

Physiotherapy and Occupational Therapy Services in Neurology

i Information for patients
Therapy Services



Will I be seen by an occupational therapist or physiotherapist on the ward?

Our team meets daily with the nursing staff where we identify patients who may benefit from our input. You may be seen by an occupational therapist or a physiotherapist or both depending upon your individual needs.

What is physiotherapy?

Assessment

Specialist neurological assessment includes (as appropriate) a review of:

- Breathing difficulties
- Movement
- Strength
- Posture
- Walking
- Balance
- Falls risks and management
- Pain

Treatment may include:

- Assistance with clearing your chest, including breathing techniques
- Providing equipment to assist walking, movement and posture
- Providing suitable chairs to assist with posture whilst you are on the ward
- Teaching a suitable exercise plan
- Advice and treatment to help you to regain function and/or manage your condition

What is occupational therapy?

Assessment

Specialist neurological assessment includes (as appropriate) a review of:

- Your ability to complete everyday activities
- Your ability to move around your home
- Assessment and treatment for cognitive difficulties (memory, concentration and speed of thinking)
- Movement
- Risk assessment and advice for discharge home
- Falls risk and management

Treatment may include:

- Referral for, or advice on, aids to promote independence in every day activities
- Advice and education for you and your carers / family
- Strategies to help manage physical, visual and cognitive problems
- Advice on return to work and driving
- Referral into community services to continue working towards your goals
- Advice / referral to community services regarding major or minor home adaptations

The physiotherapists and occupational therapists will work with you and your family / carers to agree realistic goals to be as safe and independent as possible. The other professionals involved in your care will be advised on your therapy goals and progress.

If you wish to contact us outside of your therapy session, please ask the nursing staff.

What happens when I leave the neurology / neurosurgery ward?

If further therapy is needed when medical treatment is complete, we will refer you to an appropriate therapy service. This service may be in a healthcare setting or in your own home. If you need support at home we will work with you to make recommendations to meet your needs.

Services referred to:

Contact details:

Waiting lists for community services vary. We will endeavour to provide approximate timeframes, however if you are waiting longer than you expected please contact the community team directly using the contact number above.

Tell us what you think

We welcome any feedback on our services. You can speak to any member of staff in person or give written feedback using the **Tell Us What You Think** leaflet which is available from staff.



To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net