



Southport and  
Ormskirk Hospital  
NHS Trust

## **PATIENT INFORMATION**

# **Trauma Orthopaedic Inpatient Therapy Department**



## **WHY HAVE YOU BEEN REFERRED TO THE ORTHOPAEDIC THERAPY TEAM?**

You will be referred to an Orthopaedic Consultant if you are admitted to hospital with a broken/fractured bone, joint or orthopaedic condition. Any patient who is admitted to hospital under an Orthopedic Consultant is also referred to the Orthopaedic Therapy Team for review.

The Orthopaedic Therapy Team consists of Physiotherapists, Occupational Therapists and Therapy Assistants. The Therapy team are on the ward 7 days a week, with a light service running at the weekend.

The Orthopaedic Therapy Team work in partnership with medical, nursing and social professionals, with a multi professional approach to assist your safe and timely discharge.

Your Physiotherapists name is:

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Your Occupational Therapists name is:

.....

Your Therapy Assistants name is:

.....

Contact Tel No. ....

## **WHAT IS PHYSIOTHERAPY?**

Physiotherapists assess range of movement and mobility function when someone is affected by injury, disability, medical condition and surgical intervention to ensure safe mobility for discharge.

Physiotherapists can use a wide range of treatment techniques and approaches to assist with your recovery.

Physiotherapists use therapeutic exercises designed to improve mobility and strengthen the affected area of the body. Your Physiotherapist may prescribe an exercise plan, which may need to be repeated regularly.

Your ability to transfer (e.g. from bed to chair) and walk will be assessed and practiced, and aids may be provided to assist you to do this as safely as possible.

A physiotherapist will look at your individual situation. As well as treating the problem, they may also suggest things you can do on a daily basis to help relieve pain and discomfort.

Your pain will be managed by the medical team to optimise your recovery and enable you to engage fully with the therapy team.

You may be discharged from hospital with an aid to assist you, where this is not “normal” for you your Physiotherapist may review your mobility progress either within the community or at a future fracture clinic appointment. You may be referred to a community therapy team where appropriate.

As part of your post operative assessment your physiotherapist will carry out a respiratory assessment to aid recovery and prevent any chest complications. You are more at risk of post operative complications if you have any pre-existing chest conditions or reduced mobility. Your physiotherapist will advise you of appropriate positions and breathing techniques to support your recovery.

## **WHAT IS OCCUPATIONAL THERAPY?**

Think of “occupation” as how you live your day to day life from getting up in the morning, washing, dressing, eating, working, going out ... and finally going to bed at night.

Now consider an injury, a disability, surgical intervention or medical condition that will change how you function and how you cope with your day to day activities. Your Occupational Therapist can help you to achieve your individual level of independence, by finding alternative ways of coping with a problem.

Whilst in hospital you may be asked to carry out activities such as washing and dressing which you might find difficult at present. Please ask any family or friends to bring in clothes to get changed into and practice dressing techniques with. This allows you to attempt activities in a safe, controlled setting and for the Occupational Therapist to identify ways to facilitate your independence completing these tasks when you go home. Your Occupational Therapist will then discuss with you your needs and provide advice and recommendations for you regarding your discharge needs. For this, we will request that clothes and suitable footwear is brought in for you that you normally wear during the day at home.

Your Occupational Therapist may recommend alternative methods to problem solve activities. They may provide you with equipment or aids to meet your needs.

Your Occupational Therapist may recommend completing further assessments within your own home, in order to help identify ways to facilitate your safety and independence upon discharge. These will be discussed with you if felt it may be beneficial to assist your safe and timely discharge.

### **Escorted Discharge Visit**

Depending on how you progress within hospital, your Therapist may feel that you would benefit from an Escorted Discharge. This consists of your Therapist taking you home and ensuring that you are able to safely mobilise around your home and get on and off the furniture independently and/or get up and down the stairs. They may also take out equipment and fit this whilst on the visit. If your therapist feels that you would benefit from an escorted discharge home, they will discuss this with you.

### **WHAT IS A THERAPY ASSISTANT?**

Therapy Assistants support the Physiotherapists and Occupational Therapists with their treatment plans.

Your Therapy Assistant may help to practice some of your therapy goals such as exercises, walking, transfers, stair practice and washing & dressing. Your Therapy Assistant may also deliver and fit appropriate aids or equipment to your home.

## **ONGOING THERAPY UPON DISCHARGE**

During your admission, the Medical, Therapy and Social Team will review your progress and needs on a daily basis. When you are medically fit and no longer need to be in hospital we shall assess and provide advice and recommendations for your discharge. This may be yours or a family/ friend's home, respite, long term placement or for ongoing Therapy in a different facility.

In the instance where you are medically fit for discharge but need more therapy input to get you to a better level of

independence, we may recommend and refer to another rehabilitation team/ setting, as an Acute Hospital may not be the most appropriate setting for you to continue rehabilitation.

Your named therapists will discuss these options with you if there is a need identified.

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.



## **SPECIAL INSTRUCTIONS**

Please contact your Occupational Therapist or Physiotherapist if you have any concerns.

## **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

## **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Ward 14A – 01704 704889

Your own GP –

Therapy Dept, SDGH – 01704 704815

Therapy Dept, ODGH – 01695 656268

## **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS Healthcare Service- 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Social Services Community Occupational Therapy:-

- West Lancashire – 0300 123 6720
- Sefton – 0151 934 3737

## Notes



**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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