



Royal Berkshire
NHS Foundation Trust

Physiotherapy and Occupational Therapy on Adelaide Ward

Welcome to Adelaide Ward.

The physiotherapist and occupational therapist will visit you and review your mobility and day to day activities at the start of your admission onto the ward. They can assist you with any techniques or aids that may be useful to you.

Keeping active is an important part of your hospital stay on Adelaide Ward. Being active will:

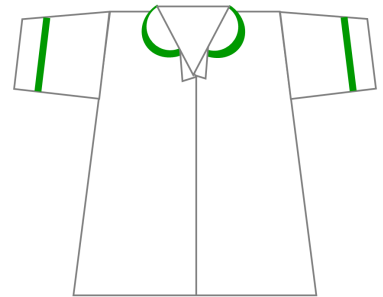
- Strengthen your muscles and bones
- Reduce some treatment side effects and improve your immune system
- Improve your mood, independence and quality of life
- Increase exercise tolerance and reduce tiredness
- Look after your heart and lungs and reduce the risk of other health problems.

We encourage you to sit out of bed regularly throughout the day to help prevent complications of lying in bed, such as chest infections, clots, weakening of your muscles and pressure sores. Each day you can ask the nursing staff if you are allowed to leave the room to go for walks to the day room or around the ward.

A static bike can be provided that can be used in the room and the **physiotherapist** can provide you with a variety of strengthening and stretching exercises. The physiotherapist can also help you with any breathing difficulties that you may have and give you advice on how to manage breathlessness.



If you are worried about managing any activities of daily living (such as getting washed and dressed, going to the toilet and making meals) the **occupational therapist** can review you and have a chat about different options to help you. Some options may include adaptive equipment, support at home or on-going therapy.



Both the physiotherapist and occupational therapist can also offer support and advice on anxiety, fatigue (tiredness), sleeping difficulties and relaxation techniques for both during your hospital admission and once you are back at home. If you are struggling with any of the above and want to have a chat with the therapists please let your nurse know. Family and friends are also welcome to join the conversation!

#End PJ paralysis

We encourage you to wear your own clothes as much as possible during your admission to help you with your mental well-being. There will be a member of staff around to help support with getting dressed if you are unable. We can supply clean second hand clothes if you do not have anyone to bring any in for you.

Dressed for Dignity



**Get up. Get dressed for dignity. Get mobile.
Get home early, settled and safe.**

Contacting us

Speak to the Adelaide Ward Therapy Team on:
0118 322 7471 or 0118 322 7472.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Physiotherapy & Occupational Therapy (Oncology & Haematology)
Reviewed by Sophie Thomas and Paula Morgado, March 2023
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