

### What is occupational therapy?

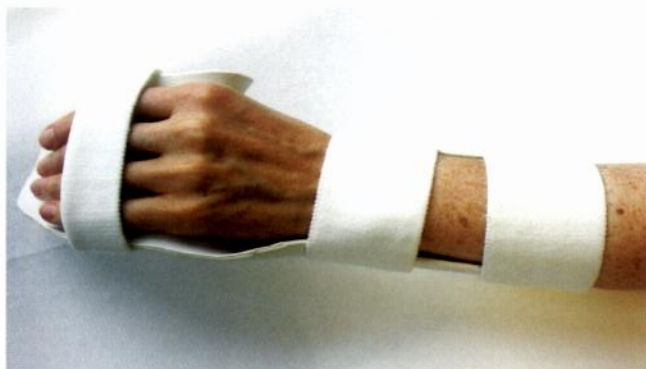
Occupational therapy aims to help people who have difficulty with their everyday work, home or leisure activities because of illness or disability.

The Bon Secours Hospital Occupational Therapy team offers a service to both inpatients and outpatients.

'Occupation' is the term used to describe tasks and activities which we do everyday. At the most basic level – washing, dressing, feeding and moving around – to the more complex areas of working, leisure and managing the home and finances. Illness and trauma can result in difficulties in carrying out these tasks. Occupational therapists design and deliver treatment programmes to address these difficulties.

Treatment may cover one or more areas, ranging from improving independence in self-care to social-emotional adjustment and use of adaptive equipment and splints.

***The goal of occupational therapy is to help patients have independent, productive, and satisfying lives.***



### HAND THERAPY

#### Who is a candidate for hand therapy?

***The Bon Secours Hospital Occupational Therapy team offers specialist knowledge in dealing with difficulties caused by hand related conditions.***

For example, patients with hand difficulties due to:

- Rheumatoid / Osteo arthritis.
- Carpal tunnel syndrome.
- Dupuytren's disease.
- Tennis elbow.
- Accident or trauma.
- Stroke.

The occupational therapist will work with you to find solutions to these difficulties.

Our goal is to maximise your ability to carry out your daily activities independently.

#### What can hand therapy offer you?

Hand therapy can help decrease symptoms such as pain, stiffness and swelling by providing:

- Advice on using your joints without straining them (joint protection techniques).
- Splints to support your joints while working or resting.
- Scar management – improve appearance and texture of scars through compression, massage and desensitization.
- Tools and equipment to help with everyday tasks.
- Exercises to improve hand and wrist function.
- Advice on planning and pacing to reduce tiredness (energy conservation).
- Help and advice on driving and mobility problems.
- Relaxation techniques.



#### First appointment

At your first appointment the occupational therapist will assess your condition. They will ask about any problems you may have with daily activities.

It will help if you think about any difficulties you are experiencing before your appointment. This may include difficulties with:

- Washing and dressing.
- Household tasks including difficulties with appliances.
- Getting around.
- Driving.
- Work activities.
- Hobbies.

Our hand therapists strive to provide a quality, evidence based service, individual to each patient. We liaise closely with your GP / Consultant.

We sell a wide variety of aids and appliances that are competitively priced.