

Paediatric Rehabilitation

Nicholls Ward information for parents

This leaflet explains about rehabilitation. If you have any further questions, please speak to a doctor or nurse caring for your child.

What is rehabilitation?

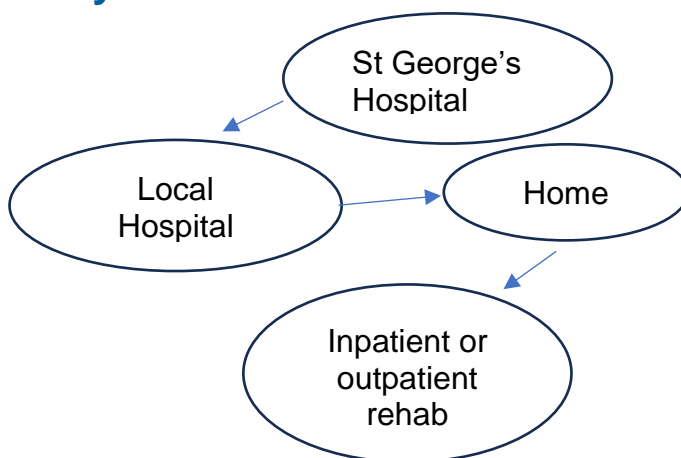
"Rehabilitation" or "rehab" is the process of therapy support and input of many disciplines that is required in a child or young person to regain skills after an injury and to recover. It is also sometimes referred to as "neuropsych" if it involves a brain injury.

Understanding the journey from St. George's Hospital to home

St. George's Hospital is a Major Trauma Centre and a tertiary subspecialty hospital. This means that we provide highly specialist care for children with conditions that are too complex for a local hospital to manage. Once your child's condition is stabilised at St. George's Hospital, if you are not a Wandsworth resident, you will be transferred either to your local hospital or directly to your home. This is so that we can continue to provide specialist care to other children who need it and so that your local team (who will be managing your child's care when you leave us) can meet and become familiar with your child and family. It is likely that your child will continue to require support to regain skills and to recover once they are home.

Rehab can take place in an outpatient setting (e.g. home or community clinic) or in an inpatient setting - i.e. a hospital or residential centre. If there is anything that might prevent you from going home or to your local hospital, you must inform us as soon as possible so that we can pass this on to your local team.

The Pathway Home



Understanding Rehab roles

Speech and Language Therapy (SALT) Speech and Language Therapists specialise in helping your child communicate, as well as assessing swallow safety and feeding skills.

Physiotherapy (PT) Physiotherapists specialise in helping your child regain strength and their ability to move as much as possible whilst they are in hospital, as well as helping your child access their environment with walking aids when needed. They also help to clear a child's chest if needed so that they can breathe well.

Occupational Therapy (OT) Occupational Therapists specialise in helping with physical, sensory or cognitive problems. OT can help them regain independence in all areas of their lives.

Dietetics Dieticians are specialists in nutrition and hydration. They help make sure your child is getting the nutrients and fluids they need to heal and grow.

Psychology Psychologists are specialists who can help you and your child to understand and process emotions and situations and to develop healthy coping skills. Psychologists also work jointly with other professionals to understand and manage complex cognitive and communication difficulties.

Other Key Roles and Resources

Medical Team: Clinical nurse specialists (CNS), nurses, consultants and surgeons work together to help stabilise your child's medical condition so that the rehab process can begin.

Discharge Coordinator: The discharge coordinator is the person who acts as the key link between the team at St. George's Hospital and either your child's local hospital or community-based team.

School Team Depending on your child's condition and the length of their stay, they may be referred to the hospital school (if they are a school-aged child). This will allow your child to continue the learning they are missing from school during their inpatient stay.

Play Team The play team helps provide fun, entertainment and distraction through use of toys, games, crafts and (when available) visits from a therapy dog.

Together these professionals make up the rehab team at SGH. We meet every week and discuss each patient under our team's care - including their current needs, progress and goals / next steps.

Inpatient vs Outpatient Rehab

Our specialist team will make recommendations about the type of rehab that is ideal for your child. Rehab is an individual journey and each child's path will look different depending

on their medical status, age and needs. Neither option is "better" than the other. For some children, inpatient rehab is the best option. This involves your child living in a rehab hospital or centre for a time while they access daily therapy that is required for their recovery. For other children, outpatient rehab is the best option.

Outpatient rehab refers to therapy that takes place in a non-residential setting, such as your home, your child's school or a community-based clinic. Our specialists will recommend the ideal rehab setting for your child and we will be happy to explain our recommendations to you.

We need your help

As a parent, your role as a rehab partner is critical. You will spend more time with your child than any healthcare professional. This means that you as the parent are the person with the most opportunities throughout the day to support your child's rehab.

You can do this by

Being present for and actively observing / participating in your child's OT / PT / SALT sessions making sure you understand the advice / plans given implementing rehab suggestions consistently all throughout the day - not just in therapy sessions.

Useful sources of information

Child Brain Injury Trust: [Home - Child Brain Injury Trust](#)

Tadworth Children's Trust : www.thechildrenstrust.org.uk

Contact us

If you have any questions or concerns about your child, please contact the paediatric neuro clinical nurse specialists on 020 8725 2649 (Monday to Friday, 8am to 4pm). Out of hours, please contact Nicholls ward 020 8725 2098.

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.

The Walk-in and Advisory telephone services are closed on Wednesdays.
Please contact PALS in advance to check if there are any changes to opening times.

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

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS 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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