

# More information about the Amputee Rehabilitation Unit (ARU)

**This information sheet gives you more information about the Amputee Rehabilitation Unit (ARU) and outlines what you should expect from your stay. We look forward to welcoming you and hope your stay at the ARU will be as pleasant as possible.**

**You will also receive an ARU Welcome Pack which contains useful information about your stay at the centre which will be by your bed side.**

## What is the ARU?

The ARU provides specialist care and rehabilitation for amputee patients with varying levels of functional ability.

Shortly after amputation, when you are medically well and ready to complete an intensive rehabilitation programme, you will be transferred from your current ward to the ARU which is based at the Lambeth Community Care Centre in Kennington. You will stay at the ARU and receive therapy every day.

The ARU promotes independence and you will be challenged daily to meet your goals by members of your care team.

In consenting to transfer to the ARU, you are agreeing to engage in the intensive rehabilitation programme.

## What will my rehabilitation involve?

This will depend on many factors such as your strength, stump wound healing, pain, memory and safety awareness. Your rehabilitation may or may not include the use of a prosthetic limb as assessed by the multi-disciplinary team.

## What days will I have rehabilitation sessions

You will typically have rehabilitation sessions between 8am-5pm Monday to Friday. However there will be a rehabilitation focus outside of these hours also.

We also have sessions on a Saturday and will discuss with you to find a suitable time for these on the Friday before.

There are no therapists working on a Sunday but you will be encouraged to continue your rehabilitation program on the ward.

Throughout your stay in the ARU, you will be expected to take ownership of your rehabilitation and will be asked to complete rehabilitation tasks in your own time to maximise your recovery.

Weekend leave (Saturday after therapy to Sunday evening) may form an aspect of your rehabilitation pathway, however the team will assess this on an individual basis and this may not be possible in some cases. Please speak to your occupational therapist for further information.

## **Where will my sessions take place?**

Rehabilitation sessions take place on the ARU ward, the downstairs therapy facilities, ARU garden and the surrounding community dependent on your rehabilitation goals.,

During ward based sessions we may need to turn off TVs and radios. During all therapy sessions we will also ask that mobile phones and computer technology are either turned off or on silent.

Please be respectful of other patient's rehabilitation sessions and avoid interrupting them.

## **Am I allowed to have visitors?**

Yes, our visiting hours are 11am-8pm, however if visitors arrive during therapy sessions or nursing duties they may be asked to wait in the patient dining area. We are aware some visitors may travel long distances, therefore if notice is provided, the therapists will be mindful in timetabling your rehabilitation program.

Your family will be encouraged to be part of your rehabilitation, where you agree. Family and friends are welcome to join you in key rehabilitation sessions.

The ARU operates a curfew of 9.30pm (during which time you will need to be on our premises).

## **What happens when I am ready to leave the ARU?**

Planning your discharge will start as soon as you arrive at the ARU and your occupational therapist will work with you to plan going home. This will include visiting your home to ensure you can be set up appropriately on discharge. This may include the use of equipment and the recommendation of carers to assist in your needs being met.

It is likely that you will be discharged without being able to access all areas within your home. If required we can support you in your re-housing application. This lengthy process is unlikely to be resolved during your stay at the ARU, meaning you will go back to your home while you wait for re-housing.

You will be assessed by both the nursing staff and pharmacist prior to leaving, to check that you are able to take your own medications without help. If you have difficulty we will put in place services to assist you with this.

You will be followed up at your local limb fitting centre, and in most cases you will have ongoing therapy that is either home based or at an amputee outpatient service in your area.

## Additional things to consider whilst staying at the ARU

- Guy's and St Thomas' is a smoke-free trust. This means that smoking is not allowed anywhere on our hospital or community premises and grounds, which includes the ARU.
- There is a zero tolerance on alcohol and illegal substances at the ARU and surrounding grounds.
- The ARU will not tolerate verbal / physical abuse, threatening behaviour towards staff or other patients, or any other behaviour that is deemed inappropriate by ARU staff. We operate a written warning system. On the third written warning, discharge from the unit will be imminently planned. If the behaviour is deemed to be particularly serious in nature and/or there is any risk to patient or staff safety, you will be discharged immediately regardless of whether you have had previous written warnings.

### Contact us

If you have any queries or concerns please contact the ARU ward manager on **0203 049 6912** (9am -5pm Monday to Friday).

Alternatively you can contact the ARU clinical lead on **0203 049 7752** (9am - 5pm Monday to Friday)

Out of these hours please call the ARU ward and speak to the nurse in charge on **0203 049 6912**.

For more information about where the ARU is located and transport advice please refer to our accompanying overview leaflet **Welcome to the Amputee Rehabilitation Unit**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets).

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319   **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)   **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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