

OUTPATIENTS – ORTHOPAEDIC AND RHEUMATOLOGY

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Clinical hours	
Monday – Friday 8:30-4:30	
30 minutes lunch (12:15-12:45)	

PREPLACEMENT PREPARATION AND DAY 1



Please **contact your educator** at least 2 weeks beforehand to arrange a pre-placement visit and send your CV to them.

At this point we will discuss pre-placement reading, issue you with a learning pack and discuss arrangements for your first day.

On Day 1, please arrive at the OT department for 8:30am. We will arrange a locker and you will be given a tour of the department, as well as an induction into the placement.

Directions: Click [here](#) or visit www.chesterfieldroyal.nhs.uk for directions and map of the hospital. The site is accessible via public transport.

Parking: Parking is available on site, a fee is charged for all patients, visitors and members of staff using these facilities. On your first day please use the car parks indicated for patients/visitors and pay accordingly. A parking pass is available to be purchased for future uses. Click [here](#) for more information.

GENERAL INFORMATION

In Occupational Therapy Outpatients we see and treat people for a variety of reasons such as trauma, acquired conditions (e.g. arthritis) and for rehabilitation after elective or non-elective surgeries.

Our intervention includes using a range of assessment methods and treatment modalities to assist our patients to return to function. This might include working on range of motion, strength, scar management, oedema management, functional advice, condition management or provision of splints.

We treat patients on a 1:1 basis in our outpatient workshop and also run a Hand Therapy rehabilitation group to aid recovery following upper limb trauma/ surgery.

Therapists work closely with members of the MDT including nursing staff, Physiotherapy, orthopaedic consultants and outside agencies in order to co-ordinate patient care.

COMMON CONDITIONS

Some of the conditions likely to be seen on placement:

- Carpal tunnel syndrome/release
- Dupuytren's release
- DVR plate
- Finger fractures
- Metacarpals fractures
- Wrist fractures
- Dislocated fingers
- PIP replacements
- Trapeziectomies
- Tendon repairs
- Osteoarthritis
- Rheumatoid arthritis
- Mallet injuries

LEARNING OPPORTUNITIES

You will have the opportunity to:

- Spend time with other members of the team, in different specialities
- Go to theatre and observe surgery
- Observe pre-operative groups and 1:1 sessions
- Assist with splints and braces

