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## **RUH therapists write new national patient information leaflet for Thrombosis UK**

Two specialist medical therapists from the Royal United Hospitals Bath NHS Foundation Trust have been chosen to write an information leaflet for people recovering from a blood clot which is being distributed to patients across the country.

Regitse Lewis and Chrissie Entwistle were approached by national charity Thrombosis UK to author the leaflet, after the charity heard about the work they were doing at the RUH to encourage patients who had experienced a blood clot to exercise.

The leaflet, titled Getting Active After a Blood Clot, explains why exercise is so important to help recovery and includes examples of ways to keep fit, such as setting up a walking programme and resistance training.

The leaflets are already available in departments throughout the RUH and can be supplied to hospitals across the UK on request.

Regitse said: "We delivered a presentation at a Thrombosis UK masterclass and spoke at Thrombosis Ireland's patient conference about the work we'd been doing at the RUH to get patients exercising after a blood clot.

"Thrombosis UK got in touch and asked us whether we would provide the content for the leaflet. It's a real honour to have written such an important patient information leaflet, especially as it is available nationally. It reflects very well on the RUH and the work we've been doing here."

The pair were instrumental in setting up a new exercise programme called Progress, aimed specifically at patients recovering from a blood clot in the lungs or the limbs. The 10-week programme combines cardiovascular exercises with resistance training in hour-long exercise sessions using the RNHRD and Brownsword Therapies Centre gym.

Chrissie said: “The programme has been so well received, by both patients and staff. It’s all about supporting people back to health and it’s had a very positive effect - encouraging patients to exercise more as well as reducing their anxiety about exercising.

“It has had a really positive impact on patients’ physical health and quality of life too, helping them to return to work more quickly.”

For more information, or to request copies of the leaflet, contact Thrombosis UK – [www.thrombosisuk.org](http://www.thrombosisuk.org) or 0300 772 9603.

## Ends

### Notes to Editor:

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: [www.ruh.nhs.uk/about/fit\\_for\\_the\\_future](http://www.ruh.nhs.uk/about/fit_for_the_future)

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: [www.ruh.nhs.uk](http://www.ruh.nhs.uk)