

# Rehab in Peamount

## What is Rehabilitation?

The goal of Rehabilitation is to empower and enable individuals together with their families to maintain and improve their quality of living by addressing their health needs through multi disciplinary care.

You will receive therapy Monday to Friday through Group and Individual sessions and you are encouraged to practice the skills you learn in therapy during your daily routine outside of therapy and weekends.

Typically, patients will attend the unit for two weeks during which time they will participate in a programme aimed at improving self management of their condition.

As part of the rehabilitation programme, we require patients to go home at weekends up to discharge time. You will be expected to make your own arrangements to go home. The unit closes on Fridays at 3pm and reopens on Monday at 8am.



## Visiting

Kindly contact the Nurse manager/Nurse in charge of the unit for the current visiting standard operating procedures.

## Travel:

Bus number 68 from City Centre  
Main Telephone: 01-6010300  
By car from N7 or N4

## Facilities:

There is a café on site providing refreshments and both hot and cold food. Shops or bank facilities are available in Lucan, Celbridge & Newcastle about 10-15 minutes away by car. There is free on-site car parking available. WIFI is also available.

## Inpatient Charges:

- You can avail of your Private Health Insurance during your inpatient stay in Peamount Healthcare (please contact your Insurer to verify that you have adequate cover )
- Public patients (medical card, public charge) can also avail of inpatient treatment.

## What to bring:

- Comfortable clothing and supportive shoes
- Essential Toiletries and Towels
- Medications: ***Bring in all your medications with you on the day of your admission including tablets, eye drops, inhalers, injections, patches, creams/gels and supplements.***



## Patient Information *Rheumatic and Musculoskeletal Disease Inpatient Unit*



**Rheumatology Rehabilitation Unit**  
**Peamount Healthcare (Peamount)**  
**Peamount Road,**  
**Newcastle,**  
**Co Dublin,**  
**D22 Y008.**



# Multi Disciplinary team

## Meet the Team:

- Consultant Rheumatologist
- Registrar and SHO
- Clinical Nurse Manager II
- Physiotherapist
- Occupational Therapist
- Pharmacy
- Social Worker
- Clinical Psychology
- Speech and Language Therapist
- Dietician

## What do we Do?

You are assessed by members of the multidisciplinary team (MDT) depending on your needs and interventions required.

You and the team will decide on your goals for rehabilitation and develop a plan tailored to your specific needs.



# The Program

## Lifestyle Management in RMD

Lifestyle management refers to the conscious efforts individuals make to improve and maintain their health and wellbeing in the context of their rheumatic and musculoskeletal condition (RMD). It encompasses a wide range of practices and habits, from physical exercise and healthy eating to stress/fatigue management. During this 2-week program, you will be empowered to make relevant lifestyle changes to meet your individual needs.

## What is the Aim of the Program?

- Learn about arthritis and musculoskeletal conditions
- How to manage fatigue and pain
- Managing medications
- How to protect your joints
- Daily opportunities to engage in exercise
- How to improve your daily routine
- What resources are available to you in the community
- Managing stress
- Improving bone health and reducing the risk of falling
- Opportunities to engage in peer support

# The Program

## What the week typically looks like:

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00-8:00	Breakfast, shower and get dressed				
8:00	Admission				
09:00					
09:15		Managing Medications with Pharmacy/ Social supports information	Pacing and goal setting with OT/ Bone Health and Falls Prevention with ANP		Pilates
10:00				Joint protection / lifestyle management	Pain or ex-well medical
10:30 30mins Education sessions (week 2 group)	Arthritis Ireland and other resources (week 2 group)		MDT & Ward round	Relaxation	
11:00					
11:30		Rheumatology overview/ Benefits of Exercise			
12:00	Ex class	Ex class	Ex Class	Ex class	Ex class
12:45	Lunch	Lunch	Lunch	Lunch	Lunch
1:00					
1:15					
1.30	Intro to RMDU (for week 1)			Walking Group	
2:00		Peer support and relaxation- Psychology and Medical Social Work			Discharge Ax and OCM
2:30					
3:00			Dietetics: Healthy food for life		
3:30					
4:00					
4.30	Dinner	Dinner	Dinner	Dinner	Dinner

Please visit our website or contact us for more information and directions:  
**016010300**  
**info@peamount.ie**  
<https://www.peamount.ie/rehabilitation-services/>