Redcar Primary Care Hospital – Overview of services

Background

Redcar Primary Care Hospital provides:

- Zetland ward which has 31 single rooms all with en suite shower rooms and provides a range of services for adult patients from the local area. The ward predominantly provides rehabilitation and palliative care but can, however, provide care for any adult patients for a wide range of conditions.

- An urgent care centre which is open 24 hours a day, 365 days per year, providing immediate care for minor injuries.

- An outpatients department which hosts a wide range of clinics including those held by consultants from the acute sector.

The hospital has a dedicated team of staff including nursing staff, physiotherapists and occupational therapists to ensure patients receive individualised, holistic care package of the highest quality care tailored to their needs.

The staff aim to actively involve their patients’ carers and families to ensure that they meet the needs of all involved.

The services within Redcar Primary Care Hospital include specialist stroke rehabilitation, general rehabilitation, assessment of present and future care needs, diagnostics, drug initiation and administration (including intravenous), blood transfusions, pain control and palliative care.

The staff also pride themselves in the close relationships they have with other agencies including social services, the palliative care team, Macmillan team, community matrons and district nurses.

Since October 2013, patients needing minor surgical procedures can also receive their treatment at the hospital whose departments include:

- Diabetic medicine services
- Gastroenterology and haematology services
- Geriatric medicine services
- Orthopaedics services
- Pain management services
- X-ray (Monday-Friday: 9am-12.30pm & 1pm–5pm)
Below is further detail about the services provided from Redcar Primary Care Hospital. It is important to note other health services are provided to the local population in a community-based setting rather than in the hospital (for example speech and language therapy) so this list may not be exhaustive.

South Tees Hospitals NHS Foundation Trust continues to work closely with South Tees Clinical Commissioning Group (CCG) to make greater use of Redcar Primary Care Hospital and we’re continuing to look at where we can make further improvements to benefit the local population and possibly provide more services in the hospital.

Our services

Pain clinics

These currently run twice a month (a new patient clinic on the first Tuesday of each month and a review clinic on the third Tuesday of each month).

Cardiothoracic (heart) services

A cardiac rehabilitation session runs at the hospital once a week and the heart failure specialist nurses run a clinic at the hospital all on day on Thursday.

Orthopaedics and trauma

The orthopaedic and trauma team offer a range of services during the week at Redcar Primary Care Hospital which are listed below:

- Monday (afternoons) – Consultant orthopaedic surgeon Andrew Port runs a new patient clinic while there is also an acute knee clinic run by a physiotherapist
- Tuesday (mornings) – Consultant orthopaedic surgeon Mr Tony Hui runs an acute new clinic (new patients)
- Wednesday (all day) - surgical care practitioners (Pre-admission/Pre-assessment clinics)
- Thursday (mornings) – Consultant in accident and emergency Mr Ken Chew runs an accident and emergency minor injuries clinic

Physiotherapy

The physiotherapy team provide rehabilitation to patients on the ward five-days-a-week. This may also include weekends if the physiotherapist on 'rapid response at the weekend' works from Redcar Primary Care Hospital.

We team has a therapy department upstairs where patients can be brought from the ward for gym based rehabilitation. Other services include:

- Physiotherapy outpatient currently operates on the ground floor
- Physiotherapy musculoskeletal outpatients including 1:1 assessments and treatments, individual gym based rehabilitation, group sessions/classes (back class, pilates class, total knee replacement class, shoulder class/group session), assessment for and provision of walking aids
- Hydrotherapy
• Pulmonary rehabilitation run by the community team in Physiotherapy department
• Neurology 1:1 assessment and a class for Parkinson’s Disease patients
• Multiple Sclerosis Society – one session a week
• Orthotics – one session a week
• Osteoporosis nurse – one session a week

Adult dietetic services

A range of adult dietetic services are provided at the hospital including:

• Outpatients – one diabetes clinic per month (first Friday morning), one general clinic for a full day (first and third Friday of the month), one nutrition support clinic (third Wednesday morning of the month)
• Inpatients - provision of dietetics to Zetland Ward and catering support

Paediatric dietetic services

Redcar clinics are provided on the fourth Monday of the month (mornings and afternoons), the first Wednesday morning of each month and the first Thursday afternoon of each month.

Clinical support services (with community diabetes team)

• Three clinics per month – the first Wednesday afternoon and third and fourth Wednesday mornings
• One full Desmond – diabetes education and self-management for on-going and newly diagnosed – course held on the third and fourth Wednesday afternoons of the month in the occupational therapy services department
• An evening Desmond course about once every two to three months

Podiatry

Podiatry (diagnosis and treatment of the foot and ankle) services currently provided include:

• Podiatry (all aspects including nail surgery and biomechanical / gait assessment
• Podiatry technician clinics

Radiology

• Ultrasound – General ultrasound, including musculoskeletal, from 8.30am to 4.30pm (last appointment so service runs until 5pm), Mondays to Fridays
• X-ray – General X-ray, Mondays to Fridays – 9am to 5pm

Redcar urgent care centre

The centre is open 24 hours a day, seven days a week. The trust is working in partnership with the local commissioners and Northern Doctors, who are providing additional GP resource at Redcar urgent care centre between 8pm and midnight every day to improve care closer to home and reduce the need for patients to be referred to accident and emergency.
A South Tees Clinical Commissioning Group-funded pilot is running until 31 March 2014, placing a GP in the urgent care centre from 8pm – midnight to evaluate the impact this has on admission avoidance and a reduction in accident and emergency attendances or transfers onto the department. This will be evaluated by Northern Doctors and fed back to the CCG.

**New services - minor surgery (October 2013)**

Patients who need minor surgical procedures can now have their surgery at Redcar Primary Care Hospital.

Providing treatment in the community is a positive development for patients enabling them to be treated closer to home and making it more comfortable and convenient for them and their families.

Up to seven minor surgical lists will be held every week at the Redcar hospital with a view to extending this in the future. Surgeons, Mr Lawrence Ajekigbe and Mr Chelliaya Ramanathan performed the first day surgery procedures there in October.

The plastic surgery directorate is looking forward to being able to treat patients who need a local anaesthetic at the hospital in future. Patients with skin disorders - some who may need skin grafts – will be some of the first patients have their surgery at the new local facility.

Patients with more complex conditions will continue to have their surgery at The James Cook University Hospital. The move will free up a theatre suite in the accident and emergency department and help provide more capacity for emergencies at the Middlesbrough hospital.

Redcar Primary Care Hospital is a fantastic resource and this work ties in with the trust and CCG’s vision of helping people receive care closer to home. It also helps to relieve some of the pressure on our busy accident and emergency departments.