

## Contact details

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

### Karen Reynolds

Advanced OT Practitioner  
Chepstow Community Hospital  
Chepstow

**Tel: 01291 636664**

### Melinda Robinson

Specialist OT  
Springfield Day Hospital  
St Woolos Hospital

**Tel: 01633 238244**

### Diane Webb

Specialist OT  
Nevill Hall Hospital  
Abergavenny

**Tel: 01873 732294**



## Occupational Therapy



Karen Reynolds Advanced Occupational  
Therapy Practitioner September 2012

Gwent Rheumatology  
Service

## Occupational Therapists (OT)

understand that any physical or emotional difficulties can affect your ability to carry out your 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. OTs work in all types of hospitals as well as in the community.

**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 **managing**.
- An assessment at your **work** place to address any current

or potential difficulties you may have.



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



- Advice and education about maintaining **relationships/** intimacy.
- Coping with **stress** via relaxation techniques and **anxiety** management.



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



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



- Exploring alternative **leisure** pursuits.



**If appropriate**, after your initial visit where we discuss your concerns, we will arrange a home or work assessment or suggest attendance at one of our groups.