

# Occupational therapy

Occupational therapists work with a range of people including those who have physical, mental and/or social problems, either from birth or as the result of accident, illness or ageing and are aware of the impact that change in circumstances can have on individuals' independence and confidence.

Occupational therapists will work with a person to design a programme of treatment based on the individual's unique lifestyle and preferences, sometimes modifying the environment surrounding the person. Enhancing someone's ability to participate in everyday activities is a central part of occupational therapy.

Occupational therapists recognise and understand that everyone's lifestyle is different and how each person chooses to live is up to them. They will consider the importance of how a person's physical, mental and social needs will impact on their recovery process and help them to achieve the goals that are most important to them." (*British Association of Occupational Therapists*).

The range of occupational therapy input available at the RNOH mirrors the specialities of our consultants and includes the treatment of children and adults with:

- Amputations
- Bone and soft tissue sarcomas
- Chronic pain
- Deegenerative joint and musculoskeletal changes
- Peripheral nerve injuries
- Spinal cord injuries
- Complex shoulder conditions
- Spinal deformities

## Referrals

A blanket referral system operates for most inpatients. The Upper Limb Team accepts referrals from GPs and RNOH consultants for both NHS and private patients. All other clinical teams will see outpatients on referral from RNOH consultants.

All our occupational therapists are registered with the Health Professions Council [www.hpc-uk.org](http://www.hpc-uk.org) and adhere to the College of Occupational Therapists' Code of Professional Conduct [www.cot.co.uk](http://www.cot.co.uk). All qualified occupational therapists are educated to degree level or equivalent and take under graduate occupational therapy students on practice placements.

**Key Contact**

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