

This leaflet has been produced to provide an understanding to patients and carers requiring treatment from the Trauma and Orthopaedic Service.

The Trauma and Orthopaedic Service has a number of specialist surgeons who diagnose and treat a wide range of conditions. This includes bones, joints and their associated structures that enable movement, ligaments, tendons, muscles and nerves.

Useful information

If you have any concerns or questions you can contact a trauma coordinator on 0151 290 4067, please leave a message were voicemail is reached and a member of the team will contact you the same day.

We are available: Monday-Friday, 0700-1700.

Fracture clinic number and any questions regarding virtual fracture clinic, please contact 0151 430 1403.

Do not hesitate to ask a member of staff for help if you have any questions or worries about your surgery.

Whiston Hospital
Warrington Road
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Orthopaedic Trauma Leaflet

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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The day after your visit to Accident and Emergency Department or Walk-in/Urgent Treatment Centre a team of highly specialised consultants may discuss your case and make a plan as to whether you need an operation or not.

If you do need an operation a trauma coordinator will communicate with you in a timely manner and provide relevant and regular updates regarding your operation.

You may have been given an appropriate appointment to attend fracture clinic, either upper limb or lower limb or you will be informed that you will receive a phone call from our virtual fracture clinic.

You will be taken care of by a team of orthopaedic nurses who have specialised skills to care for you in the best way.

If you have gone home in a cast you must monitor a few things:

- Ensure the colour of the limb affected is normal to you and warm to touch.
- That you can move the limb.
- You have feeling in the limb when you touch it.
- High elevation for swollen ankles and hands.
- Ice therapy can be applied three times a day at 30 minute intervals (this can be a bag of frozen peas).



The following information is a general guide to the way the Orthopaedic Emergency Operating List is planned (Trauma List).

Trauma lists run every day of the week, usually starting at 9am and finishing at 5pm. However, occasionally they finish at 8pm.

At 8:00am every morning, a multi consultant meeting is held, to discuss all new admissions and all patients who are waiting for surgery, both inpatients and those at home. The theatre lists are then decided.

Trauma is unpredictable, so on some days we have more patients to operate on than theatre space available. In this incidence, patients are prioritised using the following criteria:

- Life threatening injuries.
- Open injuries, i.e., when bone is exposed,
- Limb threatening injuries, e.g., if the blood supply or nerves have been damaged.
- Older patients requiring major surgery.
- All other delays, in order of injury date.

Once the operating list has been decided, the trauma consultant will see all the patients who are on the theatre list.

If we have more patients than theatre space, a provisional plan will be made for those patients who have not made it onto that day's list. Inpatients will be informed by the Consultant, and any patients waiting at home will be contacted by one of the trauma co-ordinators as soon after the trauma meeting as possible.

Your operation may be delayed or cancelled for a number of reasons, these may include:

- You have a pre-existing medical condition that needs to be treated first or may require further tests before an anaesthetic may be given.
- You may require further investigations before surgery e.g. a specialist scan such as an MRI, CT or bone scan.
- Other patients are admitted who need to be prioritised before you.
- The number of patients requiring surgery exceeds the amount of operating time available. This may cause delays for some less urgent cases.
- Operational difficulties in the operating theatre, e.g., no anaesthetic cover after 5pm, availability of specialist equipment, staff sickness.
- Too much swelling around the injury which may make the surgery unsafe, due to the increased risk of infection.
- You made need to be referred to a specific specialist for an opinion or for your surgery.

Wherever possible, we try to avoid cancelling surgery as this can be very distressing to you. We regularly monitor the progress of the theatre list and liaise with other departments to ensure necessary tests are done in a timely fashion.