

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.

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

You will participate in group education, relaxation, exercise and peer support sessions. These are timetabled and facilitated by our nursing, physiotherapy, occupational therapy, pharmacy, psychology, medical social work, and dietetics team.

Typically, you will attend the outpatient service one morning a week for 4 weeks (10am to 2pm).

The outpatient service is located in the Health & Wellness building on the left hand side as you enter the campus.



Travel:

Bus number 68 from City Centre

Main Telephone: 01-6010300

By car from N7 or N4

Facilities:

There is a canteen and 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.

What to bring:

- Comfortable clothing and supportive shoes
- Paper and pen

Please visit our website or contact us for more information and directions:

01 6010300

info@peamount.ie

<https://www.peamount.ie/rehabilitation-services/>



Patient Information *Rheumatic and Musculoskeletal Disease Outpatient Unit*



Rheumatology Outpatients *The Health & Wellness Centre*

Peamount Healthcare
Peamount Road,
Newcastle,
Co Dublin,
D22 Y008.

Multi Disciplinary team

Referral to the service:

You will be referred to the service by a member of your Rheumatology team in Tallaght University Hospital, Naas General Hospital or St. James' Hospital.

What do we do?

You are invited to an assessment prior to attending for treatment to inform you and decide on the best pathway of care for you within our services.

Group Programs:

Group programs are provided for the following conditions:

- ◆ Inflammatory Arthritis
- ◆ Inflammatory Back pain
- ◆ Osteoarthritis
- ◆ Fibromyalgia/Persistent pain

These programs run on one morning (10am to 2pm) a week over 4-6weeks.

Individualised Physiotherapy or Occupational Therapy:

You may require individualised treatment sessions.

Multi Disciplinary Team

Physiotherapist

Physiotherapy consists of individual assessment and treatment, prescribed exercise, and patient education. We assist people with arthritis by:

- Assessing specific areas of pain, swelling, weakness and restriction
- Assessing balance
- Prescribing individualised exercise programs
- Providing manual therapy if indicated
- Assessing and prescribing mobility aids
- Providing education and information in relation to persistent pain management
- Assessing for and prescribing orthotics if required.
- Providing opportunities for exploring exercise barriers and facilitators as part of overall health promotion and condition management. Referral to local exercise groups as indicated.



Multi Disciplinary Team

Occupational Therapist

The role of occupational therapy for people with rheumatological conditions includes a variety of interventions to support self-management while engaging in their activities of every day. This includes:

- Practice and training in relevant ADLs
- Advice on assistive equipment
- Fatigue management
- Stress management
- Vocational Advice
- Referral to community services
- Splinting, hand exercises and advice on joint protection

