

## What you should bring

On arrival you will be given specific information about what things may be helpful during your stay. To start with, please make sure you have your dentures, glasses and hearing aids if required.

## Our Ethos

We know that experiencing a stroke can be an extremely difficult time for you and your family. Our aim is to provide the best possible medical, nursing and rehabilitation care for you in a safe and caring environment. We aim to maximise independence through the use of individualised patient-centred programmes.

We will consider at all times the needs and wishes of you and your family, and aim to provide education and support throughout your inpatient stay. We have close links with community services and will link you in with the relevant supports upon discharge from our service.



## FURTHER INFORMATION AND USEFUL RESOURCES

[www.irishheart.ie](http://www.irishheart.ie)

“Stroke” by the Irish Heart Foundation

If you would like more information, please contact our Clinical Nurse Specialist or a member of the team.



*The Stroke Rehabilitation Team,  
St Columcille's Hospital, Loughlinstown*

*Tel: 01-2825800  
St. Anne's ward: 2115037*

# STROKE REHABILITATION

St Columcille's Hospital, Loughlinstown



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INFORMATION FOR PEOPLE  
ATTENDING THE STROKE  
REHABILITATION SERVICE

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## About Stroke



A stroke is a **brain attack**. It is caused by an interruption of the blood supply to the brain. This is often caused by a **clot** in the blood vessels leading to the brain or within the brain. Some strokes can be caused when there is bleeding out of the blood vessels, this is called a **haemorrhage**.

A stroke **can cause different difficulties** depending on the area of the brain that is affected. A stroke can result in damage to the parts that control **mobility** (e.g. walking) or **communication** (e.g. talking). A stroke can also cause changes in the way people think and feel. People can feel very tired (fatigued) for a long time after a stroke as their brain gets used to the changes.

## The Stroke Rehabilitation Team

There is a full stroke rehab team in St. Columcille's Hospital that is skilled at working with people who have experienced a stroke.

**Physiotherapist:** Will work with you on your mobility, muscle strength, and help to reduce pain and stiffness. Will give you advice on exercise and positioning to aid your recovery.

**Occupational Therapist:** Will work with you on activities of daily living (e.g. washing/dressing) and your cognition (e.g. memory and concentration).

**Speech & Language Therapist:** Will work on your communication skills (understanding, speaking, reading and writing) and any swallow needs identified.

**Medical Social Worker:** Provides a confidential service and support for you and your family to discuss your concerns and provides support around discharge planning.

**Dietician:** Will assess and provide recommendations regarding nutritional status (including alternative feeding if indicated).

**Pharmacist:** Will review your medicines and provide information to you and the team about your medications.

**Clinical Nurse Specialist:** will support and provide education to you and your family in all aspects of your care.

**Nursing Team:** Will assist you in all aspects of your activities of daily living and help you through your rehab journey to encourage independence where possible.

**Medical Team:** Our team is lead by a Consultant with special interest in Stroke.

**HCP and Household staff:** Will help support your day to day functioning on the ward.

## About the Stroke Service

Our stroke service is **integrated on St. Anne's** ward. It is on the ground floor and there is access to an outdoor garden space.

On admission to the Stroke Service you will be **assessed by the Rehab team**. Your rehabilitation goals will then be established in conjunction with you and your family. Each week, the full MDT (Rehab, medical and nursing staff) meet to discuss your progress and goals towards discharge.

We actively **engage with you the patient and with your family** members and aim to involve them in your rehab. We encourage weekend leave where appropriate.

On occasions we offer **groups** that focus on socialisation, functional activities and peer support.

The hospital is well served by **transport** links:  
Buses: 145, 84, 84A, Bus Eireann Wicklow bus  
Luas: 15minute walk from Brides Glen stop  
Driving: situated on the N11 and just off the Cherrywood M50 exit.

Paid **Parking** is available throughout the hospital grounds in close proximity to the ward. There is a **canteen** available for visitors.

**Visiting hours** are in accordance with HSE guidelines: 2:00 – 4:00pm and 6:30 – 8:30pm.

**Contact:** Hospital switch: 2825800; St. Anne's: 2115037