

PATIENT INFORMATION

The role of Occupational Therapy following a fracture

The aim of Occupational Therapy (OT)

The orthopaedic occupational therapy team work alongside the multi-disciplinary team to achieve a timely and safe discharge from hospital. Occupational therapists help patients to reach a level of function that will enable them to continue to perform essential activities of daily living; and remain as independent and safe as possible during their recovery.

The OT will provide input to you as an inpatient. If you are no longer being treated medically, but require further therapy input, this might be continued in the community or perhaps in your own home with the involvement of community therapists or in a rehabilitation unit.

If appropriate we may involve your family or next of kin in your treatment or discharge planning.

Occupational therapy for orthopaedic patients

An OT will visit you on the ward to carry out an initial assessment with you. This will involve discussing your home circumstances and previous level of function. Together, we will establish what your needs are for discharge, and set goals to meet these needs. If appropriate we will involve your family / carers.

An OT may ask your relatives to complete a furniture height sheet so that we can assess accordingly and discuss any adaptations that you might need.

Following your initial assessment, and once you are mobile on the ward, your occupational therapist may:

- Assess your ability to manage transfers (i.e. chair, bed and toilet)
- Ensure that you can manage washing and dressing safely
- Ensure that you can prepare meals safely, or that you have adequate support
- Practice domestic tasks and advise about any help you might need
- Issue adaptive equipment
- Discuss the level of support that you will need at home

- Recommend an appropriate care package if required
- Refer to other agencies for ongoing support if required
- Provide advice regarding falls if required

What is adaptive equipment

Adaptive equipment is a term that describes any equipment that makes carrying out activities easier. Such equipment can make your lifestyle more manageable and improve your quality of life following your recent fracture. Some helpful adaptive equipment includes:

- Perching stools in the bathroom to aid washing and dressing or the kitchen for preparing meals
- Helping hands or long handled shoe horns to aid lower body dressing (purchased by patient)
- Kitchen trolley to help transport items in and around your home
- Raised toilet seat and frame
- Ensure that you can manage washing and dressing safely



If required, the occupational therapist will arrange for the loan of equipment, which will be provided from your local community equipment store. This can be collected directly from the ward or delivered home.

Equipment Store telephone number

If you require a wheelchair your OT can advise you of your local Red Cross where you can borrow a wheelchair.

Local Red Cross

Occupational Therapist

Contact: 01284 713570

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>