

HYDROTHERAPY – PATIENT INFORMATION SHEET



Welcome to the Hydrotherapy Department, QA Hospital, Portsmouth

To help us run the hydrotherapy pool efficiently and allow your treatment to progress smoothly please observe the following pages of advice.

If you have concerns or questions please do not hesitate to speak to a member of staff or contact us directly on the following number:

Hydrotherapy Department telephone number: 023 9228 6583

DEPARTMENT OPENING TIMES

8.30 – 12.30 am

1.30 – 4.30 pm

POOL APPOINTMENTS

9.00 – 11.30 am

1.30 – 3.30 pm

Please inform us if you are unable to attend for treatment. If you fail to attend without notifying us you will be discharged and your space will be allocated to another patient.

Before you arrive please be aware:

- All visitors are requested to remain seated in the waiting area for the duration of your treatment. This helps us to ensure the privacy of all patients.
- Children under the age of 12 who are visiting the department must be accompanied by somebody other than the person receiving treatment.
- It is not advisable to attend treatment if you have been unwell within the 24 hours prior to your treatment eg: diarrhoea, vomiting, increased temperature etc. If you are unsure whether you should attend for treatment please call the hydrotherapy department to discuss your situation.
- If appropriate, you will receive 6-8 sessions of hydrotherapy, with each session being approximately 30 minutes in duration. If indicated your physiotherapist may alter this number of sessions in discussion with you as appropriate.
- No patients are able to attend ongoing hydrotherapy sessions. If long term water exercise is appropriate your physiotherapist will work with you to develop a self treatment plan that enables you to continue your exercises in your local community pool.
- As part of your treatment we are aware that you may require assistance with dressing before and after your hydrotherapy session. It may also be the case that your therapist needs to adopt certain positions or hands on treatment with you in the pool which you may find uncomfortable or embarrassing. If you are uncomfortable with this then it is your right to decline your consent, or to ask for a chaperone on the poolside whilst you are in our care. If you do request a chaperone during your care with us we will endeavour to provide this at the time of asking if we are able to. If our staffing levels / mix will not allow us to provide a chaperone we will work with you to reschedule your appointment so your request can be met.

Patients and visitors should note that the Hydrotherapy Department is kept at a constant temperature of 26 - 28°C. This allows for a more comfortable heat when patients are in their swimwear



What should I bring?

- Please bring a swimming costume and towel to every treatment and, if you wish, a swimming cap may be worn in the pool. Please note we are unable to provide any swimwear for patients.
- Body soap is provided to use before and after your treatment, but please feel free to bring any of your own specific soaps to use if you prefer.

On arrival:

- Please arrive 10 MINUTES before your appointment time. If you are late for your appointment, please inform a member of staff on your arrival. It is at the discretion of the Physiotherapist whether treatment will be carried out if you are late. All efforts will be made to accommodate patients.
- Please inform us if you require help with changing. Physiotherapy staff are available to assist with clothing or toileting as required. You may bring someone with you to help if you prefer.
- Lockers are available for your valuables to be stored during treatment. Keys for these lockers have wrist straps for you to wear or if you prefer you may leave your key on the poolside where it will be in your view at all times. **We cannot be responsible for any losses.**
- Before entering the pool, you will be asked to place all of your non-valuable belongings (ie: your clothes) in a plastic box provided. This may be transferred to a holding area, within your view, to enable us to use the changing cubicle for other patients whilst you are receiving treatment.
- Patients are encouraged to use toilet facilities prior to entry into the pool.
- Once you are in your swimwear we request that all patients shower, using soap (which can be provided), before using the pool. You will not be required to get your hair wet during this shower.
- For your own safety please take care when walking anywhere in the hydrotherapy department as floor areas may have some water on them. Physiotherapy staff are available to assist with walking as required
- Please be advised that walking sticks or crutches are not permitted on the wet poolside area. Staff will be able to assist you with your walking and/or an alternative walking aid will be issued to you as required.

During treatment:

- It is essential that you inform a member of the physiotherapy staff of any change to your physical health during the course of treatment. This may be prior to your entering the pool or if you feel unwell during your treatment session.
- It is normal practice to have one lead physiotherapist for the duration of your treatment. This will ensure consistency of treatment. You may also be treated by one of our physiotherapy assistants once your exercise programme is established, but your allocated physiotherapist remains responsible for your overall care.
- As part of your treatment, you will be taught an exercise programme specific to your needs and you will be provided with an exercise sheet.
- As appropriate your physiotherapist may have multiple patients in the pool at one time (depending on your level of independence and individual treatment requirements). Your physiotherapist will still guide and alter your programme as required during your treatment session.
- A member of the Physiotherapy Team will be in the pool at all times during your treatment, should you require assistance.
- Toilets by the pool are available should you require to use them during your treatment.
- If you wear glasses we would encourage you to still wear them in the pool to aid your balance and also to enable you to read your exercise sheet.
- The use of cameras is not permitted in the hydrotherapy department.

Following treatment:

- Whilst remaining in your swimwear we encourage all patients to rinse under the shower following treatment to remove residual chlorine from their skin. Body soap will be provided and can be used if you wish. Please feel free to bring any of your own specific soaps to use if you prefer.
- Unfortunately the use of hairdryers is not permitted in the department.
- Please **DO NOT USE TALCUM POWDER** before, or following treatment. This can make the floor dangerous to walk on as it becomes slippery.
- All patients are asked to rest for 10 – 15 minutes after treatment. Please have a drink to re-hydrate yourself during this time. Hot and cold drinks are available or you may bring your own beverages. Physiotherapy staff are available to assist you with drinks as required.
- It is normal practice for your first hydrotherapy session to be 10-15 minutes in length only. This allows staff to assess your response to treatment.

