

# Paediatric Hand Therapy Service

**This leaflet explains more about the Paediatric Hand Therapy Service. If you have any further questions, please speak to a doctor or nurse caring for you.**

## Who are we?

The team is made up of both Occupational Therapists and Physiotherapists. We are specially trained to work with hand conditions and injuries.

## What is hand therapy?

Hand therapy is a sub-specialty of Occupational Therapy and Physiotherapy. The hand therapy treatment will be designed specifically for you or your child. It may include:

- Advice and education
- Splints (specially designed supports)
- Exercises
- Scar care
- Psychological (emotional support)
- Help with returning to school and sports.

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

## Who do we treat?

We accept referrals from the Plastics Consultants here at St George's Hospital only.

## Can I or my child attend appointments alone?

All children should be accompanied by a responsible adult for their appointments. Ideally this should be a parent or carer.

## What if I or my child are late or cannot attend?

**If you are unable to attend please give at least 24 hours' notice by calling the number overleaf.** 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** an 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.

## What if I or my child needs an interpreter?

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

## Where do I or my child need to go for appointments?

Your appointment will normally be held in the Dragon Children's Centre. There is a fully accessible entrance to this area at the Lanesborough Wing end of the hospital.

Sometimes children may be seen in the main Therapies department in St James' Wing. You will always be informed if the appointment will be in this department. Please see the map for details of where these areas are located.



## Where do I go for my next appointment?

Most follow-up appointments will be held in the Dragon Children's Centre, ground floor, Lanesborough Wing. Your therapist will advise you where to attend next time.

## What do I need to bring with me?

- Your appointment card
- Any splints you or your child may have

## How long will appointments be?

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

## Will I or my child be seen by students?

St George's University Hospitals NHS Foundation Trust is a teaching hospital, so we regularly train staff and students. You or your child 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 or my child 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 please let your therapist know. This will not affect your treatment in any way.

## Useful sources of information

British Association of Hand Therapists – [www.hand-therapy.co.uk](http://www.hand-therapy.co.uk)

REACH (support group for children with congenital arm and hand problems) – [www.reach.org.uk](http://www.reach.org.uk)

British Society for Surgery to the Hand – [www.bssh.ac.uk](http://www.bssh.ac.uk)

## Contact us

If you have any questions or concerns about your treatment, please contact the Hand Therapy Team on 0208 725 1038.

**Appointment / treatment enquiries:** 020 8725 1038

### Other useful contact details

**Dragon Centre reception:** 020 8725 5292

**Consultant appointments:** 020 8725 0007

**Dressings appointments:** 020 8725 0007

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**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://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](mailto: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](http://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

