

Hospital Integrated Therapy Service for Adults in East Lancashire

Date:
Name (Optional):
Staff Name:
Department:

Onward referral
If, once your return home, you have further goals regarding activities outside the home such as further improving your mobility, helping you regain independence, shopping, leisure, and social groups or getting back to work or education, we can refer you to the appropriate community services.

Comments/Concerns

For any comments or concerns, please contact the therapy department, use the feedback slip or contact the Patient Advice Liaison Service (PALS) on 0800 587 2586. Please hand the feedback slip to your named Therapist or forward it to:

Acute Integrated Therapy Service Manager
Occupational Therapy / Physiotherapy
Department
Level 1
Royal Blackburn Hospital
Blackburn
Lancashire
BB2 3HH

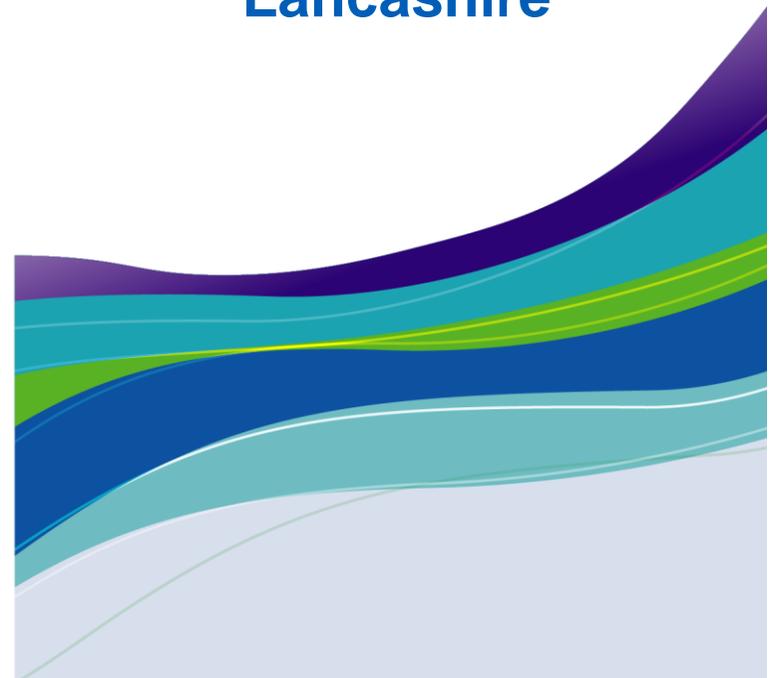
Email your comments slip to
therapy.additionalhours@elht.nhs.uk

Plans / Notes agreed

Date:
Therapist Name:

Acute Integrated Therapy Service

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Aims of the service

The Integrated Therapy Service is a hospital-based team, consisting of Occupational Therapists and Physiotherapists who work closely with other health care professionals within Royal Blackburn Hospital and Burnley General Hospital. The aim of the service is to offer advice, techniques, and equipment to enable you to manage your condition; to facilitate safe discharge home and to help prevent un-necessary hospital

What is Occupational Therapy?

Occupational Therapists provide a critical role in helping people of all ages to overcome the effects of disability caused by mental and/or physical health, ageing or accident so that they can carry out everyday tasks or occupations. These tasks could include the ability to get off a bed, chair or toilet, washing, dressing, feeding, making meals etc.

Occupational Therapy provides practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the activities (or occupations) that matter to them.

What is Physiotherapy?

Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. Some of the problems physiotherapists can access, treat, and diagnose include loss of balance and mobility, falls, pain, joint and muscle problems, and nervous system problems. Physiotherapists aim to maintain health for people of all ages by helping patients manage pain and prevent disease.

Physiotherapy helps to facilitate recovery, enabling and empowering people to remain as independent for as long as possible.

What you can expect from the service

- Assessment of functional and/or cognitive ability.
- Assessment of balance and mobility and recommendation of assistive equipment, such as a walking aid to increase safety and confidence when mobilising.
- Modifying or adapting activities of daily living which you need or want to do such as walking, washing, dressing, bathing, using the toilet and carrying out household tasks to make them easier.
- Advice and treatment to reduce your risk of falls.
- Developing strategies to increase your confidence in carrying out activities of daily living.
- Advice on how the physical and social environment can be altered so that restrictions are reduced.
- Chest/lung assessment to help clear sputum from your chest and make your breathing easier if your condition requires this.
- Wheelchair assessment and provision.
- Self-management techniques to help you cope with breathless, anxiety and fatigue.

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Comments Slip

We value your feedback as a user of the Acute Integrated Therapy Service. It helps us to evaluate and improve our practice.

Please comment on your experience:
