

# Trauma Rehabilitation

Rehabilitation plays a crucial role in supporting your recovery and aims to limit the impact your injuries may have on your everyday life. Your rehabilitation journey will likely involve providing you with help for any physical injuries, as well as any communication or cognitive impairments. It will also involve helping you with your mental health journey of recovery where needed.

Rehabilitation will begin early in your patient journey, whilst you are still in hospital. The rehabilitation team will discuss your goals for recovery and provide you with an individualised assessment and rehabilitation plan tailored to your needs.

A rehabilitation plan will be developed outlining the type of rehabilitation and therapy you may require to help achieve your goals. The rehabilitation Coordinator will also provide you with information about your injuries and how they may affect you and those close to you.

When you are ready to leave the Hospital you may be discharged directly home or you may require further rehabilitation in a specialist centre or Trauma Unit.



## After Trauma

Our rehabilitation Teams will help support you with physical and emotional injuries. The team will also provide you with practical support.

This may involve supporting you access social work services; benefits you are entitled to and support to help you with home adaptations.

## Useful Links/Resources

**After Trauma :** [www.aftertrauma.org](http://www.aftertrauma.org)

**ICU (Intensive Care Unit) Steps:**  
[www.icusteps.org/](http://www.icusteps.org/)

**BackUp – Transforming Lives after Spinal Cord Injury:** [www.backuptrust.org.uk](http://www.backuptrust.org.uk)

**Spinal Injuries Scotland**  
[www.spinalinjurliesscotland.org.uk](http://www.spinalinjurliesscotland.org.uk)

**SIA – Spinal Injuries Association :**  
[www.spinal.co.uk](http://www.spinal.co.uk)

**Head Injury Symptoms**  
[www.headinjurysymptoms.org](http://www.headinjurysymptoms.org)

**Headway – Brain Injury Association -**  
[www.headway.org.uk](http://www.headway.org.uk)

**Scottish Head Injury Forum -**  
[www.scottishheadinjuryforum.org](http://www.scottishheadinjuryforum.org)

## Get In Touch

**Major Trauma Centre Rehabilitation Coordinator**



**Royal Infirmary of Edinburgh**

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**South East Trauma Network**  
**Major Trauma Centre**  
**Your Journey**



## Your Journey



### Pre-hospital

You will likely arrive at the major trauma Centre by ambulance. The pre-hospital care team will provide you with some initial care en-route.



### Acute Care

You will receive immediate emergency care from our multidisciplinary team in the major trauma centre.



### Ongoing care

You will receive ongoing care for the treatment of your injuries. You may be discharged from the major trauma centre and transferred to another hospital for ongoing care.



### Rehabilitation

You will begin rehabilitation early in your patient journey. Rehabilitation will provide you support for both physical injuries and your mental wellbeing/health. Rehabilitation will also support you to return to your regular life/activities.



## Who will be looking after me?

Patients admitted to the major trauma centre following major trauma will be looked after by a multidisciplinary team. This team can include Nurses, Doctors, Mental Health Professionals, Occupational Therapists, Physiotherapists, Speech and Language Therapists, Pharmacists and Dietitians

The type and severity of your injuries will determine which specialty teams are involved in your care – you will also receive input from the major trauma consultant, specialty consultants, major trauma advanced nurse practitioner and may be seen by the major trauma rehabilitation coordinator.

The rehabilitation Coordinator is responsible for coordinating your care in hospital and supporting your discharge. They can provide advice and support to you and your family/relatives throughout your stay.

## What is Major Trauma?

Major Trauma is considered to be a serious injury or multiple injuries which are potentially life-threatening and can sometimes result in long-term disability.

The Scottish Trauma Network helps to ensure that patients who experience major trauma can get access to the right care, in the right place, at the right time. Early identification and treatment of major trauma can save lives, prevent complications, speed up recovery and allow an earlier return to active life.

## South East Trauma Network

The major trauma centre at the Royal Infirmary of Edinburgh is part of the wider South East Trauma Network which provides care to people injured in the Lothians, Borders, Forth Valley and Fife.

The major trauma Centre provides people who have experienced major trauma injuries with access to a consultant-led specialist team and appropriate diagnostic and treatment facilities.

If a person with major trauma is over 45 minutes away from the major trauma centre they may be initially managed in a Trauma Unit for some initial care before they are transferred to the major trauma Centre.

Trauma Units are based at Victoria Hospital Kirkcaldy, Borders General Hospital and Forth Valley Royal Hospital. These sites specialise in providing care to anyone whose injuries are categorised as minor or moderate trauma. Many people with major trauma may also receive aspects of their rehabilitation or follow-up care at one of these sites if closer to their home.