

ADAMS, Jessica (Ms)

Born: **07-Aug-1952 (66y)** Gender: **Unknown** NHS No: **Not recorded**

📍 1 Trauma Street, Trauma, TA20 1LL, Traumatown, GB-ENG 📞 Not recorded
✉ jessica.adams@pkbtest.com

[✎ Edit demographics](#)

Access to General health No access to Mental health Sexual health Social care [✎ Edit access](#)

Rehabilitation Prescription General health

Next review:

Yesterday

Created by Mr M Trauma:

05-Mar-2019

Last edited by Mr M Trauma:

Today

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Diagnoses

Head Injury started 12 Oct 2018

Medications

No current medications available

Allergies and adverse reactions

No allergies or adverse reactions available

Action plan

Outstanding Needs:

Transfer/Discharge Date 14/02/2019

Actions for GP: Please refer to medical discharge summary.

This patients is expected to require support with analgesia.

This patient is expected to continue with rehabilitation at their local hospital and have supported discharge planning.

Actions for next care provider:

This patient will require on-going access to speech and language therapy and physiotherapy.

Action for patient:

Please attend your appointments and monitor wound sites for infection (ooze, redness or new swelling / pain).

You have been advised to contact the DVLA and your insurance company before returning to driving.

Rehabilitation: as above

Next of kin: Jane Adams

Next of Kin contact number: 0121 01210121

GP and address: St Peters Medical Centre

Current location: Camberley

MTC: Southmead Hospital

Lead Consultant: Mrs Surgeon

MTC contacts Physio - Belinda Walks-a-lot

SALT Jane Mashable

Pain Therapist Jenny Morphine

Mr Brain Neurosurgeon

Major Trauma Coordinator Alice James

Telephone number: 01174 141 546

Pre-injury information

Significant past medical history

COPD, DM11

Social support

Social visit x1 week

Housing/home environment

Large House, bed and bath upstairs Jessica states she is a hoarder

Work/vocation/roles

Employed Full time Professional

Leisure

Horse Riding , Dog walking

Functional Status

Mobility, transfers, ADLs

Fully independent but had some recent falls.

Date and Mechanism of injury

13/10/2018 Fell off Mountain

Date of admission

14/10/2018

Description of Injury

- 1) Traumatic Brain Injury managed non-operatively
- 2) Neck Fracture @ C4 managed non-operatively in hard collar (Miami J) no heavy lifting review in spinal clinic 12/52
- 3) Open Femoral Fracture (thigh bone) 15/10/2018 Wound debridement - initially required bedrest 16/10/2018 ORIF and flap (fixed with pins and plates and soft tissue grafting) Flap protocol and review in Orthoplastics Clinic @ 6/52 Touch Weight Bearing 6 weeks
- 4) fracture right radius (wrist) non operative management in cast 6 weeks

Ongoing Rehabilitation Needs

Optional to select category

Non-specialist inpatient
Category C

Onward Referral for rehabilitation

22/10/2018
Repat to Traumatown Trauma Unit
Will require ongoing general rehabilitation in community rehab bed.

What appointments should you expect after discharge: Spine clinic at 12 weeks

Fracture clinic for wrist at 6 weeks

Plastics Dressing Clinic at 2 weeks
Ortho-Plastics Clinic at 6 weeks for open femur fracture

Outpatient physiotherapy once a period of inpatient rehabilitation has occurred.

What you and your carer/family should look out for: Signs of infection (fever, red or grey skin, swelling or drainage around wound, increased pain).
You have been signposted to www.headway.org.uk

Rehabilitation needs checklist

Physical impairment requiring rehabilitation

Yes

Brain injury without prolonged disorder of consciousness
Spinal fractures - no neurology
Single complex fracture or dislocation

Cognitive or mood disturbance requiring rehabilitation

Yes

Cognitive difficulties

Psychosocial issues (that may impact rehabilitation)

Yes

Housing/accomodation

Has the Rehabilitation Prescription been developed with the involvement of the patient and/or their family/carers? Yes

Has the Rehabilitation Prescription been discussed with the patient where possible? Yes

Patient Comments This prescription has been explained to me and I will discuss further with my GP.

I intend to use my journal regularly and am happy for this to be accessed

The Rehabilitation Prescription has been distributed to:

GP
Next care provider
Patient

You can use your personal diary to log your questions and thoughts. This will not be read unless you so request.

Assessed by:

Name: Alice James Profession: MTC

RP Completed by:

Name Alice James Major Trauma Coordinator

Save a link to this care plan in your bookmarks by copying this link

<https://sandbox.patientsknowbest.comnull?null>



SouthMead Hospital
Bristol
BS10 5NB

Major Trauma Office 0117 4141546