

Orthopaedics – Total Knee Replacement

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

Guidance for Patients

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should get this reviewed at your Doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or Doctor's surgery. Please see our general health advice on the My Planned Care website.

There are some very useful websites that can help you to manage some of the symptoms you are experiencing and guidance regarding help and support that you may be able to access.

Age UK - <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/arthritis/>

Age UK provides information on activities and exercise class held by local Age UK representatives. They also signpost to advice on healthy eating options and maintaining a healthy weight especially important if you are being considered for surgery, and some of the options available to get help in the home (<https://www.ageuk.org.uk/information-advice/care/arranging-care/homecare/>)

Versus Arthritis - <https://www.versusarthritis.org/>

Versus Arthritis is an arthritis charity, especially geared towards helping individuals manage differing forms of arthritis. They have useful online exercise programmes especially designed for those with painful arthritic conditions that will help maintain flexibility. They also offer self-help tips for managing arthritic pain.

NHS Website living with arthritis - <https://www.nhs.uk/conditions/arthritis/living-with/>

My Planned Care Patient Information Platform

This website carries useful information for those still at work and dealing with the impact of arthritis and useful links to financial and local government websites that may be able to offer you further support in your home.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

Contact Us

A dedicated e-mail address for My Planned Care enquiries: soh-tr.so-mpcqueries@nhs.net