



Outpatient Services at St Andrew's Hospice

Strength
Wellbeing
ReikiCare
Massage Physio
Outpatient
Relaxation Mindfulness
Advice
Support
Balance

Information for Healthcare Professionals

St Andrew's Hospice Inpatient Unit is currently decanted to Wester Moffat while we undergo refurbishment.

However, our Outpatient Services remain at Henderson Street, within our Education Suite.

Monday & Tuesday	Wednesday
<p data-bbox="163 153 493 185">Wellbeing @St Andrew's</p> <p data-bbox="107 233 538 491">Wellbeing@StAndrew's aims to provide physical, emotional, spiritual and social support through a comprehensive day therapy programme for those with a life limiting illness in order that they might live well.</p> <p data-bbox="107 539 445 608">The 12 week programme includes the following:</p> <ul data-bbox="107 655 508 1110" style="list-style-type: none"> • Breathlessness Management • Anxiety Management • Eating Well • Mindfulness • Fatigue Management • Falls Prevention • Oral Health Care • Sleeping Well • Benefits and Financial Advice • Pastoral, Social & Spiritual Needs • Advanced Care Planning <p data-bbox="107 1158 535 1190">Group runs from 10:30am - 3pm.</p>	<p data-bbox="624 153 955 185">Physio Outpatients (AM)</p> <p data-bbox="568 233 1011 759">Our Physiotherapists can enable patients to maintain their independence, improve symptom control and therefore maximise their function. Physiotherapy can offer advice/instruction on exercise & mobility; supply & instruction on walking aids; lymphoedema management; wheelchair assessment & referral; breathlessness management as well as pain management through use of Acupuncture and TENS machines.</p> <p data-bbox="589 807 992 839">Complementary Therapy (PM)</p> <p data-bbox="568 887 994 1031">There are ranges of therapies that can work alongside the care provided by other healthcare professionals.</p> <p data-bbox="568 1078 949 1110">Treatments available include:</p> <ul data-bbox="568 1118 888 1342" style="list-style-type: none"> • Aromatherapy • Massage • Reflexology • Reiki • Relaxation techniques • Meditation techniques

Medical Outpatient appointments with a Consultant in Palliative Care Medicine are available at a variety of locations. Please contact 01236 771060 for further info.

Thursday	Friday
<p data-bbox="194 151 461 183" style="text-align: center;">Drop In Group (AM)</p> <p data-bbox="105 229 533 416">Our Drop In Group runs the first & third Thursday of every month and is accessible to anyone who has a life limiting illness. This group is a patient-led group.</p> <p data-bbox="250 461 405 493" style="text-align: center;">SAMS (AM)</p> <p data-bbox="105 539 521 686">The St Andrew's Multiple Sclerosis Group meets on the fourth Thursday of every month and is a patient-led group.</p> <p data-bbox="125 730 530 762" style="text-align: center;">Strength & Balance Class (PM)</p> <p data-bbox="105 809 544 1378">Our physiotherapy-led class is ideal if your patient wants to begin to exercise, increase their activity levels or improve their fitness at a gentle pace. The class involves seated and standing work to strengthen their muscles, work their heart and lungs and improve their balance. People with conditions including cancer, MND and COPD can attend, sometimes patients receiving active treatments such as chemotherapy may also benefit from the class. For all age groups.</p>	<p data-bbox="636 151 945 221" style="text-align: center;">OT Outpatients/Energy Conservation Group</p> <p data-bbox="568 268 945 414">Our Occupational Therapist focuses on enabling patients with their everyday activities including:</p> <ul data-bbox="571 422 999 686" style="list-style-type: none"> • Anxiety management • Breathlessness management • Fatigue management • Lifestyle management • Advice on home environment • Advice on aids and adaptations • Goal setting <p data-bbox="568 730 994 1034">In addition, there is an educational one-off session ran by our Occupational Team which gives an overview of energy conservation and its benefits for people living with a long-term condition, cancer diagnosis or undergoing treatment.</p> <p data-bbox="568 1078 972 1110" style="text-align: center;">Complementary Therapy (PM)</p> <p data-bbox="568 1157 949 1189">Treatments available include:</p> <ul data-bbox="571 1197 889 1417" style="list-style-type: none"> • Aromatherapy • Massage • Reflexology • Reiki • Relaxation techniques • Meditation techniques

Referring to St Andrews Hospice Outpatient Services

Who should be referred?

Referrals are for patients with a diagnosis of an advanced, progressive life-limiting illness who have associated complex specialist palliative care needs. Patients will be encouraged to attend Outpatient Services using their own or public transport as hospice transport is limited and will be allocated on the basis of need. At St Andrew's Hospice, we also have facilities to provide 'Basic Life Support', including a defibrillator, should an incident occur which may require cardiopulmonary resuscitation (CPR). However, St Andrew's Hospice does not have the facilities to provide 'Advanced Life Support'.

How to refer

Our Outpatient Services Referral form is available at www.st-andrews-hospice.com and should be submitted via our dedicated email address. (standrewshospicereferral@nhs.net) Referrals are welcomed from GP, DN, community Macmillan nurses, specialist nurses, AHPs and hospital doctors. Referrals may also be initiated by the patient, but this will be in consultation with their GP. An Outpatient Services referral form should be fully completed by the referring health care professional. For referrals from health care professionals other than the medical lead (GP/hospital consultant) they must confirm that the medical lead has been informed of the referral.

The Chief Executive at the Hospice would welcome any comments, suggestions or complaints you may have about the service. If you have a complaint that is not answered to your satisfaction, you can pass this on to the regulator of the Hospice; *Healthcare Improvement Scotland* at the following address:



Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB
T: 0131 623 4342 E: hcis.clinicregulation@nhs.net