

Mary Seacole Ward

Queen Mary's Hospital, Roehampton Lane, London, SW15
5PN

This leaflet explains more about Mary Seacole Ward. If you have any further questions, please speak to a doctor or nurse caring for you.

What is Mary Seacole Ward?

Mary Seacole is a Senior Health Rehabilitation ward at Queen Mary's Hospital, Roehampton. The ward provides a short term admission, with the aim of helping you to improve your ability to care for yourself following an acute hospital stay.

How can Mary Seacole Ward help you?

A team of nurses, therapists, pharmacists, doctors, social workers and volunteers will work in partnership with you to develop goals, taking account of what you can do, what you have difficulty with and the things that would make a difference to your independence and quality of life. Goals may relate to improving your mobility, for example moving safely from a sitting to a standing position or climbing the stairs. They may also focus on carrying out activities such as washing and dressing or preparing hot drinks. Sometimes goals will be fully achieved during the stay but usually, you will continue to work towards achieving them with teams in the community once you are home. You will be expected to be active to the best of your ability.

Therapists are available 8.30am to 4.30pm Monday to Friday. Doctors are available Monday to Friday 9am to 5pm, until 8pm for emergencies and at weekends between 9am to 5pm. You will be seen by a consultant doctor once a week.

How can you be referred to Mary Seacole Ward?

If the team which is caring for you at the acute hospital thinks you may benefit from an admission to Mary Seacole Ward, they will discuss this with you and make a referral. Mary Seacole Ward can help you if you live in Wandsworth, Merton, Richmond, Kingston or Sutton. Mary Seacole may also be able to help you if you live in Croydon or Lambeth and are unable to go to your local rehabilitation unit.

If the referral is accepted, you may be transferred the same day if there is a bed available or, if there is a waiting list, you may need to wait a few days. Your referring team will arrange transport for you to be moved to Mary Seacole Ward at Queen Mary's Hospital, Roehampton.

Planning for your return home

Your estimated discharge date will be set on admission to Mary Seacole Ward and will be reviewed on a regular basis.

The therapy team will agree your therapy sessions with you which will be based upon your goals.

As early as possible following admission to the ward, the team here will discuss your discharge and leaving hospital with you and your family / carers. Rehabilitation on Mary Seacole Ward is time limited, as people usually recover more quickly and safely out of hospital. The team will discuss any support you will need following discharge and make any onward referrals before you leave. This may include further rehabilitation in your home or referral on to social services.

What are the visiting hours?

Visitors can see you between 10am and 8pm. There is a maximum of two visitors allowed at the bedside at one time and we will ask visitors to step outside if we are delivering personal or medical care to you. Visitors are requested not to visit within

the protected mealtimes between 12pm - 1pm and 5pm - 6pm. Family members / visitors can request to be present during mealtimes by speaking to the ward sister, to support a patient with eating and drinking who has a diagnosis of dementia, delirium or learning disability.

What do I need to bring with me?

If a relative or friend can help, we ask you to bring day and night clothes, toiletries, small change (for papers or snacks), well-fitting slippers or shoes, glasses and hearing aids if you wear them. Please bring 'REACH' or 'This is me' documentation if you have it and consider bringing books / radios or other portable hobbies.

Zero Tolerance Policy

Any form of violence against staff at St George's is unacceptable. Aggressive, violent abusive or threatening behaviour will not be tolerated.

Violence against NHS is a crime. Individuals behaving in this manner to staff will be reported to the police and prosecution sought.

Contact us

If you have any questions or concerns about Mary Seacole Ward, please contact the nurse in charge on 020 8487 6133 / 6543.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** 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

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

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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