

Rehab Bulletin

Connecting staff across our rehabilitation services

Welcome to our November 2021 monthly rehab bulletin

Welcome to the monthly rehabilitation services bulletin. Published on a monthly basis, this platform has been designed to keep rehabilitation services colleagues informed of improvement activity and policy work along the rehabilitation pathway. We are keen to hear from you. Please reach out with suggested topics for discussion for our next bulletin via Trish Richardson (trish.richardson2@nhs.net).

What's the latest?

Recently, our activity co-ordinators Alison and Iris celebrated their 1 year anniversary of working for the Trust. **Here is a note from Alison and Iris about Learning Through Experience – A Year in the Life of an Activity Coordinator Supporting Rehab Activity:**

Stepping into a new role in the middle of COVID..... no pressure!

All of the senior staff at BIU gave us lots of support and their vision of what our role would look like and what it would bring to the Unit. Our vision was to engage staff within the MDT, ask for their advice, let them know what was achievable by us and then to do it.

For most of the year we were limited by COVID restrictions and weren't able to have group activities or let the patients use our equipment due to infection control. When the restrictions relaxed, we have been able to set up small group activities such as breakfast group, art group and music group.

It has been an uphill struggle at times, working against COVID, trying to set up the new post, and trying to define our roles, but we take the positives of each day and plan for the next day and the next session, whether that is 1:1 sessions with patients, group activities, celebrating national events or going around the wards engaging with patients and having meaningful conversations with them.

We have supported the Unit to celebrate Valentine's Day, Christmas, Remembrance Day, Spring, Summer, Gardening, pasta making, arts and crafts and music. At the same time, we've worked with the Head of Nursing to support staff wellbeing.

The purpose of our role is to work holistically, and to support patient centred goals, and to enhance the patients' rehab journey. It is also to offer functional rehab to complement the Multi-disciplinary Team, to give a sense of 'normality' to the patients time in rehab, and to spend time with patients in a less formal way. This can highlight their strengths and also any issues, and also to encourage engagement in their rehab journey.



Here is some feedback from staff and patients regarding activity supporting rehabilitation:

"From my perspective as Hospital chaplain at the Irvine Unit Bexhill, both Alison and Iris are making an excellent contribution to the life and work of the Unit.

Their work must often lessen the burden that the Clinical staff carry in their work of delivering health care.

They work very well together – encouraging the patients to participate in the activities that they have carefully prepared for them. We share an office, so I am able to see at first hand the amount of work they put in to preparing the material, and then using it, working often with a great deal of patience with the patients."

Neville Barnett

Chaplain at Bexhill Irvine Unit

"I wasn't expecting to join a "pasta making group" but I thought 'Hey why not!' I thoroughly enjoyed the activity, chatting and laughing with other patients and I enjoyed it so much that I decided to buy a pasta making machine for Alison and Iris to use with other patients who can enjoy it as much as me."

Jane

Patient at Irvine Unit