

Information for Patients
**Hydrotherapy at Ysbyty Ystrad Fawr
(YYF)**
Physiotherapy Service

Before your appointment

Please do not attend if you have any symptoms of Covid-19, are unwell or have experienced vomiting or diarrhoea in the past 48 hours.

If you require use of the hoist, please ensure that you bring an additional sling that you are happy to get wet, as we do not have any spares. Please bring drinking water if appropriate. Alternatively, this can be purchased from the canteen, which is opposite the pool.



On the day of your appointment

You will need to arrive at YYF approximately 10 minutes before your appointment time to allow time for changing.

On arrival, please report to reception in the pool area. Once you have signed in, you can wait in the waiting area. We will find you a suitable cubicle to change before entering the pool.

Before entering the pool, you will be asked to have a shower. Hair will need to be tied up when entering the pool.

It is recognized that on occasions, people may involuntarily swallow water and consequently regurgitate this during their treatment session. Clients should be instructed NOT to eat within one hour of their hydrotherapy session to reduce the chance of vomiting stomach contents into the water.

Accompanying persons

A carer/ family member will need to be present throughout the duration of the session. If the accompanying person is also entering the pool, the physiotherapist will discuss the Hydrotherapy Contraindications and Precautions with you, prior to entry.

In the pool

You can enter the pool via the pool steps (graded entry with handrail) or via the overhead or bed hoist. Your Physiotherapist will have already discussed this with you and your carer prior to the referral but you may also have further discussion with the Physiotherapist at Hydrotherapy, regarding the most suitable method of entry.

Following the appointment, you will be informed of the next appointment. If you have finished your treatment block, your Physiotherapist will be informed, and a dry land review will be arranged.

Attendance policy

If you do not attend your appointment and don't let us know, the remaining hydrotherapy appointments may be cancelled. Your physiotherapist will then follow the health board's attendance policy, and you may be discharged from the service. If you are unable to attend your appointment, please let us know using the contact details below.

What to bring:

- Swimwear
- Towel
- Shower gel
- 2 hoist slings (if required)
- Drink (if appropriate)

How to find us

Address: YYF Hospital, Ystrad Fawr Way, Ystrad Mynach, Hengoed, CF82 7GP.

Contact: 01633 656300 (ALD Physiotherapy office, for cancellations prior to the appointment) or 01443 802404 (YYF, for cancellations close to the appointment time).

Directions: There is free parking underneath the Hospital building. The pool is on the first floor halfway up the corridor on the left (opposite the canteen, which is on the right). You can take the stairs or lift. There is a doorbell to make the reception staff aware you have arrived, and they will let you in.

We look forward to seeing you soon.

ALD Physiotherapy Team

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**