

REACH OUT

Multidisciplinary neuro-rehabilitation upper limb service

This leaflet explains more about the REACH OUT neuro-rehabilitation clinic at St Thomas' Hospital. You have been referred to the neuro-rehabilitation service for a problem with your arm and/or hand. If you have any further questions, please speak to a doctor or nurse caring for you.

What is REACH OUT?

REACH OUT is a special clinic that provides rehabilitation for people with neurological problems that affect the arm or hand. It is called a 'multidisciplinary programme' because different types of healthcare professionals will work together to help you.

The programme consists of an initial assessment and then fortnightly group follow-up sessions. With your input, the team will design a tailored rehabilitation programme for you to continue when you attend the fortnightly REACH OUT sessions. You can then continue the exercises you learnt at REACH OUT when you go home with a home-based exercise program.

The number of sessions you attend will be decided between you and the therapists and tailored to your needs. At the sessions, you will be working towards achieving the functional goals that you have discussed with the therapists. This might include:

- increasing the use of your arms and hands in everyday tasks
- improving your comfort
- learning techniques for continuing your maintenance program at home.

The expectation is for you to attend fortnightly sessions and complete the home-based exercise program.

Where do I need to go?

The REACH OUT clinic is held on Friday mornings in the neuro gym in the physiotherapy department. This is on the 3rd floor of Lambeth Wing, St Thomas' Hospital. Please see the attached letter for your appointment time and further details on where to find us.

If you are unable to attend a clinic, please let us know by telling the therapists at the clinic or by phoning 020 7188 5094.

What do I do when I arrive?

When you arrive for your first session, book in at the physiotherapy reception desk and take a seat in the waiting area outside the gym until the therapist calls your name. You must inform the therapist of any medical condition that may be aggravated by exercise.

During the session

The follow-up sessions will generally involve exercise stations to help you work toward your goals. This may include the use of weights, theraband, physio balls and functional exercise. For each session, try to progress your exercise by gradually increasing the repetitions, amount of weight, or time spent at each station. You will be supervised by a therapist who can assist your progress.

If at any stage during the session you have any problems or feel you are not progressing, please discuss this with the therapist.

What happens when I have finished my sessions?

A report outlining your progress throughout your REACH OUT sessions will be generated and sent to your GP, the person who referred you to the clinic, and yourself.

To gain full benefit, we recommend that you continue with your exercises at home.

Does it cost anything?

No. There is no charge for this clinic.

What do I need to bring with me?

Wear comfortable clothing and if possible, a vest or singlet under your shirt, as we may need access to your bare arms during the treatment.

Avoid bringing valuables, as we cannot accept responsibility for personal items being lost or damaged.

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Further information

Contact us

If you have any questions or concerns about REACH OUT, please contact the physiotherapy department on **020 7188 5088** or occupational therapy department on **020 7188 4180**.

These lines are open from 8.30am to 4.30pm, Monday to Friday. If you would like to leave a message outside these times, please call the occupational therapy department on 020 7188 4180.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk