

Occupational Therapy Services

Rheumatology Services

Introduction

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

Occupational Therapists (OT) work as a member of a close multidisciplinary team. You will have been referred by a Rheumatologist or another team member as an outpatient or while on the Rheumatology ward.

On your first appointment, the OT will carry out a detailed assessment with you. After, you and your OT will identify your main problems and priorities and plan your treatment together. Your first appointment may last between half an hour and one and a half hours.

Treatment may include the following:

Education

This involves an explanation of the condition you have and discussion about how it may be affecting you and why. Practical self help advice can be given.

Splinting

Splinting may be recommended as an important part of your therapy to prevent joint stress or pain.

Daily living activities

These are the activities that are needed to maintain a normal lifestyle. Your OT may ask you about any difficulties you are having and advise you about easier methods.

The OT will also address your occupational needs including work and ergonomic work station assessment and advice is available.

OT: (Occupational Therapist)

OT Assistant:

Contact telephone no: 01223 216769

Where is Occupational Therapy?

The Occupational Therapy Department is located on level one of outpatients.

Your rights

- 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 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.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माहिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम (ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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