



# support services

having problems in any of the following areas, occupational therapists may offer advice or recommend adaptive equipment or aids:

- + Self maintenance (daily tasks)
- + Leisure activities
- + Productivity
- + Motor/sensory skills
- + Home environment
- + Seating/wheelchair

The occupational therapist also works in the Lymphoedema Clinic and is the only person trained to carry out Manual Lymph Drainage (MLD). You may require this treatment if you have glands (nodes) surgically removed.

**Contact telephone no: 021-4922402 or 021-4921341**

### D. Oncology Counsellor

Sometimes a patient might be referred to an oncology counsellor by the medical or nursing teams. The oncology counsellor helps with the following:

- + providing professional, supportive counselling for both in-patients and out-patients;
- + co-ordinating services such as home helps, public health nurses etc. in the community to assist the patient;
- + counselling patients and their families in relation to stress, anxiety, the impact of illness on family, etc;
- + gets involved with some of the support groups for cancer patients.

**Contact telephone no: 021-4921337**

### E. Clinical Haematology (located in Day Chemotherapy Unit).

A patient's blood samples are analysed at the Clinical Haematology Unit. The staff carry out many different tests on the patient's blood as well as providing treatments to patients with conditions affecting their blood cells.

**Contact Telephone no: 021-4922862**

### F. Clinical Nutrition and Dietetics

Dietetic advice can be offered to both in-patients and out-patients on an individual basis. The dietician provides patients with nutritional advice in relation to:

- Σ Swallowing difficulties
- + Taste changes
- + Nausea and vomiting
- + Loss of appetite
- + Maintenance of weight
- + Nutritional supplements where appropriate

**Contact telephone no: 021-4922169**

At Tralee General Hospital a patient must be referred by a consultant/GP to the Department of Nutrition.



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## Support Services for Oncology Patients

The following Support Services are available to patients at Cork University Hospital. Patients should note that you may or may not be referred during your treatment path to any of these services.

### A. Speech and Language Therapy

Patients may require speech and language therapy as their illness progresses. This might be during the acute stage, the palliative stage, during rehabilitation or to help the patient in the case of chronic or progressive disease.

Treatment may involve:

- + One-to-one therapy
- + Group therapy
- + Consultation and advice for patients and carers
- + Development of home programmes

**Contact Number Cork 021-4922880**

**Contact Number Tralee - 066/7184145**

### B. Physiotherapy

The aim of the physiotherapist is to assist the Oncology Service to minimise

the effects of the disease and/or its treatment on patients. This will enable patients to achieve optimum functional ability and independence and gain relief of distressing symptoms.

Physiotherapy is tailored to the needs of the individual and deals with the the following:

- + Respiratory treatments
- + Neurological treatments
- + Lymphatic treatments
- + Orthopaedic treatments
- + Musculo-skeletal treatments
- + Pain management
- + Health and safety promotion advice
- + Exercise programmes

**Contact Number Cork - 021-4922400**

**Contact Number Tralee - 066/7184280**

### C. Occupational Therapy

The occupational therapist assesses activities that patients need to do in daily life and can help optimise the patient's quality of life. Oncology patients are referred to occupational therapists to assess the patient's functional ability. If a patient is

