



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Acute Stroke Unit (ASU) The York Hospital

Information for patients, relatives and carers

① For more information, please contact:

**Acute Stroke Unit**

**Ward 23**

Tel: 01904 726023

The York Hospital

Wigginton Road, York, YO31 8HE



Welcome to the Acute Stroke Unit (ASU). This unit is for people who may have had a stroke.

The main aims of the unit are:

- To find out if you have had a stroke
- To start medical treatment as soon as possible
- To start therapy as soon as possible

The Acute Stroke Unit forms part of the stroke service which comprises Acute Care, Rehabilitation and Community Services across York and Scarborough.

# How long will I be on the Acute Stroke Unit?

You need to stay here for your immediate medical care. Most people stay for a few days. If you need a period of therapy and rehabilitation you may be moved to another ward or rehabilitation facility.

Residents transferred from Scarborough Hospital or Harrogate for acute care, may be transferred back to Bridlington or Harrogate hospitals if further therapy is needed before discharge.

If you are on holiday when you are admitted to York hospital, you will either be discharged home from York or transferred back to your local hospital for further therapy if necessary.

Because this is an acute unit, it is possible that you may be moved to another ward if necessary and at short notice to create beds for new stroke patients.

If you reach a point where you no longer need stroke care, you may be moved to another ward.

## **When will I go home?**

We aim to start discharge planning as soon as possible. We welcome your participation in this process.

## **What sort of follow-up is available?**

York residents who are discharged home from the Acute Stroke Unit, may be referred to the Community Stroke Team for further therapy at home. Patients living outside of York may be referred to their local community stroke service or community therapy team.

The York Community Stroke Discharge Team also includes an Early Supported Discharge Team which enables people to get home sooner.

If you have been seen by a speech therapist and require further therapy at home, you will be contacted by the therapist to arrange follow-up.

The hospital doctors may also invite you to a follow-up clinic appointment a few weeks after your discharge from hospital.

## **What do I need in hospital?**

You will need to have wash items and toiletries, e.g. soap, flannel, towel, toothpaste and brush, hairbrush or comb. Please arrange for someone to bring in any toiletries or personal care items you need.

You will also need a selection of nightwear. As you start to recover from the stroke and are sitting out of bed, please arrange for someone to bring in day clothes and supportive footwear.

The hospital cannot provide a laundry service, so please ensure that someone is able to do this for you.

Please also ensure that you have any other items that you may require such as hearing aids, glasses, dentures.

We recommend that you don't keep any valuable items in the hospital.

## **Who are the staff that I will see?**

The stroke consultants are: Dr Paul Willcoxson, Dr Peter Wanklyn, Dr Luke Bridge.

Their secretary is Andrea Sellars

You can contact Andrea as follows: Tel: 01904 725932

If you agree, your relatives are welcome to ring the secretary if they would like to arrange an appointment to speak to your consultant.

## **The York Hospital**

Ward Sister: Sandra Hindmarsh

If you wish to speak to Sandra, please contact her on the Acute Stroke Unit: Tel: 01904 726136

Stroke Specialist Nurse: Michael Keeling

You can contact Michael as follows: Tel: 01904 726522  
Email: michael.keeling@york.nhs.uk

Other staff working on the ward include: Ward nursing staff, physiotherapists, occupational therapists, speech and language therapists, pharmacists and dietitians.

## **Bridlington Hospital**

Stroke Rehabilitation Ward: Tel: 01262 423106

## **When can I have visitors?**

Hospital visiting times are Monday to Sunday, 2.00 pm – 6.00 pm and 7.00 pm – 8.00 pm.

Visitors may need to leave the ward if you need to attend appointments, e.g. x-rays, scans or therapy. Please speak to the nursing staff if you have visitors who wish to visit outside the normal visiting hours.

## **What are the meal times?**

Breakfast 9.00 am

Lunch 1.00 pm

Tea 6.00 pm

There is a hospital policy to protect the meal times to allow people to have uninterrupted meals. Please speak to nursing staff if you have visitors who need to visit during meal times.

## **Ward Security System**

At the entrance to the ward, there is a security system in place. Visitors will need to press the buzzer and staff will provide access.



## **Who do I contact if I have any questions?**

Please feel free to speak to the nursing staff if you have any questions.

If your family wish to ring the ward, if possible, please arrange for one person to call the ward and then pass the information on to other family members. This will allow us more time to care for our patients.

There is a Stroke Information Pack for all patients who have had a stroke. Please ask the nursing staff for an Information Pack if you have not received one.

If you or your relatives would like to speak directly to your therapist, dietitian or pharmacist to discuss your care, please ask and we can make arrangements for this.

## **What is Patient Line?**

Patient Line provides television, radio and telephone services at most bedside. To use Patient Line, you need to buy a Patient Line card. Nursing staff will be able to advise you about buying a card.

## **Friends and Family Test**

Before your discharge home you will be asked to fill in the hospital's Friends and Family Test. This is your opportunity to comment on your stay and make any suggestions for improving the service.

Please request a Friends and Family Test if you have not been offered one.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sarah Craigie, Occupational Therapist,  
Acute Stroke Unit, The York Hospital, Wigginton Road,  
York, YO31 8HE or telephone 01904 726036.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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