SCOTTISH TRAUMA NETWORK WEST

NHS Greater Glasgow and Clyde

Getting ready to move to a local Hospital

West of Scotland Major Trauma Service
Queen Elizabeth University Hospital



"Saving Lives Giving Life Back"

The Major Trauma Pathway

Getting Better After a Big Injury

Getting better after a big injury can take a while and you might need help from different departments, wards and hospitals. This leaflet will help you understand what happens when you leave the Major Trauma Ward at the Queen Elizabeth University Hospital and go to a hospital closer to your home.

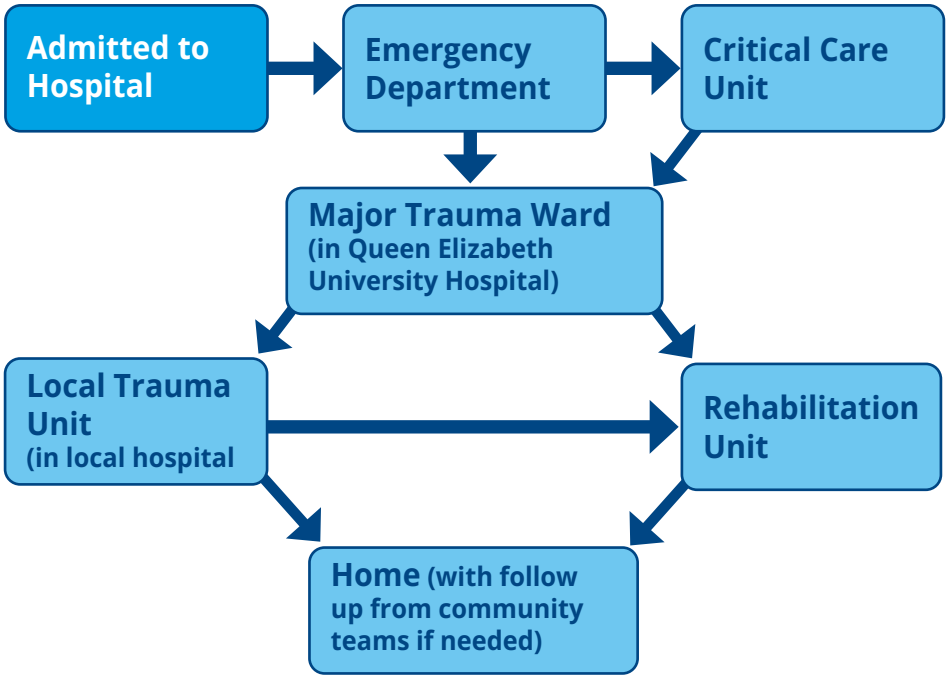
Scotland has a Major Trauma Network that helps people with serious injuries all over the country. The Queen Elizabeth University Hospital is the main trauma hospital for the West of Scotland. There are also smaller hospitals nearby called local trauma units.

Once a patient has had all the specialist care they need at the main trauma hospital, they often move to a local hospital near where they live to keep getting better.

The Major Trauma Network

Major Trauma Services were made to help people who have had serious injuries. They make sure patients get the best care to help them recover as much as they can and go home as soon as it is safe.

Here is a guide to what usually happens after a major injury:



Why am I moving to a different hospital or ward?

The hospital team looking after you have decided that you are getting better and don't need specialist trauma care anymore. Because of this, you will move to a different hospital or ward that can give you the right care for this stage of your recovery.

We know that the idea of moving can feel a bit unsettling or confusing, but it's actually a good sign - it means you're getting better and are one step closer to going home. You'll also start doing more things on your own as part of your recovery.

Before you move, the team who has been looking after you will talk to the new team, so they know all about your care.

What will the new ward be like?

The new hospital ward might feel different from the Major Trauma Ward at the Queen Elizabeth University Hospital. That's because the Major Trauma Ward is made to give very fast and focused care to help people recover from serious injuries in the early days.

Now that you're getting better, you won't need as much help, and you'll be doing more things by yourself.

Here are some of the changes you might notice:

- You probably won't have your own room. Instead, you might share a room with 4 to 6 other patients.
- The other patients may have different kinds of health problems, not the same as yours.
- The ward might feel busier or noisier sometimes, but there will also be quieter times during the day.
- You won't get as much therapy (like physiotherapy or occupational therapy) as before, but the team will still help you keep getting better.
- There may be less equipment, like wheelchairs for patients to use to leave the ward.

Will I still get therapy?

Yes, you will still get help from the therapy team, like physiotherapists and occupational therapists, in your new hospital ward. But you might not see them as often, maybe only once or twice a week.

Also, the new hospital might not have a special gym for therapy, so your therapy will usually happen at your bedside instead.

What can I do to help myself get better?

Moving to your local hospital is a big and positive step in getting better and going home. From now, it's really important that you try your best to help with your own recovery.

Before you move, the therapy team on ward 1C will give you tips and activities to do on your own to help you heal. They might also give you special exercises to do at home, this is called a Home Exercise Programme.

The team will also talk to you about ways to take care of yourself and keep getting better. If you're not sure what you should be doing, just ask the doctors, nurses, or therapists on the ward.

What is the plan for going home?

Moving to a hospital near your home means you're one step closer to going home!

When you arrive, the hospital staff will start talking to you about when you might be able to leave the hospital. They'll help make a plan and try to give you an idea of when that could happen.

When you are ready and it's safe to leave hospital, the hospital team will ask the community rehabilitation team to help you keep getting better at home if required.
You might have to wait a little before they can come to see you, but you'll get some things to do at home, like exercises, to help while you wait.

Some people find this waiting time helpful. It gives them a chance to get used to being at home again, think about what has changed, and set goals for their recovery with the community team.

Who can I talk to if I have questions?

There is a Major Trauma Coordinator who helps organise your care and talks to all the different teams helping you. They are a great person to speak to if you or your family have any questions.

Major Trauma Coordinator Contact Details: