



Holmwood Ward East Surrey Hospital

Advice and information

Welcome to Holmwood ward

Following a cardiac event, surgery or stay in hospital, you may be limited in endurance and performance of daily tasks.

Occupational therapy aims to restore abilities to enable you to be as independent as possible in everyday tasks.

Self-care

- Provide instruction in adaptive techniques e.g. sitting while washing and dressing instead of standing
- Provision of adaptive equipment

Productivity

- Instruction on return to driving, or use of public transport, following cardiac event/surgery.
- Explore work activities, interests, options or retraining where appropriate.
- Help person to maintain or increase home management activities.
- Suggest modifications to home or work environment

Leisure

- Modify leisure interests to fit within energy expenditure levels permitted.
- Explore new leisure interests where appropriate.
- Encourage selection of leisure activities that include both physical and social participation
- Explore Community Resources, local support groups etc.

Try these occupational therapy strategies

1. Avoid lifting or carrying heavy objects.
2. Sit to work whenever possible, for example when ironing or chopping vegetables.
3. Slide objects or use a trolley if possible.
4. Change position frequently; this allows different muscles to work, increases circulation and prevents fatigue.
5. Simplify tasks: Break the activity into small steps, i.e. preparation, activity, clean-up and final phase.
6. Take frequent small breaks throughout the activity rather than fewer long rest periods.
7. Adjust work heights and areas to fit you. The most frequently used items should be located between waist and chest heights. Avoid working with arms above shoulder level.
8. Remember physical conditioning: Follow a regular cardiovascular exercise programme as approved by your doctor. An important element in maintaining cardiovascular activities is enjoyment; be creative - park a distance from work and walk in, join a walking program, exercise with a friend.
9. Recognize emotions: Anger, frustration, anxiety, and stress all increase the heart rate.
10. Be aware of what creates stress for you and how you handle it.
11. Try not to bottle up feelings - build your supports and talk to them.
12. Decide on your priorities and learn when to say "No".

Contact us

Occupational therapy
Surrey and Sussex Healthcare NHS Trust
East Surrey Hospital
Redhill, Surrey RH1 5RH
Tel: 01737 768 511 x6126
www.surreyandsussex.nhs.uk

Patient Advice and Liaison Service (PALS)

Telephone: 01737 231 958

Email: pals@sash.nhs.uk

Write to: PALS, East Surrey Hospital
Redhill, Surrey RH1 5RH

You can also ask a member of staff to contact PALS on your behalf.

This information can be made available in other languages and formats, including in larger text.
Contact 01737 231 958 for help.

Author: Senior occupational therapist
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