

## **PHYSIOTHERAPY TEAM -GENERAL MEDICAL WARDS.**

### **What we do**

Within the General Medical wards at York Hospital Physiotherapy is provided to patients suffering from a wide range of conditions.

Acute Respiratory disease- physiotherapy has a very important role both in the management of acute respiratory infection and also for patients with chronic respiratory disease. Treatments and education will include sputum clearance techniques, management of breathlessness, improvement in exercise tolerance and functional activity, education in self-management and smoking cessation awareness.

For those patients admitted with general medical problems, for example- renal disease and endocrine problems, physiotherapy is aimed at the promotion of functional activity, improvement in muscle strength and endurance, provision of appropriate mobility aids, chronic disease management and establishing appropriate patient centred targets.

Specialist Skills, in the management of advanced respiratory disease, including Cystic Fibrosis and COPD.

Rehabilitation of patients with complex multipathology presentations.

Provision of mobility equipment and contribution to manual handling assessments.

Development of patient specific exercise programmes

The team of Physiotherapists on the Medical wards have access to a dedicated gym area with low resistance equipment and weights. The physiotherapists are key members of the multidisciplinary team and are involved in complex discharge planning and liaison with community support services.

Out patients suffering from Respiratory diseases such as bronchiectasis, COPD, Cystic Fibrosis, asthma and hyperventilation syndrome, may be referred to the General Medical Physiotherapists, they will generally be seen at York Hospital but may on occasion receive treatment in their own homes.

### **Where we are**

The team is based at York Hospital, on occasion patients may receive treatment in their own homes.