

The National Rehabilitation Hospital

is a public service funded by the HSE. It is continually developing services in response to changing needs.

The NRH works with Opcare, in a strategic partnership, in delivering prosthetic and orthotic services.



Contact us:

Prosthetic Department:

Telephone: 01 235 5262

01 235 5263

01 235 5438



The National Rehabilitation Hospital

Rochestown Avenue,

Dún Laoghaire,

Co. Dublin

Telephone: (01 235 5000)

www.nrh.ie

www.nrh.ie | www.opcare.ie



The National Rehabilitation Hospital is accredited by **CARF** (Commission for Accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognised international standards.



**National Rehabilitation
University Hospital**

An tOspidéal Náisiúnta Athshlánúcháin

Prosthetic Rehabilitation



National Rehabilitation Hospital

with



The Prosthetic Orthotic and Limb Absence Rehabilitation (POLAR) Service

based in the National Rehabilitation Hospital has developed a specialised limb absence rehabilitation service for patients who have undergone amputation or have congenital (present at birth) limb absence. This is a comprehensive interdisciplinary service for patients whether or not prosthesis is appropriate.

What are Prosthetics and Orthotics?

Prosthetics is the manufacture and fitting of artificial limbs (prostheses). Prostheses are fitted by prosthetists who are also important members of the clinical team.

Orthotics is the manufacture and fitting of orthoses which are devices to correct a patient's physical posture and function, for example, specialised footwear, ankle and knee supports.

While there are many prosthetic providers, the NRH - Opcare service is:

- **the only Consultant led service in the Republic of Ireland**
- **the only service supported by full interdisciplinary teams**

What patients say about the service:

"The encouragement and care of everyone I met was tremendous."

How am I referred?

Referral to the service at the National Rehabilitation Hospital must be from a medical practitioner; either consultant or family doctor (GP). The service is available to both adults and children.

Pre-admission assessment considers medical and rehabilitation needs including: medical, physical, cognitive, psychological, social, behavioural, vocational, educational, cultural, family, spiritual, recreational and leisure needs.

Every patient is encouraged to become an active participant in shaping their rehabilitation programme. Patients and their families are offered information and opportunities to give feedback at every stage of the process.

If admitted to the Inpatient Programme, patients are assessed and treated by the rehabilitation team which consists of as many specialists involved as appropriate, based on clinical need.

The interdisciplinary team, in collaboration with the patient and their family, develop an individualised holistic treatment plan to address the identified needs of the patient, their family, and support network.

Your Interdisciplinary Team includes your Doctor, Nurse, Prosthetist, Physiotherapist, Occupational Therapist, Medical Social Worker and Psychologist.

Based on clinical need, you may also have access to; Driving Assessment and Training, Vocational Assessment, Aquatic Therapy, Sports and Exercise Physiotherapy, Art and Music Therapy, Horticultural Therapy and Recreational Therapy.

The POLAR service at the National Rehabilitation Hospital includes:

- 12 Inpatient beds at the NRH
- 7 Day Patient beds
- Dedicated weekly Consultant Outpatient Clinic
- Daily Prosthetic appointments with access to clinical review.
- Satellite clinics held in:
 - Cork
 - Donegal
 - Galway
 - Leitrim
 - Mayo
 - Tipperary

Limbs are manufactured by Opcare Ireland, who are a specialist manufacturer and supplier of prosthesis and orthoses. The NRH is in a strategic partnership with Opcare Ireland.

Limb loss involves life-long adjustment and the POLAR programme is available on an ongoing basis, according to clinical need.