

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 work-based skills)

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

Who can attend / receive hand therapy?

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

- GP practices in our 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.

Where do I need to go?

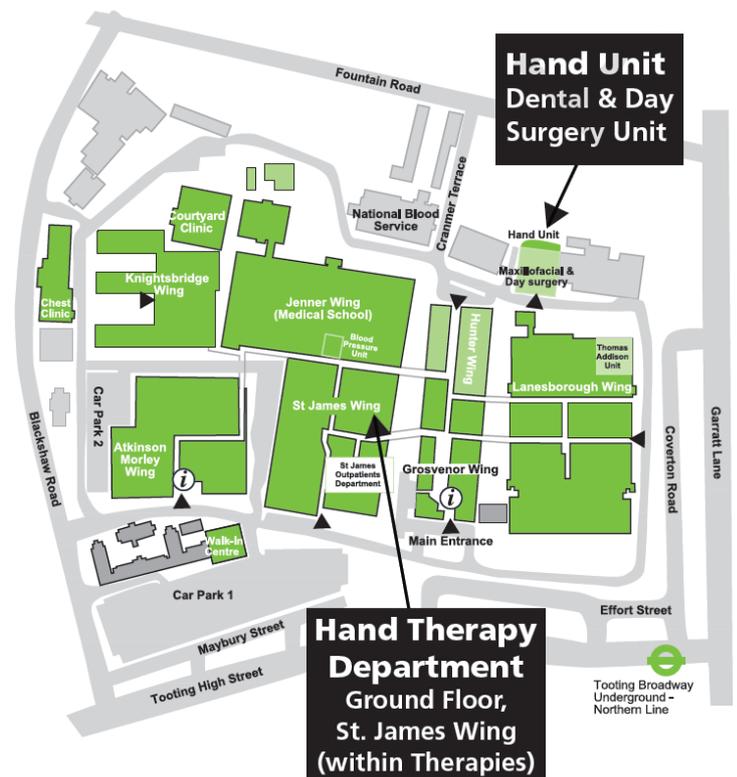
Your appointments will be held in either the

- Hand Therapy Department (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 do I need to bring with me?

- Your appointment card
- Any splints that you may have.



What if I need an interpreter or have difficulty getting to/from hospital?

If you think you need an interpreter or hospital transport, please talk to a member of the team as soon as possible.

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.

Will I be seen by students or involved in research?

As a teaching hospital, St George's University Hospitals NHS Foundation Trust regularly trains staff and students and carries out research to help us find out more about conditions and treatments. If you are involved in either of these, then we will always discuss this with you first.

If you would prefer not to be involved in research or would not like students to be present during your appointment, please let your therapist know. This will not affect your care in any way.

Contact us

Appointment enquiries:

Central Booking Service (CBS): 020 8725 0007

Treatment enquiries:

Hand Therapy team (answerphone service): 020 8725 1038

Hand Unit (nurses / doctors): 020 8725 4770

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 wings (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

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: THE_HTS_02 **Published:** May 2020 **Review date:** May 2022