

PRINCESS MARGARET Occupational and Physiotherapy Service Guidelines – Function and Mobility

Oncology patients may experience a loss of independence with respect to mobility and activities of daily living. This may be multi-factorial and due to fatigue, neurological deficits, loss of strength, pain, cognitive impairments and sequelae of the cancer or side effects of treatment. At Princess Margaret, physiotherapists and occupational therapists work to address physical and functional changes, psychosocial status, improve overall quality of life and facilitate discharge from hospital. Referrals to physiotherapy and occupational therapy can occur at any time during an inpatient stay. Any member of the care team can identify a need for physiotherapy or occupational therapy intervention and both professions can self-refer via medical directive.

Where appropriate in inpatient settings, physiotherapy (PT) service includes:

- mobility assessment/intervention
- gait aid prescription
- exercise prescription
- discharge planning
- chest physiotherapy
- education

Where appropriate in inpatient, settings occupational therapy (OT) service includes:

- activities of daily living (ADL) assessment/intervention
- assistive devices assessment/recommendations
- cognitive assessment/intervention
- relaxation therapy
- discharge planning
- seating and pressure management
- fatigue management
- education