



National Rehabilitation Centre

Miriam Duffy
NRC Programme Director

**Resilience and
Employability Conference**
Unlocking the Hidden Labour Force



NRC



National Rehabilitation Centre



NRC's Ambition

"To become a world-leading national centre of excellence for rehabilitation."

NRC's Mission

"To transform outcomes for people who have suffered potentially life-changing injury, trauma or illness. To support patients to return to active employment or a meaningful standard of life through integrating rehabilitation, research and education, and using the latest innovations and interventions."



Journey to the NRC

NRC

Defence and National Rehabilitation Centre Programme (DNRC), formal programme launched with National Rehabilitation Centre at the heart.

2009

2012

National recognition through Olympic legacy and major trauma system of the huge gap in rehabilitation services.



Journey to the NRC

NRC

Military site
(DMRC) opened in
2018.

2018

2025

NRC due to open to
patients in early 2025, with
building well under way.

This partnership between
the NHS and military will
drive rehab standards
nationally.



The NRC



The NRC is part of the national New Hospital Programme and is a trailblazer for digital innovation, Carbon Net Zero and MMC.

There are 3 key focuses of the NRC:

1. **Specialist Rehabilitation**
2. **Research and Innovation**
3. **Training and Education**

Ultimately, the ambition is to have a hub and spoke model aligned to the Major Trauma Centres across the UK.





An opportunity for the UK

- An NHS **national centre of clinical and academic excellence** which provides better outcomes for patients requiring rehabilitation, setting a new national standard.
- Increase in-patient bed capacity, release acute beds and provide a cost-efficient service.
- Better co-ordinate regional rehab pathways – including supportive discharge into the community.
- Support for community providers.
- Access to rehabilitation for a wider cohort of patients beyond Neurological conditions

Patient cohorts

NRC

Wide MDT input
including Mental
Health assessments

Regional access to
rehabilitation beds

Major Trauma

Neurological
including Long
Term Conditions

MSK complex
fractures

Other – e.g.
deconditioned
patients post ITU/
surgery, traumatic
amputee

Intensive rehab
including access to
whole rehab estate

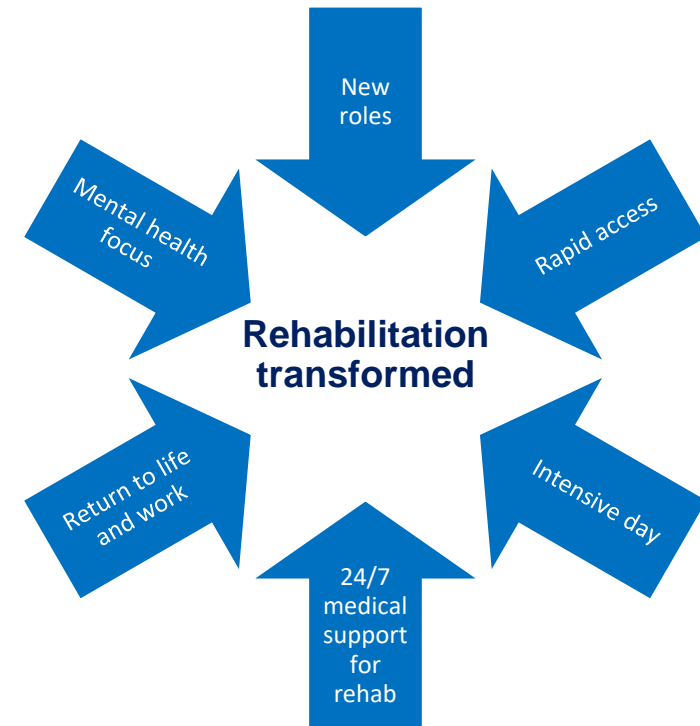
Case management
model co-ordinating
entire pathway into
and out of the NRC



Clinical Model



- The number of patients the East Midlands Region will be able to take through rehabilitation programmes when the NRC opens increases from 440 per year to 750-800 per year.
- Reduce current wait time of between 45-48 days – capacity & flow issues as well as deconditioning in acute beds.
- The new clinical model looks at skills needed to take patients early – new roles / medical model
- Maximise clinical outcomes through enabling early intensive rehabilitation
- Improve recruitment, retention, education, training and skills for clinical staff



Research & Education

World leading research-informed education and training to:

- Educate and train a highly-skilled rehabilitation workforce
 - Demonstrate new ways of working with consequent improvement in service and patient outcomes
 - Pre-degree, through PhD, to professional/vocational development
- **Developments informed by stakeholders with strong patient & public involvement**
 - **Dissemination of best practice nationally and internationally**
-
- **Academic consortium of 22 Universities led by UoN and LU**
 - **International collaborations**





Cost Effectiveness



It is estimated that the NRC would generate huge monetised benefits over a 60-year period.

- **Inpatient acute beds** - By creating additional rehabilitation capacity, it will allow the transfer of 33 beds of patients from acute care into the regional rehabilitation centre. The costs of these beds (**£13.8m**) can be released. With the increase in productivity also comes efficiencies with reduced bed day waits in acute beds and a possible reduction on overall hospital length of stay with early intensive rehabilitation intervention.
- **Reduction in ongoing public sector cost of care for NRC patients (£1,637m)** - resulting from expected improved patient outcomes and a resultant greater reduction in the expected dependency of patients on health and social care after discharge.
- **Improved patient outcomes (£383m)**- Evidence from literature supports a co-ordinated approach to early intensive rehabilitation will improve longer term outcomes and wellbeing for NRC patients.
- **Research and innovation benefits (£154m)** - Further through the national research and innovation hub, the NRC will generate research and innovation outcomes, including an increase in the research funding for rehabilitation, new collaborations with industry
- **NRC Training and education benefits (£34m)** - Through the national training and education academy, PhD and Masters programmes, CPD programmes and apprenticeships, the NRC will contribute towards the development of the knowledge and skills of the rehabilitation workforce.



Future Ambition



- Raise rehabilitation as a specialty to a new level.
- Improve patient outcomes and RTW rates in England.
- The NRC as a blueprint for future rehab facilities – hub and spoke model / System wide working.
- A new national standard for workforce & clinical model to support patient pathways.
- Improved rehabilitation outcomes with collaborative work with academics, industry and international comparators.
- Harnessing opportunities for collaboration. / disseminate learning



NRC



Any Questions?

www.nationalrehabilitationcentre.nhs.uk