Welcome to Southmead Hospital Bristol.
We are the Adult Major Trauma Centre for the Severn Network which is one of 17 Trauma Networks in England.

Exceptional healthcare, personally delivered
Major Trauma & Major Trauma Networks

The term “major trauma” is a classification used to describe injuries sustained by people who have been involved in a traumatic incident, for example road traffic collisions, falls or assaults. Major trauma can be a single injury or multiple serious or life-threatening injuries.

In order to direct the best quality care in the right place, at the right time for these complex injuries, networks of expertise were set up in 2012. The networks comprise a group of hospitals, ambulance and helicopter services, with the aim being to direct the most seriously injured patients safely to the Major Trauma Centre.

The Severn Major Trauma Network was set up to deliver care to people who sustain their injuries in the following counties: Bristol, Somerset, Gloucestershire, Wiltshire, and some areas of Devon.

If you or a relative have a question or concern that cannot be dealt with by the ward staff looking after you, please contact: 0117 4141546. There is an answerphone service on this
number and messages are picked up daily, we will endeavour to respond within 24 hours. You can still contact us after you have been transferred to another hospital, or discharged home.

The Major Trauma Team are constantly striving to improve patient experience and therefore we regularly evaluate our service. You may be asked if you wish to participate in questionnaires and if you are happy to receive further follow up after discharge. We always welcome feedback on your experience and are happy to be contacted on the number or email address below.

If you are interested in becoming a patient representative for Major Trauma then please do let us know.

If at any time you would like to speak to one of the team we can be contacted on 0117 4141546 (41546 internal extension), by email majortrauma@nbt.nhs.uk or via our website www.nbt.nhs.uk/smtn.

Who is involved?
You are the most important person involved in your rehabilitation, and your healthcare team will work with you to achieve your goals. Healthcare professionals involved and working alongside your nursing and doctor teams may include:

- Clinical psychologists
- Dieticians
- Occupational therapists
- Physiotherapists
- Speech and language therapists
- Social workers

If you require these professionals to continue your rehabilitation after you leave Southmead Hospital, this will be provided by your local hospital or community service.
Major Trauma Team

In addition to specialist teams working within the hospital, the major trauma service provides a centralised team of experienced, specialist nurses and therapists who are available specifically to provide support to you and your family.

Their role is to:

- provide the patient with advice and explanation of injuries and treatment
- work with the medical and therapy teams to ensure your treatment plans run smoothly
- offer advice and support to patients and relatives
- assist with patient transfers if required

We will meet you and if possible your relative, to discuss your injuries and their treatment, as well as future plans.

The Major Trauma Centre sits at the heart of a trauma network as a centre of excellence, and is optimised for the provision of specialised trauma care.

Southmead Hospital in Bristol is the Major Trauma Centre for the Severn Network and major service provisions include:

- general surgery
- intensive care
- neurosurgery
- orthopaedics
- plastic surgery

**Consultant-led care is provided 24 hours, 7 days a week, 365 days a year.**

Depending on journey time and the type of injury, patients may be taken directly to Southmead Hospital from the scene of the trauma, or via another hospital – a network designated trauma unit.

The Severn Network trauma units are: Bristol Royal Infirmary, Gloucester Royal, Great Western (Swindon), Musgrove Park (Taunton), Royal United Bath, and Yeovil District.
Trauma units provide initial stabilising treatment for some patients, and can provide some specialist care. They also provide some rehabilitation services.

What are the benefits of Major Trauma Networks?
The Major Trauma Networks help focus resources and quality care to the seriously injured patients. Countries with similar networks have demonstrated improved survival rates, speedier recovery times and reduced severity of disability following trauma.

The Severn Major Trauma Network is one of the best performing networks in the country for the quality of care delivered to its patients. Southmead Hospital’s survival rate for major trauma patients has consistently been the highest in England.

Patient Journey
Visiting Times

When can my friends and family visit?

We welcome visitors and consider them an important part of your recovery.

The visiting times for adult wards are usually 10am - 8pm, although times may vary so please check with ward staff.

If your visitors can only visit you at certain times please speak to ward staff as we’ll do our best to accommodate them.

You can have two visitors at any one time. Children under 11 years of age are not allowed to visit adult wards unless the ward sister or nurse in charge agreed it in advance.

Transfer of Care

What happens once my injuries no longer require the specialist skills of the Major Trauma Centre?

If you live outside the Southmead Hospital catchment area, and are not able to go directly home you will be transferred to your local trauma unit. Once this has been agreed between the two hospitals, you should be able to transfer there within 72 hours. The move allows you to complete your medical treatment, plan your continuing rehabilitation and discharge home. This process enables us to continue to offer vital specialist services to new patients in need and we appreciate your co-operation.

Some patients may require transfer to specialist rehabilitation units, and can go there directly from Southmead Hospital, or after a period at their local trauma unit.

If you live outside the Severn network, for example in other counties or overseas, we will make arrangements for you to transfer to your local and most appropriate hospital.
Rehabilitation

What is it?

Rehabilitation involves healthcare professionals working with you and your family to help you recover from the injuries you have sustained. Every person will have individual goals, and your rehabilitation will be designed to meet these. For some this may be to walk again and therefore involve exercises to strengthen a broken leg, or strategies to help you cope with what can be a very stressful and emotional time. For more seriously injured patients it may involve therapy to help you communicate again, or eat and drink. The initial focus will be to help you leave hospital, and then as your rehabilitation continues, it may involve things like enabling independent living, or returning to work.

Who needs it?

The vast majority of Major Trauma patients require rehabilitation once they have been stabilised adequately by the medical and surgical teams. This may involve working with therapists on the hospital wards and outpatient clinics, or may require specialist inpatient rehabilitation units, for example Spinal Cord or Brain Injury rehabilitation centres.
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

© North Bristol NHS Trust. This edition published May 2016. Review due May 2018. NBT003002