

The Wellington Hospital

part of HCA Healthcare UK



Acute Neurological Rehabilitation Unit





Your path to recovery starts here

Faster, more effective rehabilitation

The Wellington Hospital's Acute Neurological Rehabilitation Unit is the largest private unit in the UK specially designed for neurological rehabilitation patients.

We treat patients with complex neurological injuries and conditions affecting the brain and nervous system.

We're proud to have been awarded three years' accreditation by CARF, a globally recognised independent body that evaluates standards in rehabilitation around the world.

Our personalised programmes mean patients can quickly get back on the road to recovery. It's important to us to keep our patients and their families at the centre of everything we do.

Care without compromise

Your care journey

From the moment our patient arrives in our specialist unit, we're by their side. We support patients throughout their care including assessment, treatment and comprehensive aftercare plans.

We treat patients right from the onset of their condition back to full health. Alongside the expertise of our specialist medical and nursing care, we can also offer patients immediate access to our intensive care units – giving them complete peace of mind that their every need will be taken care of.

We care for patients with a range of neurological conditions:

- Stroke
- Traumatic brain injury
- Spinal cord injury
- Encephalitis
- Multiple sclerosis
- Parkinson's disease
- Guillain-Barre syndrome



Let's hear it from the experts

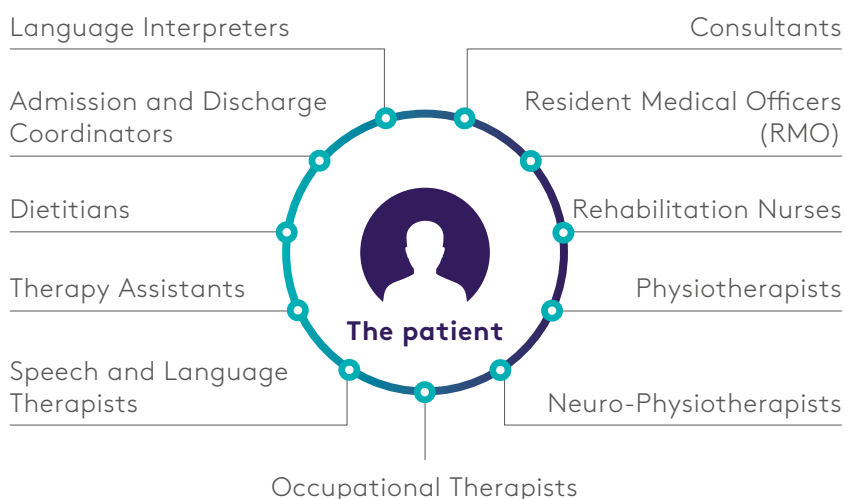
A team of specialists

The way we come together as a team of experts is key to the high quality of care we offer. It's the reason we're able to welcome patients from all over the world for expert treatment.

Our internationally respected consultants are leaders in their fields and hold senior positions in London's top teaching hospitals.

When you arrive, your care will be coordinated by the admitting consultant and supported by a Resident Medical Officer (RMO).

We bring together experts from a range of specialisms to work together as an Interdisciplinary Team (IDT) around the patient's rehabilitation needs. Your personalised team may include consultants, specialist nurses, physiotherapists, neuropsychologists, speech and language therapists, occupational therapists and more.



Inpatient programmes

Advanced neurological rehabilitation

We're the only private, CARF accredited acute neurological rehabilitation unit in London based within an acute hospital setting with the full support of the largest private intensive care unit in the UK.

As a dedicated inpatient unit, we specialise in the rehabilitation of patients with stroke and traumatic brain injury. Our fully integrated advanced technology and intensive treatment within comprehensive care pathways also enable us to provide the following:

Prolonged Disorders of Consciousness (PDoC) Programme

After a severe brain injury, conscious awareness of self and environment can be reduced, only returning in stages. While many patients eventually recover their full awareness, for some, this altered level of consciousness can persist. Patients who have not regained full awareness within four weeks of their injury are said to be in a Prolonged Disorder of Consciousness state.

Closely linked to The Wellington Hospital's intensive care unit, our PDoC programme offers structured assessments to determine a patient's level of consciousness. This gives us a likely prognosis and helps us choose those interventions that will be most beneficial.

Specialist Spinal Cord Injury (SCI) Programme

Our team of specialists includes experts in management and rehabilitation of spinal cord injuries. We treat complex spinal dysfunction, whether from traumatic injury, malignant and non-malignant tumours, or degenerative spinal disease.

The team treats patients needing spinal deformity correction and management of spasticity with Botulinum Toxin/Phenol injections. We're also able to help with the assessment and management of neuropathic pain, fatigue and dysfunction.

Functional Restoration Programme (FRP)

Our FRP team provides interdisciplinary assessment and treatment for patients with longstanding pain.

The key goal of the FRP is to restore function in everyday activities. We work with patients to put together a personalised programme of care to help improve functioning and overcome barriers.





Outpatient services

Our outpatient therapy service provides an opportunity for patients to attend for specialist neurological assessment and regular therapy in a gym environment. It is available both to newly diagnosed patients and those needing long-term support and rehabilitation.

Expect a comprehensive programme of outpatient care, tailored to the patients' needs and delivered by an interdisciplinary team. Patients can take advantage of coordinated appointment times between different therapies, with comprehensive reports detailing all areas of our assessment, treatment and recommendations.

Patients benefit from access to a specialist gym, hydrotherapy and therapy kitchen. Our personalised treatment programmes also include tailored home exercise and training for family and carers.

Dizziness and Balance Service

Individuals can benefit from specialist medical assessment and management with the latest diagnostic tools and therapies for the treatment of balance and vestibular disturbances. Dizziness occurs for many reasons, but a comprehensive assessment can help the patient's precise rehabilitation needs to be identified.

Concussion Clinic

Our concussion clinic provides specialist assessment and treatment for ongoing dizziness and balance issues that can arise from concussions. Our team of neuropsychologists also assess and treat cognitive changes post-concussion.



Our specialist therapies

Dietitians

You can expect nutritional treatment and practical guidance for a range of medical conditions, based on the latest scientific research. Personalised treatment plans can include specific dietary advice, nutritional supplements and support with artificial feeding methods such as nasogastric tube feeding.

Music Therapy

Our Neurologic Music Therapy (NMT) service is a research-based system of standardised clinical techniques for sensorimotor training, speech and language training, and cognitive training. NMT treatment plans are fully adapted to each patient's functional goals.

Occupational Therapy

A comprehensive initial assessment is undertaken by the OT (occupational therapy) teams to identify a patient's abilities, along with any limitations to their personal care, work and leisure activities.

We support patients in relearning these activities or finding new ways of doing them – whether that's with environmental adaptations or specialist therapy equipment. We also cover postural management, seating assessments, wheelchair prescription and specialist upper extremity rehabilitation.

Neuro-Physiotherapy

Our neuro-physiotherapists specialise in the assessment and treatment of physical impairments including motor function and spasticity.

A comprehensive assessment allows us to design a programme that meets the specific needs and goals of each patient and maximise their independence.

Psychology Services

Psychology services are provided by our Neuro, Clinical and Health Psychologists. Neuropsychologists assess and explain changes in thinking and behaviour that can result from injuries to the brain. The better patients understand these changes, the easier it becomes to work around them and compensate for them.

We also offer therapy and support, helping patients and their families to gradually accept and cope with the changes in their lives.

Rehabilitation Nursing

Our specialist nurses work as part of an interdisciplinary team to support rehabilitation 24 hours a day, 7 days a week. We help patients with neurological disabilities, or chronic illness to regain as much function as possible. We also help patients adapt to a new lifestyle, while providing a therapeutic and holistic environment for their ongoing development.

Speech and Language Therapy

Our specialist speech and language therapists treat speech, language, communication, voice and swallowing disorders.

Expect specialist diagnostic swallowing assessments, including video-fluoroscopy (VFSS) and fiberoptic-endoscopic evaluation of swallowing (FEES). We also use state-of-the-art equipment such as EyeGaze, to help facilitate patient communication.

Specialist assistive technologies

Where needed, we can offer patients the following technologies to support their rehabilitation.

Lokomat

The Lokomat allows patients to practice walking with the support of a harness and robotic device over a treadmill. It provides progressive treatment ranging from full support with the robotic system to walking with just the body weight support system.

Indego Exoskeleton

One of the latest technological advances in rehabilitation, the Exoskeleton is a powered lower limb orthosis. It helps patients with mobility impairments to practise walking with a new level of independence.

Erigo

The Erigo allows the patient to be gradually tilted into an upright standing position while moving the legs through a rhythmic motion. This helps patients to progress to being upright quicker and for longer than a standard tilt table.

Armeo Spring

The Armeo Spring is an upper limb orthosis with a spring mechanism that provides weight support for an impaired or injured arm. It helps reveal any remaining motor function and facilitates intensive repetitive movements, which is proven to enhance neural plasticity.

Bioness H200

This wireless hand rehabilitation system stimulates the nerves and muscles involved in grasp and release. It helps re-educate weak and paralysed functional muscles.

Functional Electrical Stimulation (FES) bike

The FES bike provides a combination of electrical stimulation to specifically target muscles, together with active or assisted cyclical motion of the upper and or lower limbs. It helps patients to participate in intensive cardiovascular activity.

Ottobock MyGait

This is a wireless Functional Electrical Stimulation (FES) device, used during walking to help lift the foot. It is used to treat 'foot drop' and helps build a faster and more efficient walking pattern.

Hydrotherapy

Our hydrotherapy pool offers patients with any level of neurological injury the therapeutic benefits of aquatic physiotherapy. The water's properties together with your therapist's specialist skills give patients a broad range of exercise options, particularly cardiovascular training.

Posturography with NeuroCom Smart Equitest

A patient's balance can be effectively assessed with the Posturography machine. It identifies how well your balance is working, assessing reaction times and limits of stability.

Adaptive technologies to facilitate communication

Our therapy teams assess how patients communicate and interact with their environment and support them with the latest technologies. This includes Eye Gaze, a device that tracks eye movement across a screen to aid communication.

One patient's story



We go beyond the clinical to see the person behind every illness. We'd like to share one such personal story with you.

Soon after returning home from work on a August bank holiday, a man in his 30's suffered a stroke, which affected his left side and resulted in weakness in his left arm, leg and face, with spasticity in his bicep and fingers.

As a fit, active and healthy young man, who enjoyed cycling, football, travelling and even sky diving, there wasn't anything in his previous medical history that indicated he was at risk of a stroke.

After spending the following six weeks in an NHS hospital close to his home, and undergoing scans and some rehabilitation, the patient was insured through his employer, so was able to move his treatment to The Wellington's Acute Neurological Rehabilitation Unit.

He was admitted as an inpatient for a month, before being discharged and continuing his treatment as an outpatient. After the initial 10 days of thorough assessments, he was able to begin his tailor-made rehab programme; one that had assessed his current abilities, previous lifestyle and determined the goals that he would like to achieve. As well as struggling with the impact on his arm, leg and face, our patient felt that his processing speeds had slowed and his problem solving abilities had reduced, which he believed were exacerbated by having been away from his usual routine for almost two months.

As an inpatient, his weekly routine consisted of two physiotherapy sessions per day; one occupational therapy session each day (which concentrated on movement and feeling in his hand and fingers); neuropsychology three times a week and speech & language therapy three times a week – a much more dynamic and intense programme than the previous rehabilitation our patient had experienced; plus he could go home at weekends.

Motivation

Our patient said that he wanted to "Keep busy, keep focused on how much I had progressed and what I had to achieve to get better."

He came with the mind-set that he wanted to be pushed by his therapists to "understand his limits and how to overcome them."

He said that this was easier to achieve here at The Wellington, as he fed off the positivity of the team looking after him, and because of the privacy of having his own room.

This meant friends and family could visit, he had time to put things into perspective and could actually relax – carrying on some of his rehab exercises while watching TV. All of which he'd found difficult to do previously on a ward surrounded by patients who were much older than him and who had very different treatment goals.



Because only the best will do

Quality you can depend on

"They are committed to making sure their service is of a consistently high quality."

The CQC committee

Care Quality Commission (CQC)

The Wellington Hospital is regulated by the CQC in accordance with the Health and Social Care Act 2008.

Commission on Accreditation of Rehabilitation Facilities (CARF)

CARF is an internationally recognised, independent body that evaluates standards in global rehabilitation care. Our three-year accreditation, the highest level awarded to an organisation, demonstrates our commitment to uncompromised care.

The Comparative Healthcare Knowledge System (CHKS)

We are also accredited by CHKS who enables healthcare organisations to critically examine themselves against a nationally recognised framework of organisational standards.

Where to find us

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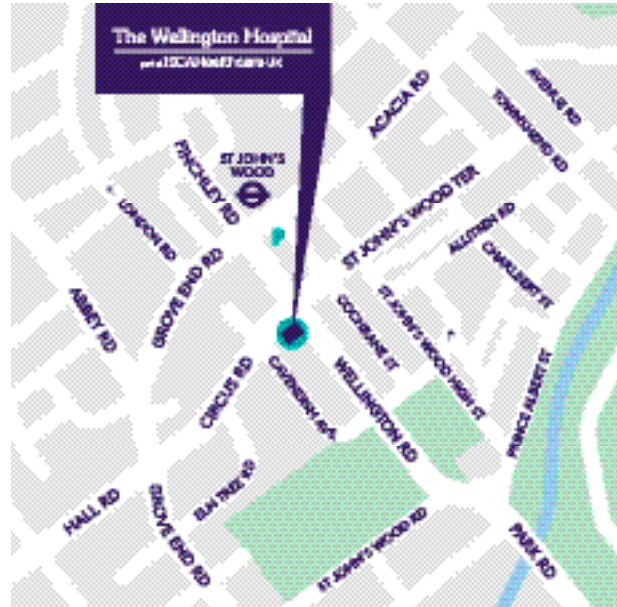
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We are here for you

You and your health come first and at the Acute Neurological Rehabilitation Unit, we care about giving you the best treatment possible.

Whatever worries you might have, don't be afraid to get in touch.

HCAHealthcare uk

We're a group of more than 30 leading private hospitals and outpatient centres, offering access to world-class treatment facilities, cutting-edge technologies and a truly patient-centred programme of care.

Care without compromise