

# Physiotherapy – Role in Inpatient Mental Health at SPH

SPH Physiotherapy Department provides consult service only for Inpatient Mental Health referrals. There is no staff specifically allocated to this area.

## Appropriate Reasons for Referring Patients:

- Falls risk – to review and recommend interventions to aid in the prevention of further falls or to reduce injury.
- Safe Transfers and Ambulation – to assess the transfer/ambulatory status of the patient and recommend/allocate appropriate gait aids.
- Discharge Planning – to liaise with the Occupational Therapist to ensure appropriate mobility and home safety equipment is in place for safe discharge and to assess the patient's ability to climb stairs, if appropriate.
- Acute Orthopedic Conditions – If assessment is required for a patient with an acute orthopedic condition (e.g. recent fracture, recent joint replacement) orders from a physician are required (e.g. weight bearing status, ROM).

## Reasons referrals may not be appropriate:

- Chronic musculoskeletal conditions (e.g. sore back). Please refer to private physiotherapy (<http://bcphysio.org/find-a-physio>) or Community Mental Health Team on discharge, as appropriate.
- Unstable mental health status, which prevents physical assessment.

Please contact our Physiotherapist if you would like to screen a potential referral for appropriateness.

- Pager: 34669
- Main Physiotherapy Department: 68115

Please refer to PHC [Physiotherapy Priority Intervention Criteria](#) for further details

Ensure that walkers, wheelchairs and other mobility equipment that belong to Providence Health Care **ARE NOT SENT HOME** with patient on discharge!

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<b>Approved By:</b>	Professional Practice Leader Physiotherapy
	PHC
<b>Owners:</b>	Physiotherapy
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