



CAIRNS OCCUPATIONAL THERAPY

Email referrals to referrals@cairnsot.com

Cairns OT - Tip Sheet for referring clients with swelling, wounds or lymphatic drainage issues

November 2025

We appreciate your referrals.

Many of you send excellent referrals with all the details we need.

Having up-to-date information about the reason for referral and relevant information assists us to book appointments in a timely manner.

Referrals

Please send all referrals to referrals@cairnsot.com as this helps us to triage the referrals and ensure the most appropriate OT sees the client as soon as possible. We have provided our referral form in case you wish to use this, however you can use your own forms providing you send all the details we need to action the referral.

Can you please advise

- how the service will be funded (or note client is self-funded) i.e. details of who / what organisation we need to address the invoice to and the relevant email address for the invoice
- The issues that the client has and areas that you feel need addressing
- Detail any timeframes that are important and clarify if the client is urgent and why
- Provide recent Doppler scan reports and ABPI if possible. If there is a concern regarding arterial blood flow having a CT angiogram or Doppler and ABPI can be essential to ensuring appropriate and safe compression prescription for lower limbs.
- It is important for us to have updated medical information for conditions that may impact on treatment (e.g. diabetes, congestive cardiac failure, peripheral neuropathy, kidney disease). Treatment may need to be modified depending on the severity of the condition.

Appointment setting

The assessment is usually performed in our rooms, as we need to protect ourselves and our clients using specific equipment (e.g. height adjustable plinth and have a variety of dressings and compression options available for use.)

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F: 07 4042 6390

referrals@cairnsot.com

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www.cairnsot.com



Our process

As Occupational Therapists, we assess the client's condition, the issues they have been having and THEN

- Prescribe the appropriate treatment/management plan
- Teach the appropriate self-management techniques
- Facilitate supply and implementation of compression bandages / wound care products / garments / wraps
- Ensure the client understands how to manage their condition e.g. how to don and doff compression bandages/wraps/garments/dressings
- Document the recommendations

Fees

An hour is usually required for the initial assessment and often for subsequent sessions as well.

Our fees may vary slightly depending on the funding source

Our current hourly rate is based on various fee schedules.

Private client fees are currently \$227 per hour GST free.

There is a fee increase in line with market factors in July each year.

We have no funding other than the fees relating to the services provided.

All items needed during treatment will be invoiced in addition to the treatment hourly rate and would include dressings, bandages, compression garments, etc.

Our Team

Rebecca Morrison is our senior therapist in this area, supported by our Director Kerry Stingel. Both Rebecca and Kerry have post graduate training and decades of experience in this area of practice.

Our Admin team are Ruby and Lyn.

We value

- Being **Attentive**, dependable and committed to meeting client and referrer needs
- Providing **Valuable** services to individuals, referrers and community
- Offering Expertise, **Ingenuity** and Adaptability
- Being **Authentic**, honest and sincere in our interactions

Thank you for your ongoing support. We welcome your feedback to referrals@cairnsot.com

Cairns Occupational Therapy is your centre for
Hand, wrist and arm therapy, Splinting
Scar, swelling, wound and lymphoedema management
Pain management therapy, especially Neuropathic Pain
Neurological Rehab e.g. Stroke, progressive neurological conditions
Home modification and assistive technology prescription
Work rehabilitation services