

Information Leaflet

Age Related Rehabilitation Services



We are located just off the N7 at Rathcoole, midway between the villages of Adamstown and Newcastle in South County Dublin on the R120.

We have free onsite parking.

Bus number 68 from City centre
(Stop 3389)

Rehabilitation

You will work with the multidisciplinary team to:

- Learn new skills and help you adapt to new ways of living
- Decide on your goals for rehabilitation with the team
- Develop a plan of action to help you achieve your goals
- Therapy is Monday-Friday
- You may have to share accommodation with other patients on the rehab ward
- You are encouraged to practice the skills you learn in therapy during your daily routine outside of therapy and weekends.

Further Care

- Our goal is to help you return home as independently as possible
- Over three quarters of patients from Peamount return to independent living
- In a small proportion of cases, some people are no longer able to return home and require extended care placement. In these instances, patients may return back to the hospital that referred them.
- If you become acutely unwell, you may be transferred back through A & E

The Multidisciplinary Team

You will be assessed by members of the multi-disciplinary team depending on your needs and interventions required. The roles of the team members are:

The Doctor

The medical team is made up of the Consultant in Age Related Medicine, Registrar and Senior House Officer (SHO). We have overall responsibility for your treatment and we will coordinate your medical care during your stay.

Our role also is to:

- Diagnose, treat & manage your illness
- Arrange any medical investigations required and any drug/physical therapy necessary
- To keep you and with your consent your family informed at every step
- To arrange follow up in the hospital after discharge

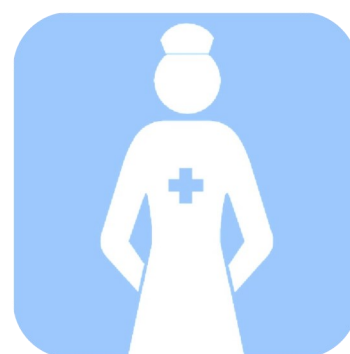


Nursing Staff

The nursing team is made up of the Clinical Nurse Manager (CNM), Staff Nurses and Health Care Assistants.

We are here to:

- Coordinate nursing care activities in collaboration with the multidisciplinary team to help you achieve your rehabilitation goals.
- Assist you with all activities of daily life where needed e.g. washing/dressing/going to the bathroom/eating/drinking/assisting with medication
- We are here to encourage you to be as independent as possible and help you to achieve goals you set with the multidisciplinary team
- Manage your medication and administer intravenous drugs and fluids
- Provide emotional support, advice and education for you and your family
- Assist with discharge planning and link with community services as required



The Occupational Therapist

Our aim is to enable you to be as independent as possible in the activities of daily living that are important to you. Activities of daily living (ADLs) can include: self-care tasks (e.g. getting dressed), domestic tasks (e.g. preparing a meal), community living skills (e.g. money management/shopping), driving, work and leisure. Occupational therapists assess physical and cognitive abilities/difficulties and how they are impacting on ADLs.



Occupational therapy can be carried out in 1:1 or group sessions and may include:

- Practice and training in relevant ADLs
- Cognitive rehabilitation— helping you if you have difficulty with things like your memory, attention or problem solving
- Rehabilitation of physical skills including functional use of the hand
- Seating and postural management
- Advice on assistive equipment
- Client and carer education
- Discharge facilitation in conjunction with the team

The Speech and Language Therapist

Our role is to work with you if you have a communication and/or swallowing difficulty. We will:

- Provide you with information on your communication and/or swallowing difficulty
- Help you to communicate as independently as possible and provide therapy to help improve your communication
- Liaise with you, your family and the team to educate and help facilitate your communication
- Advise you on safe foods to eat and fluids to drink to reduce them going down the wrong way and provide therapy to improve your swallow if needed.





Physiotherapist

We aim to ensure that you maintain or improve your mobility, strength and balance, so you can lead a full and active life.

- We will assess, diagnose and treat according to your needs. We may use physical interventions such as exercise training, manual therapy, education, appliance prescription and other interventions.
- We may prescribe an exercise programme specific to your needs. You may need to carry out this exercise programme on the ward with the assistance of family, friends, carers or staff. Your physiotherapist will advise you.
- Our ultimate goal is to help you to achieve your full potential and to maximise your independence

Dietitian

The Dietitian on the team may be involved in your care to advise on helping you meet your nutritional needs.

In order to get the best out of your rehab programme, it is

important that you have a good nutritional intake. The dietitian can help if you have a poor appetite and need advice on

fortifying your food, need to lose weight to optimise your rehabilitation or you have a specific condition that requires a change to your diet (e.g. diabetes, coeliac, cardiac, tube feed etc). The dietitian will:

- monitor your weight and blood results
- assess your nutritional intake and advise on any changes needed
- help prevent nutritional complications that may interfere with your ability to engage in rehabilitation (i.e. pressure sores, weight gain/loss, vitamin and mineral deficiencies)
- link with other team members about your diet if required i.e. speech and language therapy for swallowing problems.





Medical Social Worker

When we meet with you, we will assess your support needs and any risks to you. We will talk to you about:

- how your circumstances have changed
- Your support network at home
- Your current support needs
- any risks related to your current situation

We may provide support, information and make referrals to a number of relevant services if needed.

Services available

- Planning discharge home and co-coordinating community services
- Patient and family education regarding coping with illness
- Individual counseling, group work, work with families and carers
- Information on benefits and entitlements, housing and social welfare. Referral to other services where appropriate



Pharmacist

We review of all your medications to ensure appropriateness and effectiveness by working directly with doctors, nurses and other health care professionals to promote safe and effective drug treatment. We ensure your prescribed medications are current and accurate by:

- Medicines reconciliation ie. Gathering a full medication history from your community pharmacy, GP, transferring hospital, family members etc.
- Regular review and selection of your drug treatment by
- Attending consultant-led ward rounds
- Liaising with members of the multi-disciplinary team (MDT)
- Monitoring prescribed drug therapy in relation to your condition, age, weight and any other relevant parameters for appropriateness with the aim of maximising treatment benefit.

We aim to provide education on certain medications where appropriate, to you and/or your family members.

Typical Daily Routine

This is how your day will generally be structured:



TIME	ACTIVITY	COMMENTS
8.00- 9.00	Day Starts Wash and Dress	You will be expected to do as much of this as possible yourself
9.00-10.00	Breakfast	
10.00-12.30	Therapy Sessions	Sessions with the team according to your needs.
12.30-1.30	Dinner	Meals are served in the dinning room
1.30-4.30	Therapy Sessions	Sessions with the team according to your needs.
5.00-6.00	Evening Meal	
6.00	Rest	

Visiting

Visiting hours in the Rehabilitation unit are from:

14.00 – 16.30 and 18.00 – 21.00

Visiting outside these hours can be discussed with the Nurse Manager on the unit.

Mass is held onsite every morning at 10.30am.



We have a **NO SMOKING POLICY** in Peamount .



Public Canteen open 9.30-2pm
Tea & Coffee are

available for visitors outside of these hours on the unit by the dining hall

What to bring with you



You will have your own small wardrobe and locker



Toiletries

- Soap/shower gel/shampoo
- Face cloth and towel
- Denture holder/tablets
- Any cream you use
- Toothbrush/toothpaste
- Shaving kit



Clothes

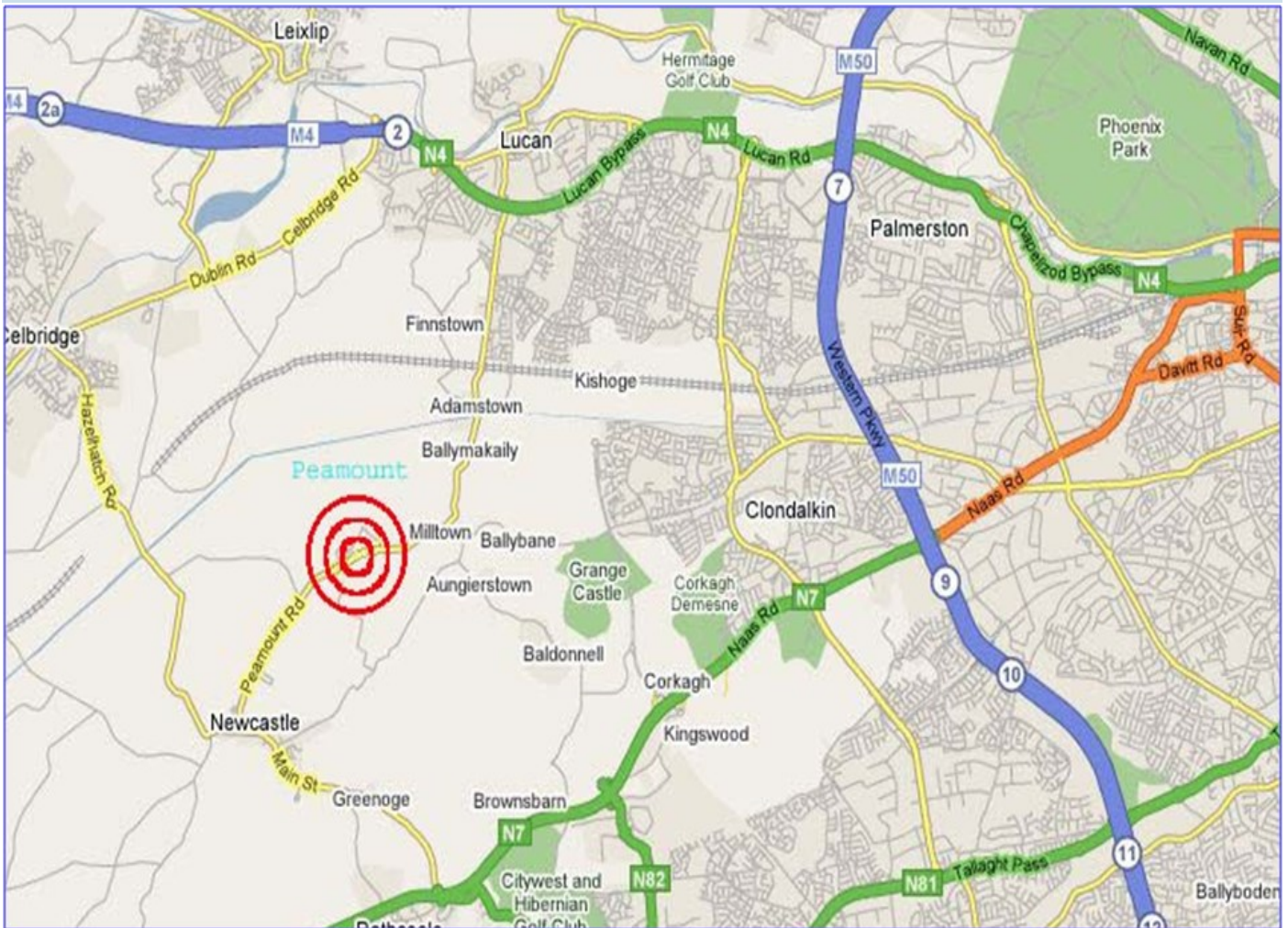
- Trousers/Tops
- Underwear
- Comfortable supportive shoes
- Slippers/Socks



Aids/Appliances

- Glasses
- Hearing Aid & Batteries
- Walking Frame
- Shoes
- Splint

Travelling to Peamount Healthcare



Bus number 68 from City centre (Stop 3389)

By car from N7 or N4

Mobile phones permitted

We are located just off the N7 at Rathcoole midway between the villages of Adamstown and Newcastle in South County Dublin on the R120.

There are no shops or bank facilities on Peamount Campus however, Lucan, Celbridge & Newcastle are 10-15 minutes away by car. There is free on-site parking available.

Infection Prevention and Control

We aim to:

- Maintain the best hygiene practices
- Ensure the safety and wellbeing of patients, staff and visitors
- Reduce hospital-associated infections
- Maintain a clean and healthy environment for all
- Carry out admission screening (such as MRSA, CPE and COVID-19 screening) of patients and repeat if necessary during your stay



You can help us by:

- Informing the infection control nurse or ward manager if you have been an inpatient in another hospital in the past 12 months or if you have been identified as a CPE/ COVID-19 contact
- Cleaning your hands using correct technique every time you enter or leave a ward.
- Feel free to remind staff to clean their hands
- Inform a staff member if you see dirt or dust or if you are concerned with any aspect of cleanliness
- Keep the space around you and your bed tidy and uncluttered
- Keep the hospital clean by placing litter in the bins and recycle bin throughout the hospital and avoiding bring in food from outside

Ask family members and visitors to:

- Wash their hands and use gel provided
- Avoid visiting if they are unwell (e.g. with a cold, diarrhoea, vomiting, chicken pox or other such illnesses). Wait minimum 3 days when better to visit.
- Avoid bring children to the hospital without checking with the ward
- Avoid sitting or lying on your bed
- Use public toilets. Patient toilets are for patients only.



Your Discharge Plan



Your Estimated Date of Discharge is:

Please be aware that this is an estimated date of discharge and may change depending on how your rehabilitation progresses.

If you are unsure about any of the information contained in this leaflet or you would like some further information on any aspects of Peamount or your stay here, please do not hesitate in discussing this with a member of your team.

Staff work as part of a Multidisciplinary team which means that information about you will be shared between all team members. We do this in order to ensure that you receive the best possible care and treatment. Sharing information with a person outside the team will only happen in consultation with you, and in accordance with our Vulnerable Adults policy and Child Protection legislation.

Please note, that due to circumstances outside our control, it may be necessary during your stay with us to move your bed position within the ward. If this should occur, we will aim to move your bed with the least amount of inconvenience to you.



Your Multi-disciplinary Team may include:

(You will only see who you need)

The Age Related Ward telephone number is : 01-6010324

Discipline	Name	Contact Details
Consultant Doctors		
Clinical Nurse Manager		
Physiotherapist		
Occupational Therapist		
Speech & Language Therapist		
Dietitian		
Medical Social Worker		
Pharmacy		



**Peamount Road,
Newcastle,
Co. Dublin
01-6010300**