

# The Hand Therapy Service

## Information for patients

This leaflet explains the Hand Therapy Service and what you can expect. If you have any queries or concerns, please speak to the therapist caring for you.

### What is Hand Therapy?

Hand Therapy is a sub-specialty of both Occupational Therapy and Physiotherapy. 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
- Wound and scar care
- Exercises
- Splints (specially designed supports)
- Functional activities such as work-based skills.

### Who can attend/receive hand therapy?

King's College Hospital offers a specialist outpatient service and accepts referrals from various services. These include:

- Inpatients or patients who attend the Emergency Department and have various diagnoses, including orthopaedic, medical, trauma, and surgical conditions.
- King's College Hospital orthopaedic consultants
- GP practices in our area.

### Where do I need to go?

You will be advised where to attend your appointment when booking. Our team operates out of four locations, and you may be asked to attend appointments at either:

- Therapies Department, Ground Floor, Willowfield Outpatient Department, King's College Hospital, Denmark Hill, SE5 9PJ
- Room 13, Suite 3, Golden Jubilee Wing, King's College Hospital, Denmark Hill, SE5 9NY
- Coldharbour Works, 86A Shakespeare Road, London, SE24 0QQ
- Physiotherapy Suite, 1<sup>st</sup> Floor, Beckenham Beacon, 379 Croydon Road, Beckenham, Kent, BR3 3QL

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

If you need an interpreter or hospital transport, please contact the admin team as soon as possible.

### **What if I am late or cannot attend?**

Please give at least 24 hours' notice if you cannot attend. This allows us to offer your appointment to another patient. If you arrive late for your appointment, we cannot guarantee that you will be seen.

You can contact us at 020 3299 8220 or email at [kch-tr.therapyappts@nhs.net](mailto:kch-tr.therapyappts@nhs.net). If your appointment is at Beckenham, you can contact us at 0168 986 6660 or email [kch-tr.beck-therapy@nhs.net](mailto:kch-tr.beck-therapy@nhs.net).

### **Will I be seen by students or involved in research?**

As a teaching hospital, King's College Hospital NHS Foundation Trust trains staff and students and conducts research to help us learn more about conditions and treatments. We will discuss this with you and please let your therapist know if you would prefer not to be involved in research or would not like students to be present during your appointment. This will not affect your care in any way.

### **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**

[www.kch.nhs.uk](http://www.kch.nhs.uk)

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