

What happens after the appointment?

This is a one-off session.

You will be given written information and any further instructions to take home.

If necessary you can be referred back for physiotherapy or occupational therapy treatment at a later date, when you attend your rheumatology clinic appointments.

If there is anything you do not understand in the information or you have any questions, please ask.

Patient and public feedback

We welcome your comments and suggestions. Please pick up a 'Talk to us' leaflet from around the Trust.

You will be asked to give feedback by answering the government's Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* - by filling in a card given to you before you leave hospital.

For more information about the Trust, please visit our website:
www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

Inpatient Therapies, July 2012
Reviewed: October 2018
Review due: October 2020



Royal Berkshire
NHS Foundation Trust

Advice and
education session
with the
rheumatology
physiotherapy and
occupational
therapy specialists

Information for patients

This leaflet is for rheumatology patients attending appointments where they will see both an occupational therapist and a physiotherapist.

If you have any questions about the appointment, please ask – we will be happy to help.

Why you should attend

You have been referred for an advice and education session with the rheumatology physiotherapy and occupational therapy specialists. It is important that you attend this one-off session as it forms part of your treatment to enable you to manage your condition in the best possible way.

Where will the appointment be?

You can either attend at the Royal Berkshire Hospital (usually in Physiotherapy East) or at the West Berkshire Community Hospital in the general outpatients department.

What the appointment involves

The appointment will take up to 2½ hours and consists of a small group session for up to three people with the same diagnosis. You will spend one hour each with the physiotherapy and occupational therapy specialists with a break for refreshments of approximately 20 minutes in the middle.

What to bring

- A list of your current medications.
- Any splints you may have.
- Your appointment letter.

What the physiotherapist does

- Ensures that you understand your condition and how it is managed.
- Answers questions you may have on any aspect of your condition.
- Shows you how to improve any stiffness or weakness.
- Advises on:
 - exercise / rest / activities
 - use of heat / ice etc
 - footwear
 - gait / walking aids

What the occupational therapist does

- Gives you practical advice on managing everyday activities in the best possible way.
- Advises you how to look after your joints.
- Provides hand splints if appropriate.