Rehabilitation after major trauma
Information for patients
You were seen today by a member of the Major Trauma Rehabilitation Team

The person who met with you was (team member to complete)

This leaflet is designed to explain our role and provide you with information if you have questions. It also has telephone numbers should you need to contact us.

The Oxford University Hospitals Trust is committed to helping patients recover as fully and as quickly as possible after injury or illness. As a Major Trauma Centre, the John Radcliffe Hospital (JR) now sees more patients with complex injuries at an earlier stage in their recovery. This means rehabilitation can begin as early as is possible and appropriate.

All patients admitted to the JR following trauma have access to rehabilitation. This is provided by an experienced team of therapists, nurses and doctors.

When an injury is complex or affects more than one area of the body, the Major Trauma Rehabilitation Team will also carry out an assessment. This assessment will usually involve a Consultant in Rehabilitation Medicine and/or other members of the team; this includes Occupational Therapists, Physiotherapists and Specialist Nurses.

Depending on the findings of this assessment you may need to be referred to other specialists. We will discuss this with you. As your discharge home approaches, the team can also help work out your needs and how they will be met.

You will usually be given a document called a ‘Rehabilitation Prescription’. This is a brief list and explanation of your rehabilitation needs as well as details of services which will be
arranged when you are discharged from hospital. It will also be given to the services you will need to be referred to, so that they know what care to offer you.

You or anyone treating you can contact us for information or advice if there are any questions about your rehabilitation after you have been discharged, either to home or another hospital.

**Contact details**

Please phone the hospital switchboard on:

**01865 741 166** and ask them to ‘bleep’ **6851**

Your bleep will be answered by one of the following Rehabilitation Co-ordinators:

- **Rupali Alwe** (Trauma Rehabilitation Co-ordinator)
- **Sarah Norris** (Major Trauma Occupational Therapist)
- **Rebekah Haylett** (Trauma Critical Care Physiotherapist)

If you have had an head injury, you will be assessed by **Clare Sweasey**, Advanced Nurse Practitioner (bleep number 6670).
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk

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