THERAPIES ON THAMES NEWS

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Therapies on Thames
Rehabilitation specialists

November 2024

Introduction

We're well in to Autumn now, the clocks have changed and the leaves are falling from the trees. We continue to be busy here at Therapies on Thames, expanding the number of care homes we're working with and we're delighted to be making more elderly people's lives easier and safer.

Exciting News

We joined the team at Abbeycrest for their open day in October and are delighted to be working together.

Our team will be running physiotherapy drop-in sessions for the local community with our first one on 19th November.

We'll be available to support residents and the community on a regular basis.

RBH Update

Therapies on Thames are providing occupational therapy support to the NHS at The Royal Berkshire Hospital on a regular basis. Working with the team to help with the flow of patients by carrying out assessments, talking through complex cases to achieve the best outcome for the patient as well as supporting more junior team members.

Josie from the NHS team says: “The support from Therapies on Thames has been invaluable for both, patients and staff. They’ve provided clinical reasoning and advice to enhance patient’s recovery and ensuring they return home as safely as possible.

Manual Handling for Care Homes

Manual handling principles are an important part of working in the care environment. Here at Therapies on Thames we are passionate about supporting care teams to carry out moving and handling tasks in the correct way to protect themselves and their patients.

We work in partnership with many care homes across Berkshire, Oxfordshire, Cambridgeshire, Surrey and London and carry out staff training in the following areas:

- Assist a client onto the edge of their bed.
- Assist a client to stand.
- Transfer a client on their commode.
- Move a client up their bed.
- Roll and turn a client.

Following training with Therapies on Thames the expected learning outcomes include:

- Be able to implement principles of moving and handling in daily practice
- Have experiential knowledge of how to reduce muscle work and effort during manual handling activities.
- Apply therapeutic manual handling tasks and activities to make them more comfortable for the client.
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Having employees that are trained effectively in moving and handling reduces the risk of injury to both the employee and their patients. When employees feel that they are part of the solution to a problem, they are more likely to take responsibility for their actions and keep to the safety precautions which will in turn reduce the risk of workplace injuries and simultaneously educate other employees.

If you are interested in finding out more, please email contact@therapiesonthames.co.uk or call 0333 011 3278 and speak to one of the team.

Introducing: Katherine

Physiotherapist at Therapies on Thames

I qualified as a Physiotherapist in Australia in 2008 and worked for 5 years before moving to the UK.

In the UK, I have working both privately and in the NHS for the past 10 years. I've now being working at Therapies on Thames since April 2024.

I provide rehab for residents at Bridge Court in Twyford. I really enjoy watching the satisfaction and increased confidence the residents gain by achieving their goals.

I have two young children, so most of my spare time is spent with them. They love swimming, so I am often in the pool!

Patient Feedback

Following my father's 3rd hip replacement surgery he has received exceptional care from Therapies on Thames. They provided post fracture and pre-surgery care and advice to enable him to stay at home.

Following admission and surgery they have provided at home physiotherapy of the highest standard. This has had an impact not only on Dad's ability to walk again but also on his mental well-being. I cannot recommend this team highly enough.