

# Occupational Therapy Services

## Rheumatology Services

### Introduction

The aim of Occupational Therapy is to assist you in maximising your independent and to help you manage your condition in an informed and supported way.

Occupational Therapists work as a member of a close multi-disciplinary team. You will have been referred by a Rheumatologist or another member as an outpatient or while on the Rheumatology ward.

During your first appointment, which will last approximately 45 minutes, your therapist will carry out a detailed assessment with you. The assessment will include a discussion about which activities you may find painful or difficult to do and you may be asked to do a practical task. You and your therapist will then discuss the goals you would like to achieve and identify a treatment plan.

Your treatment sessions will usually be 30 minutes, unless discussed otherwise with you.

### Treatment may include:

#### Daily Living Activities:

These are activities that you need to, and want to, carry out on a regular basis. Your therapist will suggest ideas to make these easier if they are difficult or painful to do.

#### Education

Practical self-help advice will be offered. Techniques may include: joint protection, energy conservation, hand exercises and pain management.

#### Splinting

Splinting may be appropriate as part of your therapy to reduce joint stress or pain during activities.

Your Occupational Therapist is .....

Contact telephone no: 01223 216769

### Where is Occupational Therapy?

The Occupational Therapy Department is located on level one of out-patients.

## Re-arranging/cancelling appointments

If you need to re-arrange or cancel an appointment please try to do this at least 48 hours in advance of the original appointment time. To re-arrange or cancel appointments please call Occupational Therapy Reception on: 01223-216769.

## Your rights

- You are entitled to withdraw your consent to treatment at any stage without this jeopardising any future care.
- You are entitled to a second opinion after agreement with your therapist.
- Addenbrooke's Hospital has procedures whereby you may arrange to have access to your medical records.
- All patient information is confidential, and where appropriate, is covered by the Data Protection Act.
- Addenbrooke's Hospital is a major teaching hospital. You may be assessed or treated by an Occupational Therapy Student, but you have the right to request not to be seen by a student.

## Privacy & Dignity

We are committed to treating all patients with privacy and dignity in a safe, clean and comfortable environment. This means we will see for you in an individual treatment area, unless you have agreed to take part in group activities.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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