

### Nomaan's Story Reablement August 2021

**Service name:** Reablement.

**Main purpose of service:** Working with people and their families in their own homes, to help them regain abilities and maximise levels of independence. Locala therapists work in partnership with Kirklees social services colleagues, to ensure a better quality of life for those using the service.

**About the person:** Nomaan is a 19 year old young man who lives with his family. He has Learning Disabilities and before becoming unwell, attended the local college and enjoyed getting out on his 3 wheeled bike. Nomaan became ill with Covid 19 and was admitted to hospital where he was quickly moved to intensive care. His Mum explains that Nomaan was fully mobile and active prior to having Covid. He has some limitations to his understanding and speech and his Mum describes his writing ability as that of a 'typical 9 year old'.



**What happened:** Nomaan's Mum explains that after being admitted to a local hospital, Nomaan was soon moved to Manchester for specialist treatment. She remembers how frightening it was to have her son sedated and on a ventilator and then being told that his lungs were so damaged, he needed something more than the ventilator to breath effectively. Nomaan was started on ECMO (Extra Corporeal Membrane Oxygenation) which his Mum describes as a **"pipe into his neck"**. The treatment pumps the patient's blood from a large vein through an artificial lung. This adds oxygen to the blood and removes carbon dioxide. Nomaan's Mum was told that the treatment usually takes 3- 4 weeks to help. However, it was decided that Nomaan needed longer and, because his other organs were healthy, the ECMO was continued for over 2 months. The family were told this was the longest a patient in the UK had been treated this way. Due to Covid restrictions, Nomaan was unable to have visitors. This made the difficult experience he and his family were going through even worse. Eventually Nomaan started to improve and no longer required ECMO, although he still required oxygen and ventilation. He was able to sit up in bed, speak and eat and so was returned to a local hospital. Nomaan's progress wasn't smooth. Having been taken off a ventilator he deteriorated and had to be ventilated again. Much to everyone's relief, his Mum was allowed to stay with him during his last 4 weeks in hospital.

**Home at last:** When Nomaan returned home, his Mum recalls how he was completely bed bound, needing help to turn over and a hoist to be moved. She remembers the initial team who visited, **"They helped me so much mentally wise."** Nomaan's Mum was more than happy to wash and care for her son. **"It was physiotherapy that he really needed."** Nomaan improved every week. **"After 2 weeks he was using a walking frame. It was baby steps. He was so breathless."** She explains how Sean the physiotherapist taught breathing exercises. **"They really helped and the carers did the breathing exercises with Nomaan 4 times a day."** She continues, **"Whatever instructions Sean left, the carers did. Leg exercises, breathing exercises...the carers made sure Nomaan had physio 4 times a day, 7 days a week."** Nomaan's Mum feels that her son **"could relax and make friends with the carers. He looked forward to Sean's visits too."**

**Achieving goals:** With Sean's guidance, and the support and encouragement of all team members, Nomaan progressed from walking with a frame from room to room and then out into the garden. He is now able to walk with 1 stick to the local park. His Mum says, **"When Sean had asked what was his goal, Nomaan had said to get back on his bike and he did this with Sean last week!"**

Nomaan's Mum gives full consent for sharing Nomaan's patient story and prefers to be referred to as 'Nomaan's Mum' or 'Mum'.