

POLAR - Prosthetic, Orthotic & Limb Absence Rehabilitation Programme

What is POLAR?

POLAR stands for Prosthetic, Orthotic & Limb Absence Rehabilitation Programme. POLAR, in partnership with Ability Matters, provides rehab to adults and children with amputations or congenital limb absence. This rehab is led by our Consultant. Our interdisciplinary team will work with you to provide rehab specific to your needs.

Who are Opcare Ireland?

Opcare provides your prosthetic care. The NRH works in a partnership with Opcare.



The Interdisciplinary Team includes:

- Doctor
- Nurse
- Prosthetist
- Physiotherapist
- Occupational therapist
- Medical Social Worker
- Psychologist

You may also have access to:

- Driving Assessment and Training
- Vocational Assessment
- Aquatic Therapy
- Sports and Exercise Physiotherapy
- Art and Music Therapy
- Horticultural Therapy
- Recreational Therapy

What are the causes of limb loss?

Most amputations are caused by:

- vascular disease
- diabetes
- trauma
- infection
- tumours

Congenital limb absence occurs when a baby's arm or legs fails to form normally in the uterus.

The cause is usually unknown in these cases.



What to Expect?

1. Referral: You need a referral from your GP or Consultant. Once you are referred, our rehab coordinator will contact you. They will remain your point of contact during your journey.

2. Assessment Clinic: You come to the NRH to meet the inter-disciplinary team. They will get to know you and find out what your needs and goals are.

If you are suitable for rehab, you will be put on the waitlist for rehab.

3. Inpatient, Day Patient or Outpatient Services: Depending on your needs and goals, you will have rehab in our inpatient, day patient or outpatient services. You can move between the services based on your needs.

Mostly, the inpatient and day programmes are for your rehab needs directly after your limb loss.

The inpatient programme takes place in the NRH from Mondays to Saturdays. You stay overnight in the NRH.

The Day Patient Programme takes place in the NRH. It takes place from Mondays – Thursday. In this programme, you will come in and out to the NRH everyday. You do not stay over in the NRH.

The outpatient programme focusses more on continuing your rehab in the long term.

4. Follow Up appointments: We offer you necessary, follow up appointments depending on your need. You will be offered an outpatient appointment six weeks after you finish the Inpatient or Day patient programme.

Ongoing appointments will be offered 3 months after that appointment, then 6 months later and 1 year later.

We encourage you to take ownership of your journey and contact us if any issues arise.

The effects of amputation are long lasting. You and your support network will need continued care and support, often for the rest of your life. Rehab is a continuous and often lifelong process.

5. Satellite Clinics: If you and your team feel it is appropriate, you may attend prosthetic-led clinics in North Dublin, Cork, Donegal, Galway, Leitrim, Mayo and Tipperary.

Useful Contacts

NRH:

Prosthetic Department
National Rehabilitation Hospital
Rochestown Avenue
Dun Laoghaire - A96 E2H2
Tel: 01 235 5438
E-mail: enquires@nrh.ie
Website: www.nrh.ie

Ability Matters:

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