

The Hand Therapy Service

This leaflet explains more about the hand therapy service at St George's Hospital. If you have any further questions, please speak to a doctor, nurse or therapist caring for you.

What is Hand Therapy?

Hand Therapy is a sub-specialty of Occupational Therapy and Physiotherapy. The team is made up of both professions and we are specially trained to work with hand conditions and injuries. Your hand therapy treatment will be designed specifically for you. It may include:

- Education
- Splints (specially designed supports)
- Exercises
- Scar care
- Psychological (emotional) support
- Functional activities (such as writing and skills needed for your job)

We will regularly assess your progress. Our aim is to enable you to return to your previous level of function.

Who can attend / receive the service?

We accept referrals from a variety of services. These include:

- GP practices in area
- Plastic Surgery at St George's
- Trauma & Orthopaedics at St George's
- Rheumatology at St George's

For non-urgent referrals there may be a waiting time but this is kept as short as possible.

What do I need to bring with me?

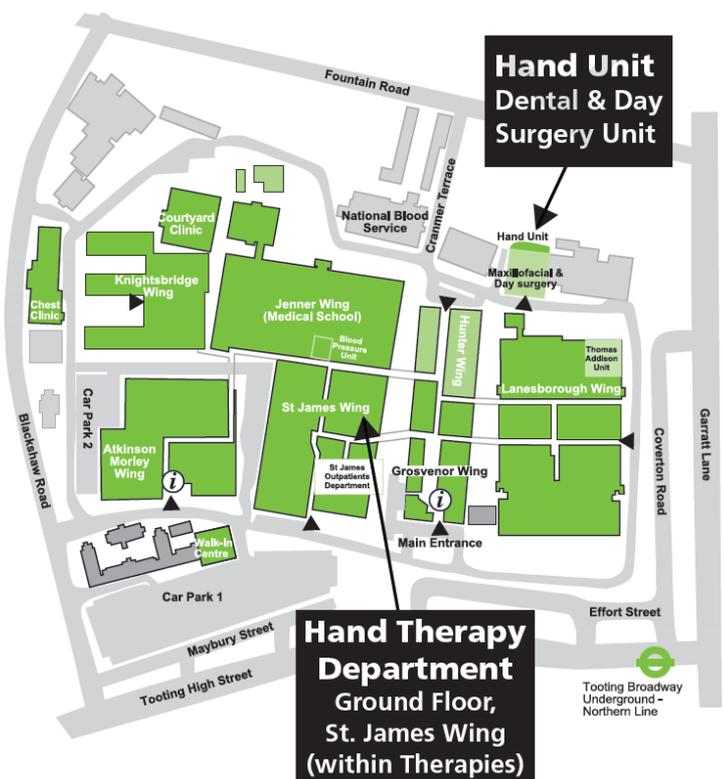
- Your appointment card
- Any splints you may have.

Where do I go for my appointments?

Your appointments will be held either in the Hand Therapy Department, within Therapies Department on the ground floor of St James' Wing or the Hand Unit on the Perimeter Road. You will be advised where to attend in your appointment letter or over the phone when booking your appointment.

What if I need an interpreter?

If you need an interpreter, please advise a member of the team as soon as possible.



What if I have difficulty getting to and from hospital?

If you think that you might need hospital transport, please talk to a member of the team.

What if I am late or cannot attend?

If you are unable to attend, please give at least 24 hours' notice. This allows us to offer your appointment to another patient.

If you **attend late** for your appointment, we cannot guarantee that you will be seen and you may have to arrange an alternative appointment.

If you **do not attend** your appointment and do not contact us, you will be discharged from the hand therapy service as per the St George's University Hospitals NHS Foundation Trust appointments policy. You will need a new referral from your GP or consultant for further treatment.

How long will my appointments be?

Please allow up to 90 minutes for your first appointment and 30 minutes for follow-ups.

Will I be seen by students?

St George's University Hospitals NHS Foundation Trust is a teaching hospital, so we regularly train staff and students. You may be treated by a student under the supervision of a qualified member of staff. Please say if you do not want students present during your appointment. This will not affect your care in any way.

Will I be involved in research?

As a teaching hospital, we carry out research which can help us find out more about conditions and treatments. We may collect information about you (that will not identify you) for the purposes of research. We will always discuss this with you first and ask you to sign a consent form. If you are asked to take part in research and do not want to do so, please let your therapist know. This will not affect your treatment in any way.

Contact us

Appointment enquiries:

Central Booking Service (CBS): 020 8725 0007

Treatment enquiries:

Hand Therapy team (answerphone service): 020 8725 1038

Other useful numbers:

Hand Unit (Perimeter Road): 020 8725 4770

Therapies admin team: 020 8725 2954 / 1359

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am

and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



Reference: THE_HTS_01 **Published:** May 2018 **Review date:** May 2020