

Occupational Therapy

Occupational therapy is a client centred health profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement (World Federation of Occupational Therapists, 2010). Occupational therapists understand how illness, injury, disability or challenging life events can affect people's ability to do the day-to-day things that are important for them.

Occupational Therapy in St. Columcille's Hospital

Occupational Therapists provide care to inpatients and out-patients in St. Columcille's Hospital working as part of the full multidisciplinary team.

In patient care:

Occupational therapists engage with patients to enable them to achieve their goals participating in Activities of Daily Living and to facilitate a safe and successful discharge from hospital. For patients returning to their home when required we can issue essential enabling equipment and order stair & grab rails to be installed in the home during a home assessment via the "Action Van initiative". This intervention enables independence managing personal care, and managing functional mobility in the home and community and facilitates discharge from hospital.

Dementia Champion Training: Two of our team are trained at Dementia Champion level & work with inpatients and out patients with cognitive impairment and functional difficulties as a result.

Out –patient care:

Day Hospital- Occupational Therapist are part of the team in the falls clinic, and provide cognitive assessment and rehabilitation via the memory rehabilitation group to patients with dementia and their families.

Memory Technology Resource Suite: This new unit will have on display technology and aids to assist persons with dementia and their families to live at home safely. A consultation with an occupational therapist will be available to all patients attending the memory technology library. Research has demonstrated the effectiveness of technology reducing stress levels for carers and enabling persons with dementia function safely at home for longer.

Cardiac Rehabilitation: Occupational Therapists work to enable persons whom have experienced a cardiac event to return to daily living activities. Advice on modifying activities and managing stress levels are part of the role of the Occupational Therapist

**To contact the Occupational Therapy service in St. Columcille's Hospital
please phone 01-2115218.**