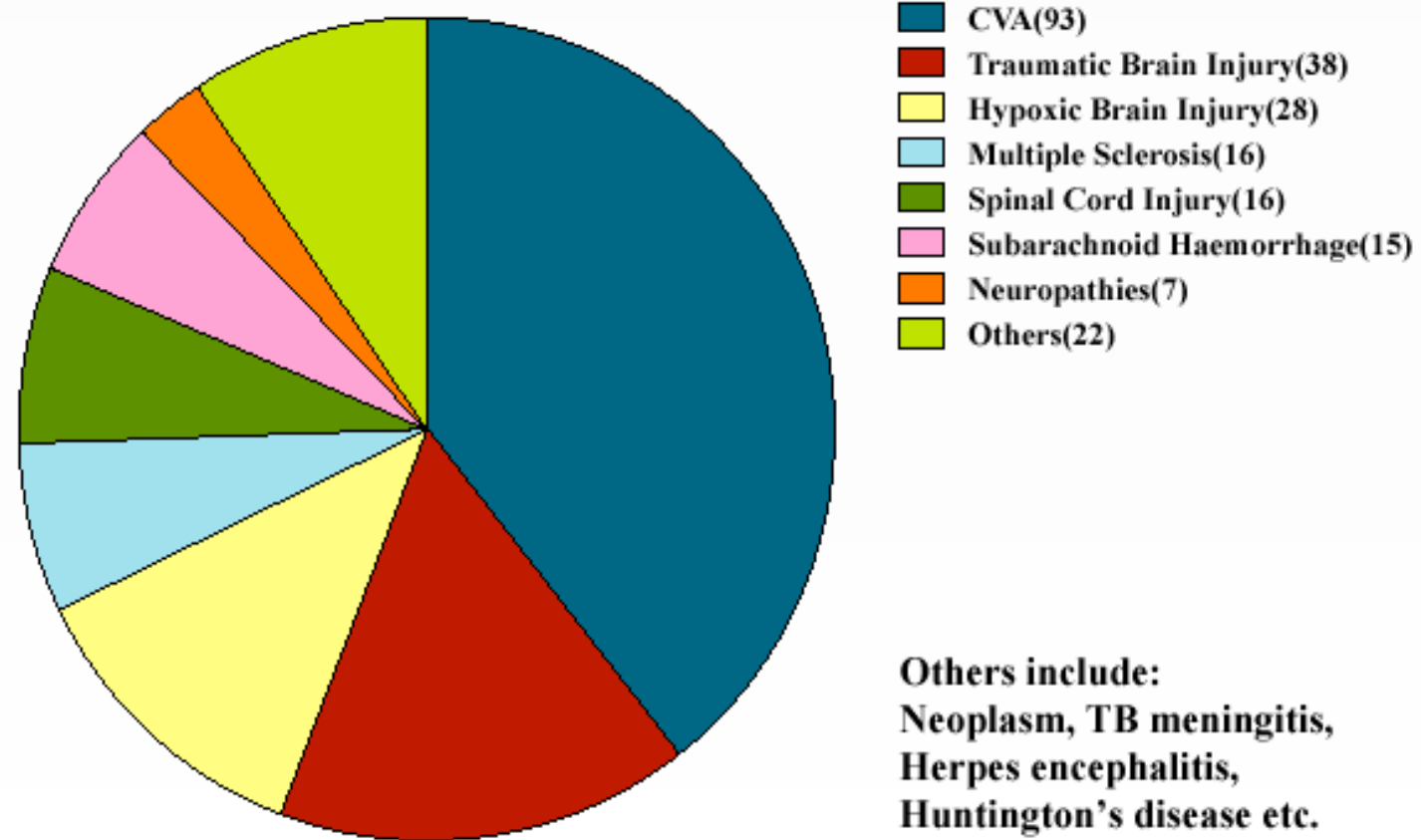
## RRU Specialist Community Outreach service

- Close collaboration with district and local community teams
  - **supporting patients with severe complex disability in own homes or in specialist nursing homes**
- Support to acute district hospital inpatient teams
  - **E.g. managing patients awaiting transfer to specialised inpatient rehab services**
- Spasticity management
- Long term surveillance
- Education

Map of RRU Specialist Community Outreach Team surveillance for patients with severe complex disability



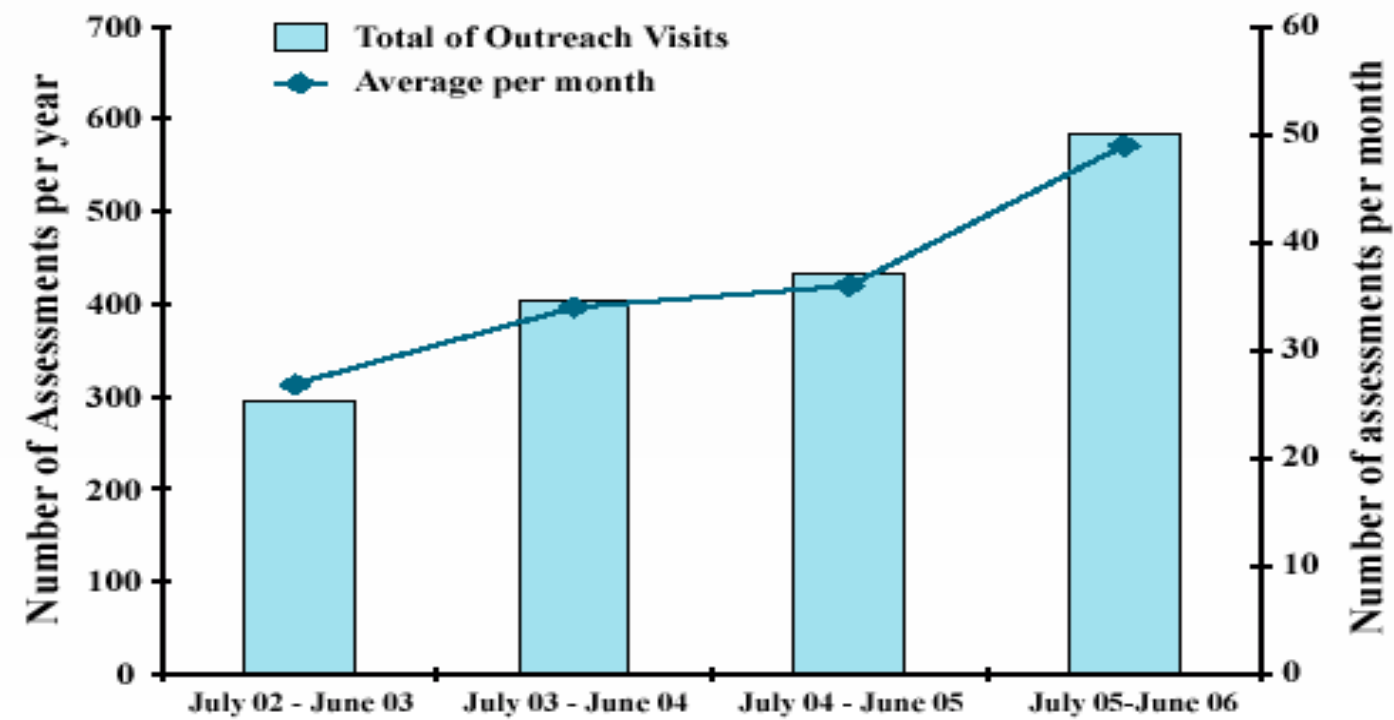
Diagnostic categories for patients assessed by  
the Outreach Team:  
November 06 to April 07 (n = 235)





## RRU Community Outreach Team activity

### Outreach assessments





## Conclusion

- RRU is an important centre for the management of patients with severe, complex neurological disability in NW London and surrounding counties
- It provides an in-patient and Community Outreach service
- It forms part of a network of local rehab facilities
- As well as being one of the 9 providers in the London Specialist Neuro Rehab Consortium