



Holy Cross Hospital

**Empowering patients
to maximise their potential**



Specialist neurorehabilitation



General and post-operative rehabilitation



Complex respiratory care

Why choose us

At Holy Cross, we believe all patients have the right to fulfil their maximum potential.



We have provided healthcare in the Surrey area for over 100 years. Our history of rehabilitation spans over three decades of expertise providing:

- specialist and complex neurorehabilitation (Level 2a and 2b Rehabilitation Services)
- general rehabilitation

- post-operative rehabilitation
- long and respite care.

We work actively with patients and their families to achieve realistic and deliverable goals such as:

- returning to work and community life
- enabling independence and improving quality of life
- gaining strength, function, mobility and confidence and
- care pathways for long term management.

Each patient receives a personalised, co-designed, inter-disciplinary rehabilitation programme so they can achieve their goals.

Contents

2	Why choose us
3	How to refer
	Location
4	Conditions we treat

5	Clinical service provision
6	An expert team
	Rehabilitation programmes

7	Holistic care
	Family involvement
	Working in partnership

How to refer

Our centre accepts patients from across the UK and Europe. For your convenience we provide several ways for you to refer your patient to us.

You can contact **Gina Guo**, Director of Patient Services or **Jo Cooling**, Clinical Therapy Administrator by:

Phone

01428 643311

Email

gina.guo2@nhs.net
joanne.cooling1@nhs.net

Alternatively, you can download a referral form from

www.holycross.org.uk/refer-a-patient



Location



Holy Cross is in Haslemere, Surrey within minutes of the A3 and proximity to London, Sussex, Hampshire, Berkshire, Kent, the south coast and international airports.

We are under 60 minutes from London Waterloo, the south coast, Heathrow and Gatwick airports.

Conditions we treat



We accept patients aged 18 and over who are deemed to be post-acute and medically stable. Conditions include, but are not restricted to:

- acquired brain injury
- traumatic including hypoxic brain injury (TBI)
- spinal cord injury including incomplete cervical spinal cord lesions, and incomplete or complete thoracic or lumbar spinal cord lesions (of any cause)
- peripheral neuromuscular disease e.g. Guillain Barré syndrome, critical illness neuropathy, polymyositis
- neurodegenerative disorders (e.g. multiple sclerosis, Parkinson's Disease etc)
- stroke
- functional neurological disorders
- prolonged disorders of consciousness (PDOC)
- post-operative neuro rehabilitation for patients who have had neurosurgery
- post-operative rehabilitation following major joint surgery
- respite including respite for patients with mild challenging behaviours, early-stage dementia, learning disability and autism
- conditions where long term care is required.

Clinical service provision

We are equipped to provide 24-hour care and are resourced to deliver high intensity staffing ratios should this be required.

Specialist neurological interventions include:

- complex respiratory management and mechanical ventilation
- tracheostomy weaning programmes including cuff deflation, speaking valve, change vent settings from BIPAP to CPAP
- postural and spasticity management including botulinum toxin and intrathecal baclofen pumps
- electrical muscle stimulation
- sleep studies (Sen Tec Machine)
- speaking valve management
- tracheostomy cuff inflation/deflation
- secretions management, chest clearance management/cough assist
- cognitive and/or behavioural management
- dietary advice for patients with swallowing disorders
- emotional, psychological and psychosocial support for patients and their families.

Nutrition and swallowing management:

- swallow and FEES assessment
- PEG/RIG/PEJ/JEJ and enteral feeding management
- speech assessment and communication aids.

Specialist facilities and equipment include:

- bespoke assistive technology, computer aids and environmental control systems
- eye gaze and neuro ball
- sensory technology, magic carpet and magic mirror
- wheelchair and other seating system management
- specialist mobility/training aids
- orthotics and castings
- assistive technology
- equipment or adaptations
- sensory room and equipment.

The purpose-built hospital incorporates a well-equipped physiotherapy gym and a hydrotherapy pool.

An expert team

Our team is led by a consultant physician who is trained and accredited in rehabilitation and stroke medicine. Day-to-day care is provided by a multi-disciplinary expert team which includes:

- consultant physician and consulting doctors
- nursing staff trained in rehabilitation and complex respiratory management
- neurological and respiratory physiotherapists
- dietician
- speech and language therapists
- occupational therapists



- neuropsychology
- creative therapy and activities coordinators.

Rehabilitation programmes

Rehabilitation programmes at Holy Cross include:

- intensive co-ordinated interdisciplinary intervention from 2-4 therapy disciplines in addition to specialist rehabilitation medicine/nursing care in a rehabilitative environment
- medium length programmes required to achieve rehabilitation goals - typically 1-3 months, but up to a maximum of 6 months.

Our expert clinical and nursing teams provide complex care for people living with long-term neurological conditions, also welcoming young adults transitioning to adult services.

Our patient first philosophy sees our consultant-led, multi-disciplinary team supporting patients to achieve their maximum potential in a safe environment.

Holistic care

Our patient-centred approach means our personalised care plans encompass more than physical rehabilitation.

We work with patients and families to ensure their psychological, spiritual and social needs are met too.

Cooking, quizzes, live music, excursions and trips to our seaside cottage in Selsey are just some of the ways we support patients to live well and transition to the next phase of their rehabilitation.

Family involvement

Being entrusted with the care of a family's loved one is an honour which we treat with the greatest of respect.

We regard a patient's family as part of the team and encourage and support them to contribute to planning their family member's rehabilitation journey.

Working in partnership

We work closely with referring partners and guarantee to make the placement of a patient at Holy Cross a smooth procedure.

Our partnerships extend to the wider community too. Therapists have established relationships with local wheelchair centres and specialist seating services. They also have contacts within organisations that can assist patients on their rehabilitation pathway.



How to refer

Our centre accepts patients from across the UK and Europe. For your convenience we provide several ways for you to refer your patient to us.

You can contact **Gina Guo**, Director of Patient Services or **Jo Cooling**, Clinical Therapy Administrator by:

Phone

01428 643311

Email

gina.guo2@nhs.net
joanne.cooling1@nhs.net

Alternatively, you can download a referral form from

[www.holycross.org.uk/
refer-a-patient](http://www.holycross.org.uk/refer-a-patient)

