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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

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

### Gujarati

تکایہ پرسپیار بیکہ نه گهر نه وزانیاریهت دهوی به زمانیکی تر . به بیستی گهوره یانیش به شیوهی دهنگ

### Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براے 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

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## 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.