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**Therapy Case Study**

**OCCUPATIONAL THERAPY & PHYSIOTHERAPY**

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BACKGROUND

Mr B had lung cancer and as a result was experiencing fatigue and impaired mobility.

Carers were physically lifting him from bed to chair and toilet and had no equipment to help.

Mr B’s bed was downstairs but was a low divan bed which was difficult to get out of and the room was cluttered.

St Gemma’s community nurse referred him to occupational therapy and physiotherapy at St Gemma’s.

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GOALS

1. To assess mobility and equipment needs in own home
2. To improve ability to stand and transfer
3. To provide carers with advice on moving and handling safely

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OUTCOMES

1. Mr B was able to remain at home as was his wish
2. Mr B was able to safely transfer from bed to chair and toilet with a Zimmer frame
3. Carers were able to assist Mr B safely with his transfers

INTERVENTIONS

1. Occupational Therapist (OT) and Physiotherapist (PT) visited Mr B at home together to assess his needs
2. PT provided a suitable low intensity exercise regime to strengthen Mr B’s legs so that he could stand with assistance of one person and transfer from bed to chair or toilet with a Zimmer frame.
3. PT provided a Zimmer frame
4. OT ordered a hospital bed and table and arranged for safe downstairs living in collaboration with Mr B
5. OT & PT met with carers to educate them on new pieces of equipment and their safe use.

Very helpful – I appreciate your time and advice

Carers: “Thank you so much for your help”

PATIENT’S/CARERS COMMENTS