

Information and Advice for New Patients Referred to the Rheumatology Occupational Therapy Service

Occupational Therapists (OT)

Understand that any physical, psychological, or emotional difficulties can affect your ability to carry out your usual daily tasks such as personal care, working or caring for others. We aim to help you carry on doing those activities which are important to you and to help you manage the symptoms of your condition.

On this occasion, the OT you will see will be a specialist in rheumatology.

Why have I been referred for OT?

You will have been referred by your consultant/ nurse because they think you will benefit from one or more of the following services provided by the occupational therapy team:

An assessment of your **daily activities** to address any difficulties you may have. This may include advice on alternative **personal care** techniques, time saving **equipment** and management.

Advice on managing at **work**.



Advice on **coping** with your condition such as **energy** conservation techniques, joint health advice or **fatigue** management skills.

A functional **hand assessment** including grip strengthening and hand function.

Provision of prescribed **splints** to support painful joints during activities.

Exploring alternative **leisure** pursuits

Please plan for your telephone consultation by considering the daily activities you are having difficulties with.



Contact details.

Should you require further information on Occupational Therapy please contact any of the team below: -

- **Nicola May** Senior OT, Mon – Weds Ysbyty Ystrad Fawr (YYF) Ystrad Mynach **Tel 01443 802327**
- **Melinda Robinson** Senior OT, Weds- Thurs County Hospital, Pontypool **OR** Friday St Woolos Hospital, Newport **Tel: 01633 238246**
- **Diane Webb** Senior OT, Tues/Weds Chepstow Community Hospital, Chepstow **Tel: 01291 636664**