



**nurse
anna**

Recovering on the ward after an ABI

This section will tell you about what happens after you leave intensive care. Most of you will have some memory of this.

- **Out of danger – off to the ward**
- **What happens on the ward?**
- **How long did I stay in hospital?**

Out of danger – off to the ward

This was a very good time for you when you were in hospital. This was the time the doctors and nurses in intensive care decided that you weren't so sick anymore and that you could be looked after on the ward.

This still meant that you were sick, you just weren't so sick that you needed all of those machines to keep you alive.

Your friends and family would have been very happy too! It is not uncommon for them to think that you might have died in intensive care so when you go to the ward everyone breathed a sigh of relief as they see it as the first step to recovery!

What happened on the ward?

On the ward you would still be looked after by nurses. You wouldn't have had a nurse with you all of the time though; your nurse will usually have a few patients to look after at the same time.

You could have been on the ward for quite some time and got very friendly with the nurses. You may even have a favourite nurse! The nurses can be very busy and stressed, but they like working with children and young people and enjoy talking to you when they get chance. Student nurses (nurses in training) can be great to talk to, too.

The ward nurses would have kept a very close eye on you to see how you are recovering from both your ABI and from your time on intensive care. They might still have used lots of machines that made funny beeping noises, but those machines aren't as complicated and weren't keeping you alive.





Sometimes, patients can be on the ward for a very long time. Some hospitals have specialist paediatric neurosurgical wards. This is a special ward where all of the doctors and nurses are really good at looking after children and teenagers who have problems with their head.

It might have taken a few weeks before you started to feel better. The first few days on the ward are usually spent sleeping off the medication you were given in intensive care. This can take a long time and can you feel unwell for some time.

After that, your brain is learning to adjust and it could have taken a few days just waking up. You may only have been able to stay awake for a bit before you felt tired and want to go to sleep again.

After a period of time, you may have had some more energy. This is when the physiotherapists and nurses can start getting you more active and try to get you out of bed and walking again.

Anyone who has been through such a trauma will need lots of help with everything to begin with so sometimes being on the ward can seem like a long and frustrating business.

Your friends and family would have come to see you on the ward and your parents usually stay.

How long did I stay in hospital?

You will have stayed on the ward until the doctors and nurses decided that you didn't need to be in hospital anymore. Some people go straight home although others might have to go into rehabilitation.

Our next section will tell you all about what to expect in rehabilitation.

