

# Day hospital at St John's therapy centre

This leaflet explains more about the day hospital at St John's therapy centre. If you have any further questions, please speak to a doctor or nurse caring for you.

## What is the day hospital?

The day hospital bridges the gap between healthcare services available in the community and those within the hospital. That means patients can live in their own homes and come to the day hospital for assessment and rehabilitation. We support our patients to become as well and independent as possible.

## Why have I been referred to the day hospital?

You may be referred to the day hospital by your GP or other health practitioner if you are having health or mobility problems or find it hard to manage at home. You may have fallen or be worried about falling.

The staff can offer:

- investigations and treatment of your current and long-term medical conditions
- medication review
- rehabilitation e.g. physiotherapy or occupational therapy
- advice and help with health related issues.

## How does it work?

When the day hospital receives the referral, we will contact you by phone or letter to agree the days you will be coming.

Patients come for two sessions a week. Each session lasts for half a day, either morning or afternoon. There is no set total number of sessions you can attend – this will be based on your individual needs.

### The day hospital team

The **doctor** will talk to you about your health and examine you.

They will review all your medicines, so please bring these with you.

They will also arrange any tests you need, e.g. blood tests, x-rays, heart tests.

The doctor at the day hospital will work closely with your GP, who will continue to oversee your day-to-day medical needs.

You will have a named **registered nurse** to coordinate your care.

They will advise you on health matters and tests and give you any help you need to take your medication. Please remember to bring in any medication you will need to take during your session, including pain medication.

Your nurse will work closely with you, your family and other members of the team.

A **physiotherapist** will check your balance, muscle strength and how you move and walk.

The physiotherapy team can make an individual rehabilitation plan for you to aim to restore your movement and decrease your risk of falling.

You may be offered a home visit or outdoor mobility practice in your local area if needed.

The **occupational therapist** (OT) will check how you are managing with the activities you need to do in your day-to-day life.

They may also provide:

- adaptive aids or equipment
- advice
- rehabilitation activities to improve your function and independence.

OTs can also carry out home visits to look at how independent and safe you are in your own home. They can make referrals to social services for adaptations and equipment if needed.

We can also help you make appointments with other healthcare professionals, either at the day hospital or elsewhere, e.g.:

- dietician for nutrition needs
- podiatrist for specialist foot care
- social worker for support at home
- speech and language therapist for help with swallowing and speech
- dentist for help with teeth and jaw problems.

## Where do I need to go?

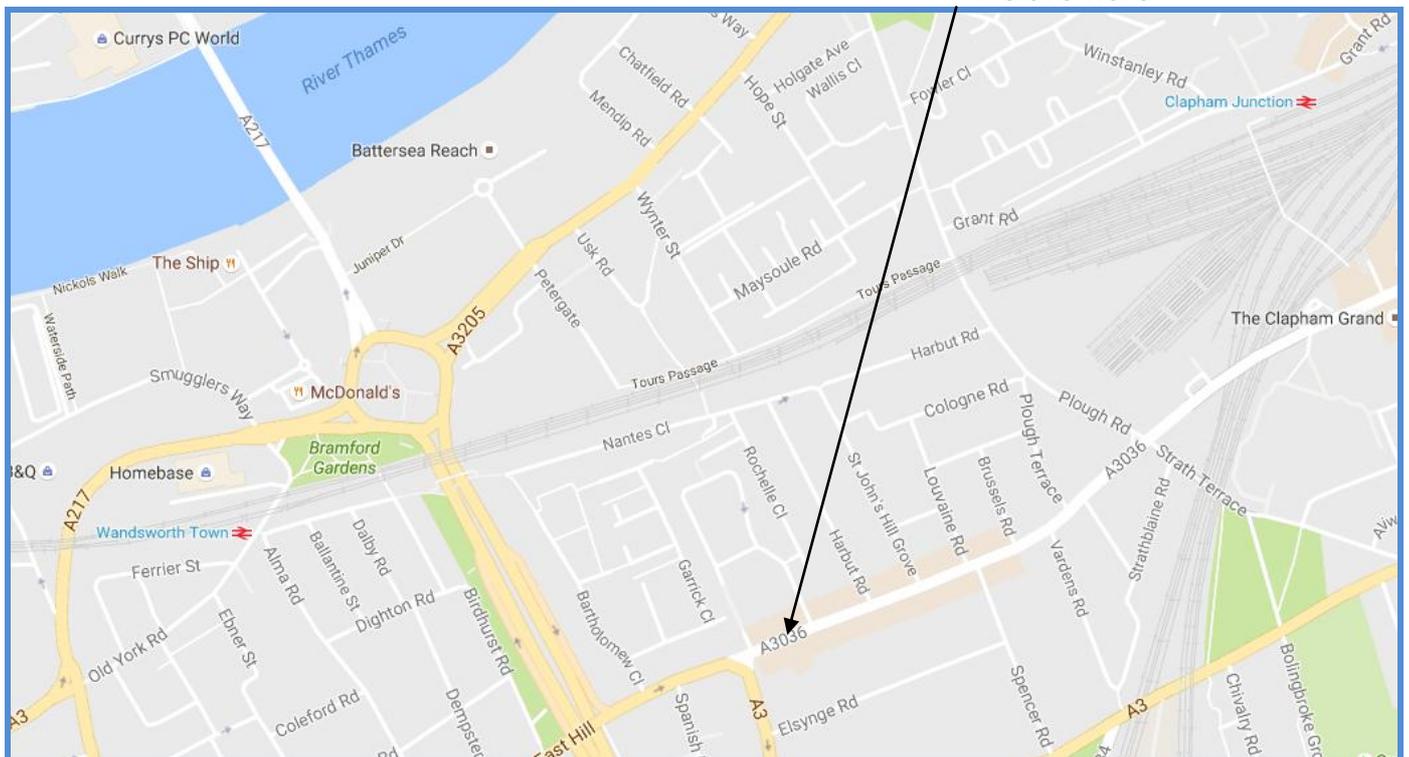
### Day Hospital at St John's Therapy Centre

162 St John's Hill

London

SW11 1SW

**We are here**



We will ask if you can come in by public transport, drive yourself or come in with a friend or relative. If this is not possible we will offer you transport by ambulance. If we arrange ambulance transport, it is very important you give plenty of notice if you can't attend, so we can cancel the transport and make other arrangements with you.

## Does it cost anything?

The service is provided free of charge.

## What do I need to bring with me?

Please make sure you bring:

- all your medications including pain tablets
- your spectacles and hearing aids
- your walking aid if you use one.

## Useful sources of information

Tea, coffee and lunch will be provided at no cost to you. Special diets can be catered for, please let us know before.

## Contact us

If you have any questions or concerns about the day hospital, please contact the team on 020 8812 5371 (Monday to Friday, 8.30am to 4.30pm). Out of hours, please leave a message.

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

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

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

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111