

Orthopaedics – First Outpatient appointment

Introduction

The Covid pandemic has significantly impacted on the NHS ability to deliver planned elective care to patients. 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.

Guidance for Patients

In North Cumbria we have run a Musculoskeletal Service for a number of years. You may have already been seen by a Musculoskeletal practitioner who after evaluation has recommended onward referral for advice and opinion from an Orthopaedic Surgeon.

If you have been provided with some advice already please continue to follow this.

If you already have a diagnosis as to what your condition is you might find some further advice on:

Versus arthritis website: <https://www.versusarthritis.org/>

British Orthopaedic Association website: <https://www.boa.ac.uk/patients.html>

Joint school app; <https://www.jointschool.app/>

What should I do if my health is deteriorating?

If you believe that your condition is deteriorating whilst you await your appointment with an Orthopaedic Surgeon we would recommend accessing the advice available as highlighted above.

If your mental health is affected and you are feeling low or anxious it is important to seek help and support from your GP, family and/or friends. There are also helplines and websites which can offer support if you don't feel able to talk to someone.

Contact Us

Please contact us via your named consultant's secretary. Details of this should be accessible on correspondence you have received or contact switch board on 01228 523444