



The Mater Hospital Specialist Rehabilitation Unit in Clontarf Hospital –

one year on what worked well where to go next



Authors: Zaporozjan L¹, O'Connell S², Brennan A², Keddie S², Daly A², Elliott EM², Dedousis K², Fagan C², Grant G³, Notaro C³, Boyle E³, Maning C³, Troy R³, Devine M³, Paul S⁴, Abraham B⁴, Dowling C⁴, Doyle O⁴, Gilligan Quinn A⁵, Rood J⁵, Murray C⁵, Williams S⁵, Duffy M⁵, Gilheaney O⁶, Keegan A⁶, Courtenay P⁷, Shanley S⁷, Dinneen S⁸, Coogan M⁸, Kavanagh C⁹, Kennedy L¹⁰

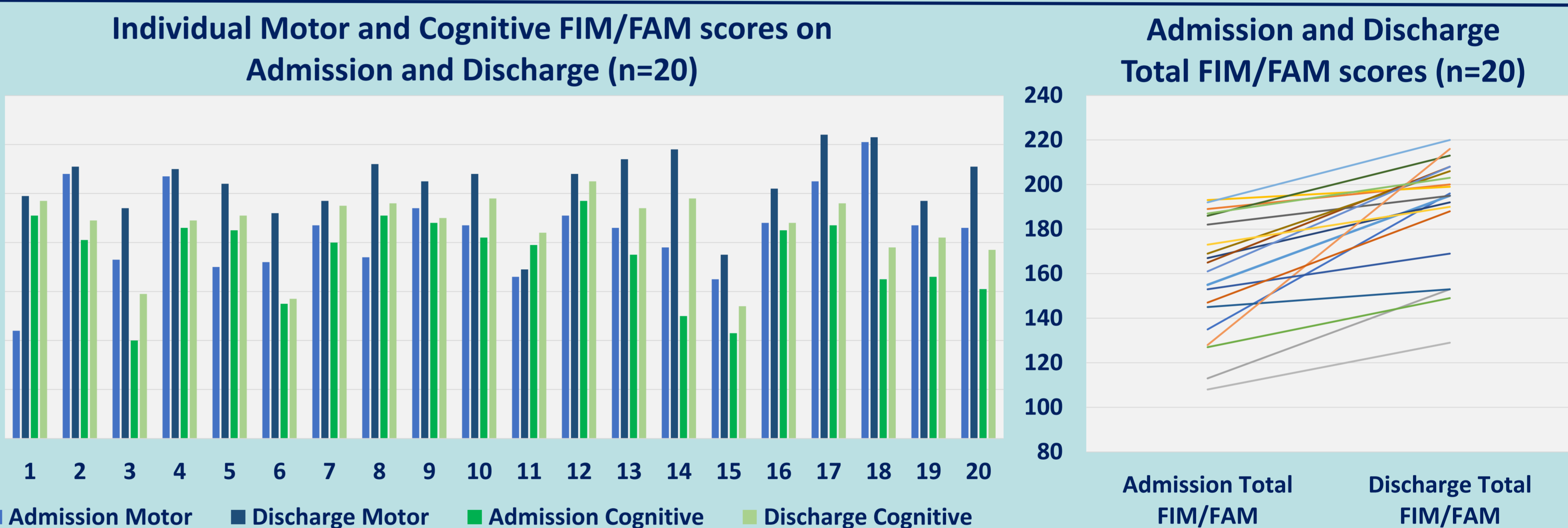
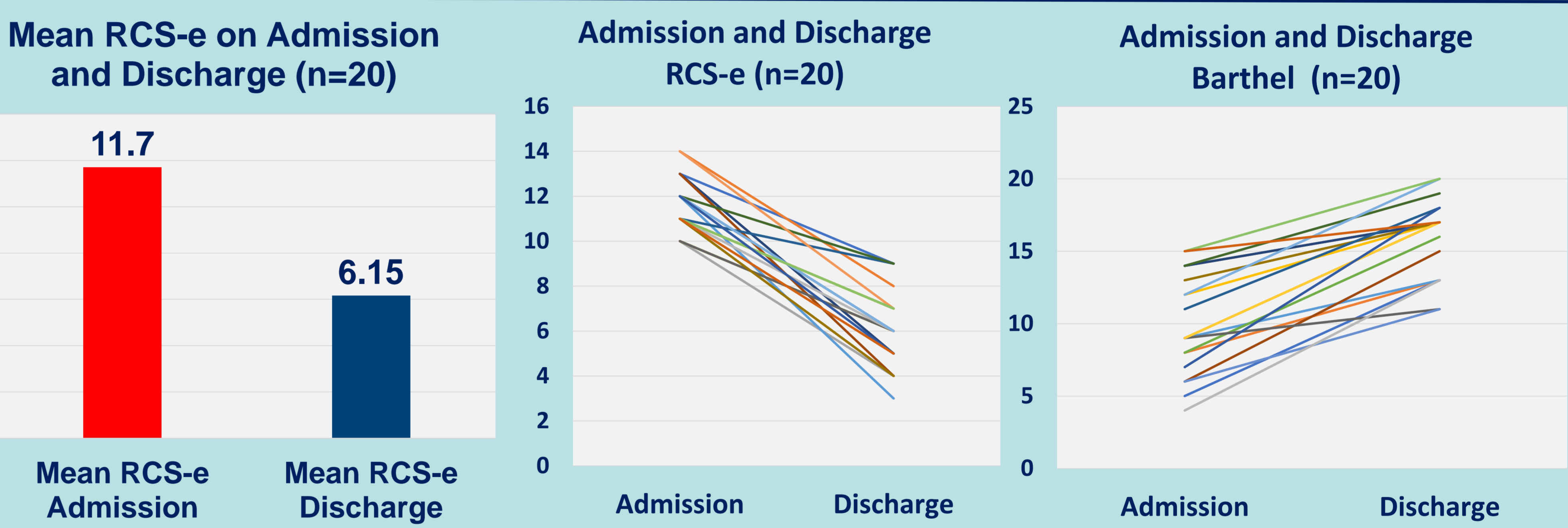
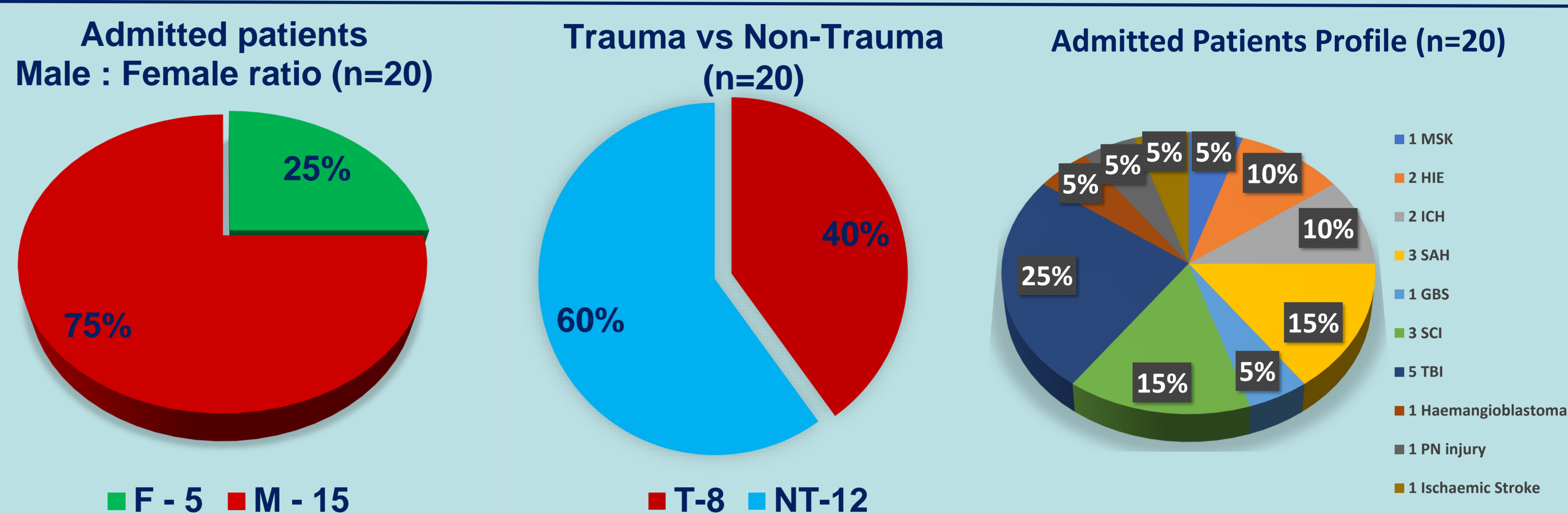
¹Mater Misericordiae University Hospital, ²PT Department Clontarf Hospital, ³OT Department Clontarf Hospital, ⁴Department of Nursing Clontarf Hospital, ⁵MSW Department Clontarf Hospital, ⁶SLT Department Clontarf Hospital, ⁷Nutrition and Dietetics Department Clontarf Hospital, ⁸Admissions department Clontarf Hospital, ⁹Medical NCHD Clontarf Hospital, ¹⁰CEO Clontarf Hospital

Background

- The implementation of **“Trauma System for Ireland”** is projected to increase survival of trauma patients by 25%.¹ Therefore, Trauma System and Major Trauma Centres (MTC) require well-resourced local offsite inpatient specialist rehabilitation units and community rehabilitation teams.^{1, 2}
- Current Mater Hospital (MMUH) offsite pathways in ST. Mary’s (SMH) and Clontarf Hospitals cater well for patients aged =>65. An age unrestricted Stroke rehab service under the governance of Geriatric Consultants operated until recently in SMH, which is now restricted to =>65 patients.
- An onsite (MMUH) nine bed acute trauma rehab ward provides acute trauma rehabilitation for all trauma patients admitted to the Mater MTC.
- A five-bedded unit under the governance of a Rehab Medicine Consultant opened in Clontarf Hospital on 23rd Sep 2024**
- to support the Mater MTC patients aged 18 and over and
- to test the feasibility of an offsite Specialist Rehabilitation Pathway for MMUH.

Results

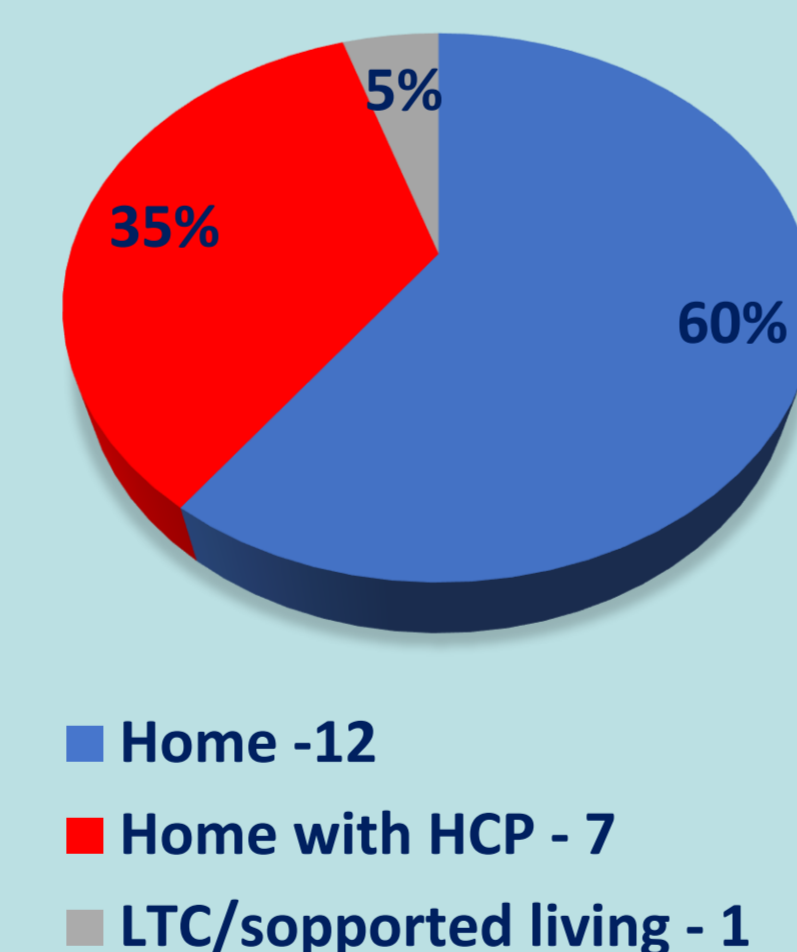
Twenty patients (n=20) admitted between 23rd Sep 2024 and 23rd Sep 2025



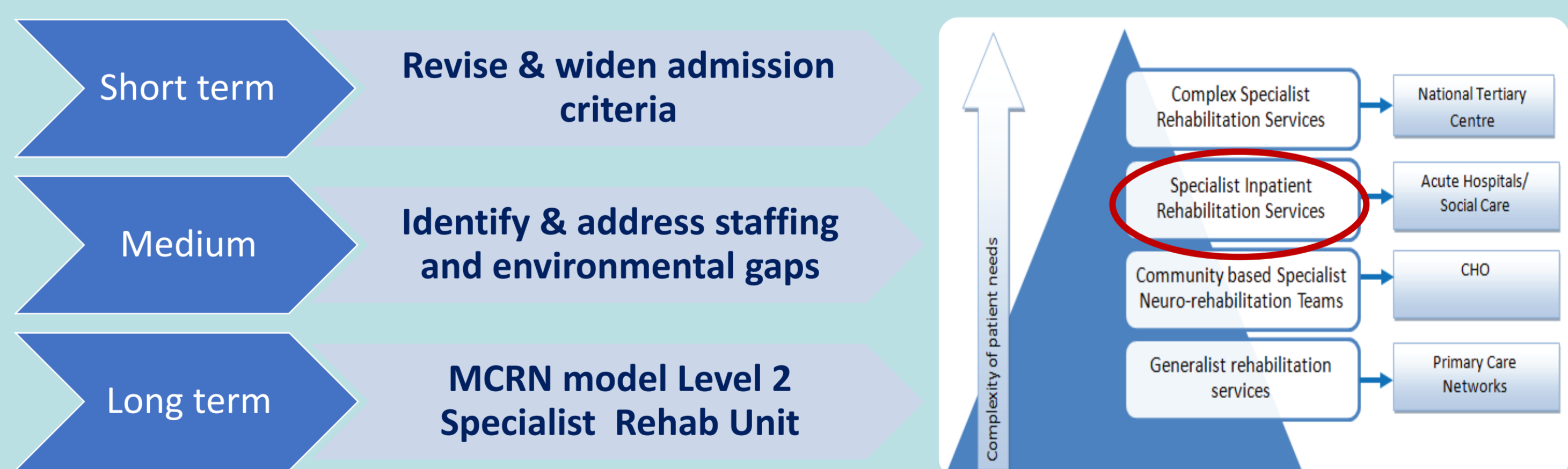
Methods

Data was collected on number of admissions, diagnosis, age, gender, RCS-e on admission and discharge, functional outcomes, discharge destination, and follow on supports and referrals to community teams and tertiary specialist rehabilitation hospital.

Discharge destination; n=20



Future development



Conclusions

- Outcome measures showed improved patients’ function, demonstrating added value to this cohort of patients,
- Added value to acute hospital by saving bed-days (480 bed-days in the first six months of the pilot),
- Added value to National Rehabilitation Hospital (NRH) by preventing inpatient admissions and reducing NRH inpatient wait list.
- This Unit trialled and established links with IWA Vocational Rehab and Driving Assessment Services which adds further value to overall outcomes of U65 patients rehabbing following a life changing injury but who may not be eligible to access these services in NRH.
- A Specialist Rehabilitation Service for MMUH on the grounds of Clontarf Hospital is feasible, however, further development requires full Workforce Plan review, environmental and service review on the Blackheath Ward to be completed.

References

- A Trauma System for Ireland. Report of the trauma steering group (2018); available on <https://www.gov.ie>
- National Strategy & Policy for the Provision of Neuro-Rehabilitation Services in Ireland. Implementation Framework 2019-2021; available on <https://www.hse.ie>