


Scottish Trauma Network North of Scotland Trauma Unit

Raigmore Hospital, Inverness



Information for patients,
families and carers

Introduction

We understand that this is not where you planned to be, but while you are here we will do everything we can to give you the expert care that you deserve.

You will be treated with respect and compassion and our staff will look after you without prejudice or judgement.



What is a Trauma Unit?

It is a specialist unit, dealing with people who have had serious injuries and accidents. It has specially trained teams that treat and care for you throughout your stay.

The Trauma Unit at Raigmore Hospital is part of the Scottish Trauma Network. The Major Trauma Centre for the North of Scotland is Aberdeen Royal Infirmary, this means that some patients who have more significant injuries may require to be transferred as part of their care.

We also aim to get patients treated as close to home as possible whether you are local to the NHS Highland region or live further afield so that you can continue your recovery and rehabilitation.

How long will I need to be in hospital?

It depends on your injuries. Each patient's needs, following injury, are unique and everyone recovers differently. Our aim is to get you as close to home, as soon as we can, to continue your care and rehabilitation after discharge from Raigmore hospital.

What is Rehabilitation?

Rehabilitation is a process in which the team will work with you and your family, using various therapies, techniques and treatments along with education and support to help you achieve the highest level of independence possible.

The team work with you and your family from when you first come to the unit to help you:

- Identify your needs
- Recover from your injuries
- Set your personal goals towards recovery

For some that could mean being able to walk again and so involve exercises to strengthen a broken leg.

For others it might be to help you find ways to cope with what can be a very stressful and emotional time as major trauma can be a challenging and distressing experience.

For some seriously injured people, rehabilitation may involve therapy to help you communicate, or eat and drink.

At first we focus on helping you leave hospital, and then as your rehabilitation continues, we work on helping you live as independently as possible and return to as many of your previous activities and roles as possible, including family life, working life and social life.

Rehabilitation Coordinator

The role of the Rehabilitation Coordinator is to help you organise your recovery, while ensuring you receive the most appropriate treatment in the correct place.

This will be across your journey from hospital to specialist rehab (if necessary) and discharge. This includes getting you closer to home if appropriate.

Throughout your recovery we can be the point of contact for you and your family ensuring you are fully informed in all aspects of your care.



Occupational Therapy

Occupational Therapists (OTs) play a fundamental role in helping you return to independence. They are specialists in analysing activity and understanding how your injuries impact your function in everyday life.

- We will assess both your physical and cognitive abilities and their impact on your daily tasks.
- We will help with planning your discharge from hospital ensuring it is safe and timely by assessing your home environment and providing support.
- If required we will issue specialist equipment (for example, wheelchairs/seating) to help you to progress your rehabilitation.
- Where appropriate we will refer for on-going community rehabilitation to facilitate re-engagement in daily tasks, employment, hobbies or any community support services that are available.





Physiotherapy

Physiotherapists assist with rehabilitation throughout your journey. We help people affected by injury, illness or disability through movement and exercise, manual therapy, respiratory care, education and advice at various stages of your recovery. The setting can vary from inpatient, community and outpatients. Assessments will be carried out to set realistic goals and plans, that are meaningful to you, and that allow you to progress and reach your maximum potential post injury.

Clinical Psychology

The Clinical Psychologists at the Trauma Unit can work with you to help you to understand your emotional response to your injuries and to support you and your family through your recovery.

If you or a member of your family sustained a brain injury as a result of the traumatic event, we can help to assess your cognitive functioning and explain changes in thinking, emotions and/or behaviour and advise on rehabilitation.

Every patient who is involved in a major trauma will have the opportunity to meet and to work with a Psychologist during their time in the Trauma Unit. However, as psychologists we know that sometimes responses to a traumatic event may occur several months down the line. Given this, post-discharge we are able to offer community based support for difficulties that arise as a result of the trauma.



Speech and Language Therapy

During your hospital admission you may be assessed by a Speech and Language Therapist (SLT). SLTs work with all the members of the team to aid your recovery and rehabilitation.

You may be seen due to difficulties with communication including changes in understanding or producing speech, finding the right words, changes to your voice and any challenges with reading and writing. SLTs will assess and provide rehabilitation in these areas to help you communicate and participate in your care.

Additionally, there may be changes in your ability to swallow safely. We can assess and advise on the safest consistencies for you to maintain your nutrition. SLT will support you with exercises, where appropriate, to rehabilitate your swallowing.





Clinical Lead for Trauma

The clinical lead for trauma oversees how the service runs, whether that's your immediate contact with emergency services, your hospital stay, transfer or rehabilitation. While not directly involved in patient care, they are responsible for leading the service and therefore work with and support your teams as they deliver and drive improvements in trauma care.



Rosel Tallach
Consultant Anaesthetist

Your feedback is important to us

We would welcome any comments you may have. What did you like about the service you received? If you wish to praise our staff, comment on our standards of care or any other aspect of NHS services please let us know by emailing us on **nhsh.majortrauma@nhs.scot**

If you are unhappy with any aspect of the service, you receive please speak to the person in charge of your care who will try to resolve the problem as quickly as possible.

Communication around your care

You are the central person in your care. The Trauma Unit team work together to support your recovery. Team members communicate regularly so that they understand all aspects of your care and progress. If you require any information about your care feel free to ask.

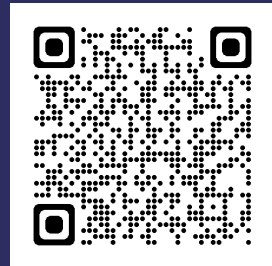
Additional Information

If you would like more information, please use the QR code below to visit

The North of Scotland Major
Trauma Network website



The NHS Highland Major
Trauma Network website



SAVING LIVES GIVING LIFE BACK



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