

Help us to improve our service

If you would like to make a comment about any of our services, please speak to a member of staff who will pass on your comments to the management team. There is also comments box in the waiting area, which you are welcome to use.

The Trust has a formal complaints procedure. If you require further information, please contact either the **ward sister** or the **service manager**. Alternatively, please contact the Patient Advice & Liaison Service (PALS).

How to find us

The ARU is located at the Monkton Street Rehabilitation Centre in Kennington, London.

By bus – The centre is a short walk from Kennington Road where buses 159, 59, and 3 stop (alight Fitzalan Street). Check routes and timetables with London Transport on **0207 222 1234** or visit **www.tfl.gov.uk**.

By car – The entrance to the centre is on Monkton Street. Free, off-street car parking facilities are available. Please note that the centre is in the Congestion Zone.

By train – The closest stations are Lambeth North Underground Station and Elephant and Castle Underground and Mainline Station. Both are a 10 minute walk from the centre. To walk from Vauxhall or Waterloo Station would take around 15–20 minutes.

Contact us

If you have any questions or concerns about the service, please contact the **ward sister** on **020 3049 6912** (Monday to Friday, 9am to 5pm).

Out of hours, please ask for the nurse in charge.

Further information

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

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS.

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's **e:** pals@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 on

t: 020 7188 8815 **fax:** 020 7188 5953

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

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Welcome to the Amputee Rehabilitation Unit



Monkton Street Rehabilitation Centre
Monkton Street
Kennington
SE11 4TX

What is the amputee rehabilitation unit (ARU)?

The amputee rehabilitation unit (ARU) is a 12-bed centre that provides specialist rehabilitation for adults who have undergone major limb amputation.

Our service offers:

- seven weeks' intensive rehabilitation
- purpose built rehabilitation facilities
- seven day access to specialist staff and equipment
- custom made artificial limb services
- an award-winning garden for rest and rehabilitation
- continued care at Bowley Close Rehabilitation Centre or your local limb fitting centre after you have been discharged from the ARU.

The service is run by a multidisciplinary team of highly specialist staff, including:

- a consultant in rehabilitation medicine
- a team of nurses
- a prosthetist
- a social worker
- physiotherapists
- occupational therapists
- rehabilitation assistants
- counsellors
- a podiatrist.

Our aim is to enable you to return to functional independence as quickly as possible, and to prepare you for your return to the community. We aim to help you reach your maximum potential whether that is with a prosthesis (artificial limb) or in a wheelchair.

Transfer to the ARU

The ARU will be discussed as early as possible during your hospital stay. The hospital team will support you to make an informed decision about whether the ARU is the right choice for you. Sometimes, visiting the ARU can help you to make this decision.

If the hospital you are being treated at is local to the ARU, one or more member(s) of the team will visit you in hospital.

In order to be referred to the ARU, you must confirm that you are both able and willing to participate in a programme of intensive rehabilitation. A referral will then be made and when you are medically fit for discharge from hospital, transfer to the ARU will be arranged. This is usually between seven and 14 days after your amputation.

When you arrive and during your stay

A welcome and introduction to the unit will be arranged by the nursing team for when you arrive. Following this, you will undergo some assessments so that your personalised daily rehabilitation programme can be developed. The rehabilitation programme will focus on two key goals:

1. helping you to reach your maximum level of functioning
2. preparing you for returning home.

We aim for both physical and psychological rehabilitation, to help you return to a full and active life as quickly as possible.

Rehabilitation review

We will begin planning for discharge (going home) from the moment you arrive at the unit. With this in mind, you will be expected to take responsibility for your rehabilitation and to be actively involved in your own care.

You will be challenged daily to meet goals set for you by members of the rehabilitation team. These goals will be directed by what you wish to achieve. If the decision for non-prosthetic rehabilitation is made at this time, rehabilitation will be aimed at achieving independence using a wheelchair.

The duration of the rehabilitation programme will vary according to your individual needs. As part of your discharge planning, your home environment will be assessed to ensure that you will be able to manage once you leave the unit. This may include providing you with equipment and/or the recommendation of carers to assist in your needs being met.

Leaving the ARU

When it is time for you to leave the unit, we will transfer your care to the amputee rehabilitation service at Bowley Close Rehabilitation Centre, where you will be provided with life-long prosthetic and rehabilitation care, including physiotherapy, occupational therapy and counselling. This is an outpatient service, which means that you will be able to go home at the end of each of your sessions.

If you do not live locally to Bowley Close, we will refer you instead to your local limb fitting centre.