

NHS Rehabilitation Centre consultation: Frequently Asked Questions

Q1. What are we consulting on between 27 July and 18 September 2020?

We are consulting on whether or not to take forward the opportunity to create a £70m NHS Rehabilitation Centre (the Centre) on the Stanford Hall Rehabilitation Estate (SHRE), near Loughborough.

The Centre would be co-located with the Defence Medical Rehabilitation Centre (DMRC) on the SHRE.

The owner of the Stanford Hall Rehabilitation Estate is prepared to provide the land needed for the NHS facility at no cost. Planning permission has already been granted for the construction of this facility and detailed designs have been developed. The Ministry of Defence has agreed to share the advanced facilities in the DMRC with the NHS. This will mean NHS patients would be treated at the estate, but in a separate facility from military personnel.

Q2. Who has launched the consultation?

NHS Nottingham and Nottinghamshire Clinical Commissioning Group (CCG) are proposing to commission rehabilitation services to be provided at the Centre. This would be an NHS-run facility, separate to the military rehabilitation service and building, but providing NHS patients with access to state-of-the-art facilities (for example a hydrotherapy pool).

Q3. How can people have their say on the consultation if they do not have access to the Internet?

We want to hear views from everyone with an interest in improving healthcare services, including patients and families that have experienced rehabilitation services.

Due to Covid-19 and social distancing measures we need to run the consultation engagement events online and provide an online survey for people to register their views and opinions. However, we will offer paper versions of the survey and consultation document (as well as a summary and an easy-to-read version) plus a dedicated telephone number to call to request copies and complete a survey over the phone.

More details are available on the Nottingham and Nottinghamshire CCG and ICS website <https://nottscgg.nhs.uk/rehab-centre-consultation/>

Q4. Where will the Centre be located?

The Stanford Hall Rehabilitation Estate (SHRE) is situated in Nottinghamshire, about four miles northeast of Loughborough. It is 13 miles from Nottingham, four miles from Loughborough, 32 miles from Mansfield, 19 miles from Leicester and 47 miles from Lincoln.

Q5. Why do we need the Centre?

The NHS believes that the Centre could deliver better outcomes for patients with the development of a strategy that includes rehabilitation for a range of complexities and injuries and reduced delays to access services.

There are a number of reasons for the recommended change to services, all of which we have set out in the public consultation:

- Creating a high-quality Centre of rehabilitation excellence
- Contributing to a deficit in rehabilitation capacity
- Improving access to services
- Improving outcomes and the patient experience through a new clinical model
- Ability to respond to changes in future service needs and models
- Reducing pressures on the acute bed base.

The Centre would provide high quality care, underpinned by leading expertise and best practice, in one of the best facilities in the NHS.

There is a significant opportunity to improve lives, develop leading expertise in rehabilitation and, at the same time, use NHS resources more efficiently.

Q6. What is different about what is proposed and what is already provided in existing NHS hospitals?

Rehabilitation services for neurology patients are provided at hospitals across the East Midlands. The opportunity to create a Centre that can provide care for patients with fractures as well as many neurological conditions represents a 'step change' in the provision of specialist rehabilitation services for patients in the East Midlands.

While a regional rehabilitation Centre will expand services, neurological rehabilitation will continue to be provided in hospitals across the region.

Q7. What is the distinction between an NHS Rehabilitation Centre and a National Rehabilitation Centre?

The proposed development of an NHS Rehabilitation Centre on the Stanford Hall Rehabilitation Estate is part of a vision for a future National Rehabilitation Centre (NRC). The vision for the NRC is for it to provide a hub for staff development, research and education. This means that it could lead the way in developing and deploying the best techniques for rapid and effective rehabilitation across the NHS.

The ultimate vision for the NRC is for it to be the hub for a network of outstanding NHS rehabilitation services across England.

Q8. What have people said already?

We have spoken to patients, carers, NHS staff, charities and others over two phases of engagement. While people we spoke to were generally positive about the prospect of improved facilities at Stanford Hall, some had some concerns about the impact on rehabilitation services provided at the City Hospital in Nottingham. Others had concerns about travelling to visit patients at Stanford Hall by public transport.

The engagement we have undertaken has informed the development of the proposals and the focus of our consultation.

Q9. How would patients benefit from being treated at the Centre?

The aim is to support patients in their rehabilitation and recovery following serious injury or illness. There are state-of-the-art facilities wherever you look at Stanford Hall, such as the £1.8m Computer Assisted Rehabilitation Environment which uses virtual reality to track movement, allowing medical experts to correct their gait and work out what areas of their body may be under pressure, or acclimatise them to different conditions.

Q10. What conditions would be rehabilitated there?

A team of expert staff would provide treatment for patients, mainly from the East Midlands, who will have complex and specific needs, including:

- Major trauma following, for example, a road traffic collision or an accident at work
- Neurological problems such as an injury to the brain
- Complex musculoskeletal injury with damage to bones, joints and muscles
- Traumatic amputation
- Incomplete spinal cord injury resulting in paralysis
- Post-Covid-19 (Coronavirus) conditions.

Q11. How would families and friends without private transport get to the Centre?

The Centre would be located on the Stanford Hall Rehabilitation Estate, near Loughborough. The site is serviced by a bus that runs from Nottingham to Loughborough every 20 minutes. The NHS is negotiating with public and voluntary sector transport providers to improve bus services to the Centre.

There will be free parking on-site and accommodation if families want to stay overnight.

Q12. What would the impact be on NHS rehabilitation services in Nottingham and surrounding areas?

The impact will be that a wider cohort of patients would have access to specialist rehabilitation services with more beds provided for neurological patients. To achieve this, in-patient specialist rehabilitation in Nottinghamshire would be provided at the regional rehabilitation Centre.

Providing rehabilitation services has to be achievable within existing budgets so that other services are not negatively affected. This would mean relocating existing services from Linden Lodge at the City Hospital in Nottingham to the Centre.

Q13. Will the Centre provide better services than what is already offered to patients?

Yes. A team of multi-disciplinary staff will be able to provide rehabilitation for patients in purpose-built surroundings with all services under one roof. Patients will be supported throughout their recovery and with access to the facilities and services in a specialist rehabilitation Centre and return to their lives sooner. Overall, there will be more rehabilitation beds, so we are increasing capacity to treat patients in the region.

Q14. How would inpatient beds be allocated?

The referral criteria for the Centre would be based on the level of rehabilitation need and the potential of the patient to benefit from treatment.

Patients and families would have a choice on whether to be referred to the Centre or not. Their care would be provided by the NHS no matter what they choose.

Q15. How does it work with a military facility being located on the same estate?

The NHS Rehabilitation Centre would be an NHS facility co-located with the Defence Military Rehabilitation Centre at the Stanford Hall Rehabilitation Estate. Patients referred to the NHS Rehabilitation Centre would have access to the defence rehabilitation facilities but be treated by NHS staff separate to the military facility.

Q16. Who will work there?

Rehabilitation would be provided by an NHS team that includes medical consultants, junior doctors, nurses, physiotherapists, occupational therapists, speech and language therapists, dieticians, psychologists, case managers, exercise therapists and local authority social workers.

Q17. Could the £70m allocated for the Centre be spent on anything else?

No. The funding has been allocated by the government for the construction of a clinical rehabilitation facility on the Stanford Hall Rehabilitation Estate, not for other NHS services. We are consulting on whether or not to take forward this opportunity, including the transfer of existing services to the new facility.

Q18. What would it be like to be a patient at the Centre?

Patients at the Centre would take part in intensive rehabilitation tailored to their needs and aimed at improving functional ability.

For example, a patient with a disorder to their brain and nervous system (neurological) would have one-to-one treatment sessions with rehabilitation experts and have access to specialist facilities such as a hydrotherapy pool and equipment that helped them to adjust and transfer their body weight correctly.

A patient in need of rehabilitation as a result of acute treatment involving bones and muscles (orthopaedic) would benefit with gym sessions and hydrotherapy.

There would be access to state-of-the-art facilities such as a gait analysis laboratory and Computer Aided Rehabilitation Environment, a system that analyses movement in real time, along with a hydrotherapy pool, prosthetic laboratory and access to the entire rehabilitation estate.

The Centre will also have two gyms that would allow patients to continue their own rehabilitation outside of formal sessions, supported by members of staff.

While everyone involved in care will be focussed on returning patients to their daily lives, the multi-disciplinary team will be supported by social workers allowing early assessment of home needs in line with any vocational needs to help the discharge process.

Q19. What will the facilities be like at the Centre?

There will be three wards, plus space for activities and rehabilitation flat for patients to experience living back at home before being discharged. For visiting families there will be overnight accommodation available.

Q20. How much interaction would NHS Patients have with defence personnel, including on site.

A. NHS patients would have no interaction with defence personnel when receiving rehabilitative treatment. NHS patients will be treated in the NHSRC by NHS staff, separate from the DMRC. If capable, and/or supported by staff patients will be able to take advantage of the areas on the estate, without encountering any security issues. There would be a separate entrance and visitors would be sign-posted to the Centre.

Q21. Will patients have to attend the NHSRC for ongoing treatment?

A. It is possible, but that will be a decision for the case manager and the clinical team based on the patient's progress.

Q22. Why are you running this consultation during the Coronavirus pandemic?

The consultation has the endorsement and support of the NHS and the Department of Health and Social Care and is in-line with the government's strategy of restoring NHS services for patients.

Taking the development of the NHS Rehabilitation Centre forward is important in terms of improving health and wellbeing outcomes for people requiring specialist rehabilitation services in a purpose-built facility with access to the latest therapeutic treatments. The consultation is a key stage in the process.

Q23. How can people have their say on the consultation if they do not have access to the Internet?

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