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**Rehabilitation Prescription**

**Hospital:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Completed by:  Role:  Date: | | | | |
| This Rehabilitation Prescription is for  **Patient Name:**  **Date of Birth:**  **NHS Number:**  **Address:**  **Telephone:**  Date of Admission:  Expected Discharge Date: | | | | | |
| **What is a Rehabilitation Prescription?**  A rehabilitation prescription is given to you as you prepare to leave hospital, to provide you with information about your stay. It will describe the treatment you have received, the input from your therapists, and details about continuing care or rehabilitation that you require. You will also find useful contact details of the ward you were in, your therapists, and any care agencies or rehabilitation services that you are being referred to. | | | | | |
| **Useful contact details:**  Ward:  Telephone number: | | | | Keyworker:  Telephone number: | |
| **Description of your injury / diagnosis:** | | | **Intervention(s):** | | |
| **Progress:** | | | | | |
| **Your Rehabilitation Goals:** | | | | | |
| Discussed / developed with Patient  Discussed / developed with Family / Carers | | | | | |
| **Ongoing rehab needs:** | | | | | |
| **Service referred to and contact details:**  Choose an item.  Choose an item.  Choose an item. | | | | | **Date referral made:** |
| **Equipment that I need:**  **Item:** | | **Expected date of delivery/collection:** | | | **Provider contact details:** |
| **My care needs:**  **Details of care support:**  **Contact details for care provider:**  **Social worker:**  Telephone number: | | | | | |
| **Actions for GP:** | | | | | |
| **Actions for patient:** | | | | | |
| **Patient comments:** | | | | | |
| **Medication:**  On the day of discharge from hospital you will be given a list of your medications and a two week supply. | | | | | |
| **Support and information:**  After an injury, it’s common to experience different kinds of problems which can affect your mental health. These might include pain, sleep problems, changes in your sense of self, feeling upset, low mood, worry and anxiety.  Some people have nightmares or flashback to events related to their injury or their stay in hospital.  Sometimes, you might experience more than two of these at the same time.    These symptoms go away on their own for many people.  If you or a family member are experiencing trouble adjusting after a trauma, don’t worry, all of these problems are treatable; you don’t need to suffer with them.  For help overcoming them please speak to your GP about the incident, the symptoms and how they are affecting you, so they know how best to support you. The below resources may also help in your recovery.   |  |  |  | | --- | --- | --- | | http://www.aftertrauma.org/templates/default/images/logo.png[**http://www.aftertrauma.org/**](http://www.aftertrauma.org/) | **After Trauma App**  **C:\Users\arhodes\Desktop\Screenshot_trauma.jpg** | [ICUsteps - The intensive care patient support charity](https://icusteps.org/)  **<http://www.icusteps.org/>** | | | | | | |