

Patient information

Occupational Therapy (OT) in Critical Care at the West Suffolk Hospital



The core Critical Care Occupational Therapy team are Kayleigh Tubb and Chloe Jonsson. You may also be seen by one of our occupational therapy colleagues from another specialism during your stay at the West Suffolk Hospital. You can identify occupational therapists from the bottle green stripe on our tunics.

What is the role of Occupational Therapy in Critical Care?

Occupational therapy is all about helping you to maintain or regain your functional independence. It aims to minimise deconditioning during your critical care stay, optimise your functional recovery, and help you adapt to any new needs you may have at point of discharge.

We may see you for:

- **Condition management** to help prevent further problems developing during your stay. This might include oedema (swelling) management, positioning, tone management, splinting, sensory management,

review of cognition (thinking skills), and supporting your mood. If you would like us to, we can teach family and friends things they can do to help best support you during your stay.

- **Functional rehab** to help regain or maintain your ability to do normal everyday tasks. This might include practice of personal care tasks (grooming tasks, washing and dressing), eating or drinking, using technology or engaging in any hobbies, interests or aspects of your job-role to help you get your independence back as quickly as possible. We will help you develop a personalised rehab programme and involve your family and friends where appropriate.
- **Discharge planning** to help plan for any new care, equipment or ongoing therapy needs. Occasionally, you may become well enough to be discharged straight home from critical care; however, even if you are not yet ready to go straight home, we may start early discussions about discharge to help avoid any unnecessary delays. It's helpful to address any concerns sooner rather later, so please do talk to us about anything that is worrying you about your discharge. Usually, most of the discharge planning process will take place once you have been transferred to a ward.

When will I see an OT?

We review the critical care list daily and identify our own patients. We also rely on the multidisciplinary team to inform us on appropriate patients for us to become involved with. However, if you feel you would benefit from OT during your critical care stay and have not yet been seen, please talk to any member of the team who can inform us. When you are transferred to a ward, we aim to provide follow on OT input as deemed appropriate to enhance continuity of care. However, there may be times where we refer on to other OT specialisms as required.

Follow up after Hospital Discharge

At times, we may identify that patients are suitable for a follow up phone call from OT after discharge from hospital. During this call, we will enquire about how you have been managing since returning home from hospital and will aim to provide advice, onward referrals and signposting as needs

are indicated. This service will be dependent on patient need and we will determine who may benefit from follow up prior to discharge from hospital. We may also see patients who attend the physiotherapy outpatient FIT group during the allocated OT timeslot after discharge.

Useful Community Contacts

Community Health Team:

Suffolk Community Health Care: 0300 124 2425

Norfolk Community Health Care: 01953 609409, Option 1 Cambridge

Community East Cambs: 0844 931 0045, Option 3

Social services:

Suffolk Social Services: 0808 800 4005

Norfolk Social Services: 0344 800 8020, Option 1

Cambridge Social Services: 0345 045 5202

Equipment Loan Numbers:

Suffolk Equipment Stores Medequip: 01473 351805, Option 1

Norfolk Medequip: 01603 511124

Cambridge Equipment Stores NRS: 0845 121 3456

Home from Hospital:

Anglia Care Trust Supported Discharge Service: West Suffolk 01473 527438,

East Suffolk 01473 527437

Red Cross Support at Home (Norfolk): 01603 288320

Help at Home (City and South & East Cambs): 01223 714433

Age UK Services – Home Befriending: 0800 1696565

Suffolk Family Carers Advice and Support: 01473 835400

Norfolk Carers Support: 0808 808 9876

Independent Living Suffolk: 0800 121 7711

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>

