

Occupational Therapy Department

Rheumatology Out-patient Information

Occupational therapy aims to enable people to become as independent as possible in their everyday lives, whilst recovering from illness or adapting to disability.

All qualified occupational therapists have completed at least a three year course of study and must be registered with the Health Professions Council. They work closely with other professionals such as doctors, nurses, physiotherapists and social workers.

Qualified occupational therapists wear green trousers and white tunic with a green trim.

Out-patient Occupational Therapy Service for Patients

In occupational therapy you will be given the opportunity to discuss your condition and how it affects your daily life regarding your personal care, home, work and leisure activities. A plan of treatment will then be discussed.

Common difficulties experienced by people may include:

- Managing kitchen tasks e.g. opening jars and bottles, lifting pans/kettle;
- Getting dressed/undressed e.g. fastening buttons and zips;
- Climbing stairs, getting in/ out of a chair or bed;
- Managing personal hygiene e.g. getting in/ out of the bath or on /off a toilet;
- Coping with work or leisure related activities;



Patient Information

- Coping with tiredness or fatigue;
- Coping with pain.

In what ways might your occupational therapist help?

Your Occupational Therapist may:

- Provide advice and information on your condition;
- Teach relaxation techniques to help cope with pain and stress Teach you alternative methods of carrying out daily activities;
- Recommend or provide gadgets and equipment to make everyday tasks easier;
- Provide or make splints to help give your hands support during activity, rest your joints and/ or to help relieve pain;
- Set a programme of hand exercises.

Getting the best out of your appointment

Before coming to your appointment, take some time to think about the difficulties you are having in your daily life due to your arthritis. Also you may have questions to ask or issues you would like to discuss in relation to your arthritis. Jot these thoughts down below and bring this leaflet with you to your appointment.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6032 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Patient Information

We value your opinions

In order to maintain and improve this service, we need to know what you think about the occupational therapy you have received.

Please complete the attached form and return to:

Lydia Herring-Matusiak
Therapy Lead – Out Patients
University Hospital
Clifford Bridge Road
Coventry
CV2 2DX
Tel: 024 7696 6123

If you wish, you may send your comments without including your name and address.

If you do complete your name and address, this will enable us to acknowledge receipt and inform you of any action taken as a result of your comments. In no way will your returning this form affect your future health care provision.

Your Name:

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Address:

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Patient Information

Telephone Number:

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Please indicate whether this is a: Complaint Suggestion
Complaint

Please give details/ comments: