

Occupational Therapy and Physiotherapy Services

Specialised Medicine, Surgery and Oncology
(Royal Hallamshire / Weston Park Hospital)



Information for patients

Therapy Services - Medical



The aim of this leaflet

This leaflet is designed to answer some common queries you may have about our therapy service.

We are a team made up of occupational therapists, physiotherapists and therapy technical instructors/assistants.

Contact details

Our telephone numbers are:

Occupational Therapy and Physiotherapy Team	Royal Hallamshire Hospital	0114 271 2576 0114 271 2054
Occupational Therapy Team	Weston Park Hospital	0114 226 5754
Physiotherapy Team	Weston Park Hospital	0114 226 5331

Please note that once you are discharged from hospital any further queries must be dealt with by community services (see contact details on page 9).

What is Occupational Therapy (OT)?

Occupational therapists aim to assist you to maintain or improve your functional ability and independence in daily activities such as getting washed and dressed and preparing meals and drinks.

They may also address any concerns regarding your memory or concentration.



What is Physiotherapy (PT)?

Physiotherapists aim to support you to maintain and improve your independence and function through movement, exercise and advice.

They may also use treatments to help with your breathing and breathlessness.



What is a Therapy Assistant (TA) / Technical Instructor (TI)?

Therapy assistants and technical instructors work with occupational therapists and physiotherapists to help complete assessments and treatment programmes.



When are the therapists available?

Occupational therapists and physiotherapists are on duty between the hours of 8.30am and 4.30pm Monday to Friday (excluding public holidays).

A limited Saturday service is currently in operation.

Why have I been referred?

Referral to our team comes from other hospital-based healthcare professionals (doctor, nurse or therapist).

The aim of the referral is to assess your current level of movement and balance and your ability to perform everyday tasks (for example washing, dressing, transferring between bed / chair / toilet, preparing meals) and how this compares to what you could do before coming into hospital.

The majority of assessments take place on the ward. They will help us to agree therapy goals with you and organise any care, equipment or further rehabilitation you might need when you are discharged from hospital.

The outcome of your occupational therapy and physiotherapy treatment depends on your active participation and motivation to achieve your goals.

In order for you to participate in therapy activities safely it is helpful if family or friends can bring you some appropriate clothing and footwear.

What will happen when I am seen by a therapist?

Occupational therapy treatment may include:

- Talking to you about what your home environment is like and how you usually manage with your everyday activities
- Assessing how you manage getting on and off different pieces of furniture like a chair, bed or toilet
- Assessing how you manage getting washed and dressed and preparing hot drinks and snacks
- Arranging for equipment to be fitted to help you at home
- Advice on techniques to make tasks easier and more manageable
- Assessing any issues with memory or concentration that may impact on your daily living
- Assessment for home care or further therapy input if you need it

Home visits are not routinely provided. You will be assessed in hospital and referred for further assessment once you are at home if needed.

Physiotherapy treatment may include:

- Chest physiotherapy to help clear secretions from your chest, manage breathlessness or increase your breathing capacity
- Exercises to strengthen your muscles and improve your fitness and stamina
- Walking practice and balance exercises
- Issuing of walking aids
- Stairs assessment
- Advise you on managing your own recovery beyond leaving hospital
- Patient and family education

Sheffield Teaching Hospitals is a major teaching hospital and you may be assessed and treated by an occupational therapy or physiotherapy student. You have the right to request not to be seen by a student.

How often will I be seen by a therapist?

This depends on your individual therapy needs. You may only need to be seen once by the occupational therapist and/or physiotherapist or you may be seen several times during your hospital stay.

Are there any risks involved?

If you feel that things have changed since you were last seen by a therapist or you feel unwell during your therapy treatment, please inform your therapist.

We must seek your consent for any procedure or treatment beforehand. Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

What can the therapist not do for me in hospital?

We are limited to assessing only those issues which relate to your safe discharge from hospital.

Hospital occupational therapists cannot arrange for major adaptations to your home (for example stair lift, level access shower). However we can refer you to community services for assessment.

Hospital physiotherapists aim to help you achieve a level of mobility and function needed to be discharged from hospital. If you require more physiotherapy on discharge we will refer you to other physiotherapy services that might see you at home, as an outpatient or in a group setting.

Discharge planning

Your discharge plan will be discussed and agreed with you (and your family if you wish). It may include referrals for further rehabilitation, home care, equipment and referrals to other agencies.

What will happen when I leave hospital?

If the doctors say you are medically well enough to leave the hospital but you still require therapy input, we may organise a transfer to a community bed for a further period of rehabilitation. Alternatively, you may be discharged home with therapy in your own home and home care if you need it.

Your hospital therapist and transfer of care nurse will be able to advise you which option is most suitable for you and involve you in any decision making.

Discharge checklist

Action taken by therapist for discharge:

- No equipment required
- Equipment issued (patient / family to take home)
- Equipment delivered
- Equipment to be delivered after discharge
- Delivery date (if known)

Referral to other agencies:

- City wide care alarm
- Community occupational therapy
- Community physiotherapy
- Community Falls Therapy Team
- Equipment Loan Service
- Home Care
- Out of Sheffield equipment services
- Other

Other useful contact names and telephone numbers:

Community Adult Access Team (assessment of equipment and adaptations and support at home for Sheffield residents)

- 0114 273 4908

SPA (Single Point of Access - a central referral point for a range of Sheffield community services and ongoing therapy)

- 0114 226 6566

British Red Cross Sheffield

- 01709 870 190 (short term wheelchair hire)
- 0114 242 7370 (equipment loan service)

Yorkshire Housing Sheffield Stay Put Service (minor aids and key safes)

- 0114 256 4270

Mobility and Specialised Rehabilitation Centre (wheelchair services)

- 0114 271 5807

City Wide Care Alarms

- 0114 242 0351

Sheffield Churches Council for Community Care

- 0114 250 5292

If you live outside Sheffield and require contact numbers for regional services, please speak to your therapist.

If you wish, please use the space below to write any other useful information

Therapy goals

- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []

Your to do list

- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []

Therapist to do list

- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []
- _____ Completed []



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