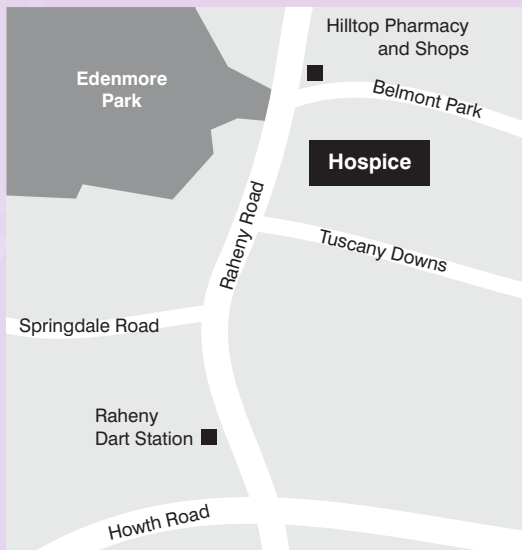
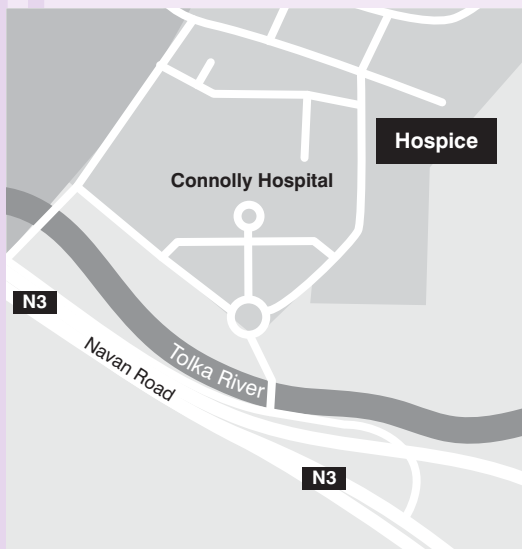


How to Find Us

Raheny



Blanchardstown



St. Francis Hospice Dublin

Under the care of the Daughters of Charity

Dignity | Respect | Compassion

St. Francis Hospice,
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Blanchardstown,
Dublin 15.
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St. Francis Hospice Dublin

Outpatient Department

Patient and Carer
Information



Raheny



Blanchardstown

The staff of St Francis Hospice Dublin Outpatient Department are committed to providing high quality care in a comfortable and relaxing setting.

The services provided are:

- *Complementary Therapy*
- *Lymphoedema Therapy*
- *Occupational Therapy*
- *Physiotherapy*
- *Medical and Nursing Review*

Complementary Therapy

Complementary therapies are therapies used alongside conventional health care. They work on a holistic level, addressing the person's mind, body and spirit. They include aromatherapy, massage and reflexology.

Some benefits of Complementary Therapy

- *Promotes relaxation*
- *Eases anxiety*
- *Reduces stress and tension*
- *Reduces pain and discomfort*
- *Reduces nausea*
- *Eases symptoms, e.g., breathlessness, constipation, fatigue*
- *Improves sleep pattern*

Lymphoedema Therapy

Lymphoedema is a swelling that can occur anywhere in the body, most commonly in the arms and legs. It is caused by disruption of the lymphatic system.

Lymphoedema is not curable but is manageable with specialised massage called Manual Lymph Drainage and the use of compression bandages and/or garments.

Occupational Therapy

Occupational Therapists work with people to increase independence and enjoyment of self-care, work and leisure activities.

Symptom Management

Fatigue, stress and breathlessness can affect your ability to do things that are important to you. Your Occupational Therapist will help you set goals and adapt your lifestyle.

Equipment Clinic

Your Occupational Therapist may give you equipment to help manage everyday activities.

Leisure and Therapeutic Activities

Your Occupational Therapist can work with you and give you advice regarding leisure, social and relaxation activities that may be helpful to you.

Physiotherapy

The Physiotherapy team is committed to improving quality of life by helping individuals to maintain their independence and gain relief from distressing symptoms.

Treatments include:

- *Breathlessness management*
- *Exercise group for various levels of ability*
- *Advice to carers on transfer and handling techniques*
- *Help with pain relief*
- *Prevention of falls by addressing problems with balance and coordination and the provision of mobility aids*

Your Physiotherapist will do a full assessment and discuss treatment aims and frequency with you.

Medical and Nursing Review

An appointment can be made to see a member of the Community Palliative Care Team to address specific Palliative Care issues or problems.