



Inspire Neurocare Newsletter

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MARCH 2021

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Reflecting on our first year

As I write this in February 2021, I can't quite believe it's been nearly a year since we first opened the doors to Inspire Neurocare. When we celebrated with a Grand Opening Day for our first residents, our staff, our stakeholders and the local community, none of us could have imagined the challenges the year ahead would hold.

In our first year, Inspire Neurocare has become home to people living with the impact of neurological conditions – from brain injury, spinal injury, stroke and trauma to progressive illnesses. The people we support have transformed the atmosphere into a lively and fun environment – it's been a pleasure to see the service come to life. For obvious reasons, my focus for much of this year has been on keeping our residents safe and protected across every area of life. From day one, we've ensured our infection control measures exceed the industry standard, so our enhanced processes mean we're doing everything possible to keep our service safe.

We have seen people with very serious impairments achieve life-changing outcomes – such as Adrian, who you can read about on page 4. Seeing people achieve their goals and hearing from individuals and families about the difference our person-centred neurocare and rehabilitation has made is incredibly rewarding.

As we welcome more and more people into the service, we will be opening bedrooms and facilities on our second unit, and over the coming months will be joined by more colleagues to support these residents. As a team, we hope that the vaccination roll-out will allow the people we support, and the wider population, to enjoy more freedoms and opportunities to come together in 2021.

As we go into our second year, I am looking forward to seeing the service continue to grow and excel. I hope to be able to invite you to visit the service in person soon.

Marc

Marc Russell, Registered Manager

A year of inspiring care

I'm so proud of the Inspire Neurocare team, of the dedication they have shown and extra work they have put in over the last year. The team has risen to the challenge of opening a new specialist care service to provide the highest possible standards of neurocare and rehabilitation, whilst also focusing on keeping the people we support safe and protected from Covid-19. Opening, recruiting for, and putting in the processes to ensure people receive exceptional care and reach good outcomes is hard work in itself, and the Inspire team has achieved this during a global pandemic.

This year, colleagues have provided outstanding care, gained promotions and qualifications, and developed their skills, whilst also juggling the demands of Covid, school closures and family commitments. I would like to thank our wonderful team, led by service manager Marc. To our Life Skills Facilitators, specialist nurses and therapists who provide care and support, and chefs, administrators, maintenance and housekeeping teams who carry out the essential work behind the scenes – thank you. Here's to the first anniversary of Inspire Neurocare Worcester and a great 2021.

Michelle

Michelle Kudhail, Clinical Director, Inspire Neurocare



As the weather became warmer, the people we support and our colleagues made the most of the sunshine and enjoyed some activities in the gym.



Therapy students Sophie and Clara from the University of Worcester joined the team in late 2020. Sophie shared what inspired her to begin a career in occupational therapy, telling us "Nurses add days to lives; Occupational Therapists add life to days."



Two furry friends kept spirits high throughout the lockdowns – Therapy Dogs Cookie and Willow became much-anticipated visitors throughout 2020



The service came together to celebrate Halloween in style, with a very creative party.



Some of the people we support reached their goals of cooking and baking during 2020. Using the accessible kitchen, from cakes to curry, it was great to see people reaching new levels of independence.



In January 2020, the builders put the final touches to the service as members of staff joined the Inspire team. On the site of a former pub, Inspire Neurocare elegantly combines style and function.



At our Grand Opening event in late February 2020, we welcomed stakeholders, colleagues and the local community to join the celebrations.



We celebrated our first Christmas together – with a giant Christmas tree, a socially distanced walk to post Christmas cards and a wonderful Christmas dinner.



During January 2021, Inspire's colleagues and the people we support received the Covid-19 vaccination. We hope the vaccination will allow people to feel safer in their daily lives as lockdown restrictions ease and we head into Spring.

Adrian's journey towards independence

NEUROLOGICAL REHABILITATION FOLLOWING A BRAIN INJURY

Following a vehicle collision, Adrian suffered a severe brain injury. He was rushed into hospital, where he spent the following weeks in a minimally conscious state. Over several weeks, Adrian gradually regained consciousness and from January 2020 was able to begin undergoing initial rehabilitation.

During this time, Adrian was agitated, confused in his speech, anxious and very reliant on his wife, Cally, for emotional support. After four months in hospital, his medical team advised that Adrian would benefit from longer-term neurological rehabilitation and care in a specialist service.

Cally said "At the time, we were quite concerned as we were struggling to find anywhere suitable. When we learned about Inspire, we went for a visit. I absolutely loved it. It's a beautiful place and as soon as I saw it and learned about the holistic care -well, that was it. If I was to write down what I was looking for in a service, that was it."

Adrian came to the newly opened Inspire Neurocare in March 2020. One of the first people to be supported by the new service, which opened at the end of February, Adrian moved in during the beginning of the lockdown period due to the Covid19 outbreak.

Adrian's rehabilitation and care took place during a very challenging time for the health service and Inspire, making his achievements over the following weeks even more inspirational.

 **WATCH ADRIAN'S JOURNEY TOWARDS INDEPENDENCE**
www.inspireneurocare.co.uk/adrian

or click
to view



A PARTNERSHIP APPROACH TO GOALS AND OUTCOMES

Entering Inspire as a wheelchair user, Adrian initially needed 1:1 support for all aspects of his care.

At Inspire we take a measurable and partnership approach to goal setting. From day one, the multi-disciplinary team worked with Adrian and Cally to discuss the goals and the outcomes he was hoping to achieve during his rehabilitation. From walking, to climbing stairs and managing his own personal care as far as possible, the team developed a plan to give Adrian the best chance of reaching his goals.

Physiotherapist Sandie worked with Adrian and the therapy team to increase his ability to move and walk, "With Adrian we started initially with standing and standing balance. We got to a point where Adrian could stand independently, and then gradually we decreased what the team did to support him, so he could increase what he did." Working with Occupational Therapist Emma, Adrian was able to relearn the ability to wash, shower and dress himself, using both arms. In addition, they worked on cognitive activities to help Adrian's thinking skills.

Along every step of a rehabilitation journey, the team work very closely with family members. Adrian's wife, Cally, said "What helped me, and was lovely, was receiving videos of Adrian doing his exercises. I could see that Adrian was doing amazingly well."

A MULTI-DISCIPLINARY TEAM APPROACH

Every member of the Inspire team was behind Adrian, celebrating his successes and the steady progress over his time at the service. Occupational Therapist Emma said, "It was a gradual progress, and Adrian was always very positive." Life Skills Facilitator Becki remembers, "The first time I saw him walking down the corridor with just his stick, no one holding onto him, he was absolutely beaming."

In addition to face to face support in the service, Adrian also received virtual support from a psychotherapist which helped him to understand and start to come to terms with his difficulties.

Wellbeing and Lifestyle Coach Dawn feels that the continuity of therapy Adrian received at Inspire was key to his recovery. "Now to see him at home and no longer in his wheelchair – it's just fantastic. It works because you've got continuity and it happens every day."

RETURNING HOME

A key part of Adrian's progression to returning home was a home visit with the team in June. This was the first time Adrian had been home since his accident and was essential to ensure everything was ready. New equipment including hand rails were checked, and plans for future support with the community team were finalised to ensure a support package was in place every step of the way.

Onward referrals to the specialist community neuro team were made well in advance of Adrian's return home, so that during the week following his discharge, Adrian was visited by the community therapists who were to continue with Adrian's ongoing rehabilitation.

After eight weeks at Inspire Neurocare, Adrian was able to walk out of the service and return home to live with Cally and their two children. Over the coming months, Adrian will continue to build on the skills developed during his time at Inspire Neurocare.



Keeping you safe

Click to view



At Inspire Neurocare, we support people living with very significant underlying health issues and medical conditions, so the safety of our residents has always been our number one priority. We are taking extra precautions to ensure everyone is as protected as possible.

From our new Family & Friends Lounge to enhanced infection control, we’ve put in place a range of measures to ensure we’re doing everything we can to meet these challenges.



SEE HOW WE’RE KEEPING PEOPLE SAFE AT INSPIRE NEUROCARE
www.inspireneurocare.co.uk/keeping-you-safe

Enhanced Infection Control Pledge

Inspire’s Enhanced Infection Control Pledge outlines our continuing commitment to infection prevention and control and the additional steps that we’ve taken to protect the people we support.

At Inspire, we have always followed best practice when it comes to infection control. However, in light of the ongoing risk that COVID-19 poses to those with underlying health conditions, we have taken additional extra precautionary steps to protect the people we support.

Every resident and visitor in our homes can expect a safe, clean and hygienic environment, that protects their health and supports their wellbeing.

Nothing is more important to us. Our Enhanced Infection Control Pledge means that you can relax knowing that we are working hard to keep you or your loved safe and protected no matter what happens.



In addition to everything that you would normally expect from Inspire Neurocare, which includes:

- A minimum of thorough daily cleans of all bedrooms, bathrooms and living spaces
- Additional cleans at individual’s request, as and when required by Life Skills Facilitators or after activities
- Frequent cleaning of surfaces such as door handles, coffee tables, and the physiotherapy gym
- Use of industry standard antibacterial sprays and sanitising products that disinfect and prevent infection transmission

“Coronavirus (COVID-19) has highlighted the importance of robust infection control within care homes more than ever before, and that’s why we knew it was imperative that we communicate our ongoing commitment more widely. Our Enhanced Infection Control Pledge outlines the additional steps that we have put in place to protect our services. We promise to ensure that our infection control measures are above industry standards and that we always follow best practice and the latest Government advice. The people we support and their families can be confident that they are being cared for in a safe and hygienic environment.”

Michelle Kudhail, Clinical Director, Inspire Neurocare

The neurological and rehabilitation impact of Covid-19



Inspire Neurocare's Director of Clinical Excellence, Michelle Kudhail, explores the emerging understanding of the chronic, long-term neurological impacts of Covid 19 and the neurorehabilitation requirements arising from this new virus.

Since Covid-19 first hit the headlines this time last year, the global healthcare community has faced significant challenges to keep people safe and mitigate the impact on the health sector as cases continued to rise.

For many people, Covid-19 is a mild illness, but emerging global evidence continues to demonstrate the significant neurological and cardiovascular complications of the virus in those patients who experience serious symptoms.

EXPLORING THE EVIDENCE: THE NEUROLOGICAL IMPACT OF COVID-19

Though we have long known that viral infections can cause serious damage to the nervous system, leading to infections of the brain like encephalitis, the link between Covid-19 and significant neurological implications has been identified and explored by doctors and researchers.

In 2020, researchers in Beijing identified a direct link between Covid-19 and encephalitis, which can cause headache, mental disorders, and delirium. Seriously affected patients may experience loss of consciousness, coma, and paralysis.

The European Academy of Neurology highlights the challenges faced by patients leaving ICU with the need for respiratory rehabilitation and strength training. This rehabilitation is required to

counteract the consequences of a intensive care stays, as well as patients with stroke, Guillain-Barré syndrome and illnesses causing nerve and muscle damage. The New England Journal of Medicine highlights a link between Covid-19 and Guillain-Barré syndrome—causing difficulties with walking, swallowing, and breathing.

An observational study of over 20,000 patients published in the British Journal of Medicine characterised identified a cluster of musculoskeletal symptoms experienced by patients, which included myalgia, joint pain, headache, and fatigue. Overall, of those patients, 17% required admission to high dependency or intensive care units; of these, nearly half continued to require care after 14 days.

An observational study published in The Lancet explored the neurological and neuropsychiatric complications of Covid-19 in 153 patients. Doctors reported 31% of patients had altered mental status, which

included 13% with encephalopathy (6% had encephalitis), and 18% with a neuropsychiatric diagnosis, including 8% with psychosis, 5% with neurocognitive (dementia-like) syndrome, and 3% with an affective disorder.

A PERFECT STORM FOR THE NEUROREHABILITATION SECTOR

An increase in patients requiring specialist neurological support post-Covid-19 is complicated by the need to address the backlog of community and outpatient rehabilitation put on hold during the lockdown, for individuals already requiring support for brain injuries and neurological conditions unrelated to the pandemic.

The British Society of Rehabilitation Medicine highlighted this in April 202, in its report into the impact of Covid-19 on the sector. It highlights the challenges due to the increasing demand for specialist

CASE STUDY: RECOVERY FOLLOWING COVID-19



Kin Chung Wu, 49, came to Inspire Neurocare in October 2020 following a Covid-19 related stroke.

On arrival, Kin used a wheelchair, needed assistance to stand, was unable to use his right arm, and was only able to walk with a frame and the support of two people. His neurorehabilitation goals were to walk with more independence, and to shower and eat independently. Kin and the therapy team agreed to focus on his mobility, balance and right upper limb function to give him the best opportunity to reach his goals.

After three months of hard work, Kin now walks around the service with a frame and the support of just one person, and in physiotherapy sessions he walks with a stick. He can carry out personal care tasks independently, and enjoy mealtimes, using both hands with no support from the team. Kin's new goal is to use a keyboard for his computer, and he will use the independent living flat within the service to further develop his skills of everyday living.

Kin takes inspiration from this quote John F Kennedy: "We choose to go to the Moon in this decade and do the other things, not because they are easy, but because they are hard, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too."

neurorehabilitation and care due to both delays to rehab for existing and non-Covid-19 patients and those requiring support due to the virus's physical, neurological and psychological complications.

EXPERT NEUROCARE AND REHABILITATION AT INSPIRE

More so than ever during this pandemic, it is clear that successful rehabilitation and care

is heavily dependent on strong, cooperative relationships between acute NHS services, independent rehabilitation services and community care providers.

This year, we have welcomed patients to Inspire Neurocare who live with long-term complications of Covid-19 infections. From physical symptoms linked to long stays in intensive care and assisted ventilation to psychological symptoms, including sleep disorders, fatigue, anxiety, depression, and PTSD, our interdisciplinary team of experts can support.

Inspire Neurocare is dedicated to providing a safe environment for people to rehabilitate and recover, whatever the reason.

A fully referenced version of this article is available on our [website](#).



INFORMATION & RESOURCES



DOWNLOAD OUR BROCHURE

www.inspireneurocare.co.uk/brochure



TAKE A VIRTUAL TOUR

www.inspireneurocare.co.uk/virtualtour



OUR SAFETY PRIORITY

www.inspireneurocare.co.uk/keeping-you-safe

CHOOSING THE RIGHT CARE

In 2021, we hope to be able to welcome individuals, families and our NHS and social care colleagues looking for specialist care to visit our beautiful service in person. While we've been unable to do this so far, we've done our very best to bring Inspire to life, virtually.

Choosing the right support for people with very complex care conditions is a big decision for everyone concerned. We hope that through our online resources - our virtual tour, brochure and videos about our outcomes, how we're keeping people safe and the role of our specialist Life Skills Facilitators - you are able to get a sense of our service.

01905 969 000

www.inspireneurocare.co.uk



The Inspire Neurocare team is available via phone, email and video calls to answer any questions you may have about our approach, the support we provide and making a referral.