

Vascular - First Outpatient Appointment

Introduction

The COVID-19 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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

When you are waiting for further treatment it can sometimes feel like a long wait. The information and advice here is aimed at helping you manage that wait so you arrive for your appointment in the best possible physical and mental health.

The NHS has limited resources which means that we are unable to treat you as quickly as we would like. Each healthcare provider has to consider the type of help you need, how quickly you need treatment, the best course of action to help you and when and where you can be seen.

The process of sorting patients based on their individual needs is called prioritisation. The system of prioritisation is applied consistently across the NHS to help us to decide the order in which patients receive their treatment. This is essential to ensure that we provide care based on need. The system means that care is delivered in the fairest way possible.

Once a referral has been made from primary care to secondary care, the specialist team conduct assessments and then agree with you on the right course of action. At this stage, the urgency will be assessed. If you have a long-term health condition, for example, you may need treatment faster than someone without.

Guidance for Patients

There are several ways to improve your health while awaiting an appointment. These include

1. Stopping smoking
2. Increasing physical activity
3. Losing weight and eating a healthy diet
4. Maintaining good control over diabetes and high blood pressure

What should I do if my health is deteriorating?

The deterioration in your health can be due to multiple reasons. Most importantly, if you have worsening leg pain it could be due to a deterioration in the blood supply.

My Planned Care Patient Information Platform

If you begin to develop leg pain whilst at rest or every night, or if you develop areas of gangrene (blackness) you will need to be seen urgently and should contact your GP for an urgent review

Sudden loss of feeling or movement in the leg can indicate a sudden and limb threatening loss of the blood supply, especially if the leg/foot is cold and pale. You should seek urgent advice if this is the case. This is also the case if you have a known aneurysm and develop new and significant abdominal or back pain.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Contact Us

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