

Barlborough NHS Treatment Centre

Patient information guide

This information booklet is a guide as to what to expect on your visit to Barlborough NHS Treatment Centre



Your Pre-assessment visit

You will see several members of our team at your pre-assessment appointment and may be asked a lot of similar questions: this is because we need to be absolutely sure we have the right information. To speed this up, please start thinking now about your medical history, including any previous operations you've had so we can record this accurately.

It is possible that you will be here for up to four hours. This is because we work hard to get everything done in one visit so you don't have to come back before your surgery.

Please note there is ample free parking at Barlborough NHS Treatment Centre. However, if you are attending one of our other clinics at an NHS hospital site – car parking charges do apply.

About Day Case surgery

At Barlborough we undertake day case joint procedures for Hip, Knee and Shoulder, for those patients that are suitable. Please speak to a member of the assessment team for more information.

Who will I see?

1. X-ray

If you haven't had an X-ray recently it is possible you may need one today, ahead of your appointment with the consultant. If you have had x-rays recently, your consultant may require a different view to the x-rays you have already had.

2. Consultant surgeon assessment

Your consultant will examine you and discuss the results of any x-rays or other tests you may have recently had, sometimes you may require further imaging such as MRI, Ultrasound, CT or bone scans.

If you require surgery they will explain the benefits and any possible risks to you. If you are happy to go ahead with surgery you'll be asked to sign a consent form.

3. Pre-operative assessment

If you have been consented for surgery you will then need to complete the rest of your pre-operative assessment. This means you will see a nurse and healthcare assistant to make sure you are fit enough for surgery. They'll take some important health information, height, weight, blood pressure, blood tests and MRSA swabs. They will also ask you questions about your general health and medical history, any previous operations and any medication you are currently taking. You'll need to tell them about any upcoming holidays so we can make sure your tests will still be valid at the time of your surgery.

4. Anaesthetic assessment

You will need to see an anaesthetic nurse if your surgery requires anaesthetic. They will go through your test results and do some more health checks. At this point you will be asked more detailed questions about your medical and surgical history. This is to make absolutely sure that you are fit enough for surgery with anaesthetic. The nurse will explain your medical routine as well as eating and drinking instructions prior to surgery. Some patients with more complex needs will be seen by the anaesthetist as well.

5. Rehabilitation team assessment

The rehabilitation team will ensure you'll be safe and supported in your home environment after surgery. This may involve taking some equipment home today that you will need after your surgery.

6. Reception

Once you have seen everyone, our reception team will confirm that you have completed your pre-assessment and have seen everyone you need to see. They will also confirm any holidays that you may have planned and explain to you about funding from your local Clinical Commissioning group (CCG). Please be aware that we may have to request funding from your CCG to carry out your surgery, this is normal and happens at all hospitals.

Please note, it is essential that you tell us as soon as possible if you need to cancel for any reason.

In line with NHS guidelines, we have 18 weeks from referral to treatment to treat you, so please when you arrive at your pre-assessment appointment let a member of our team know at the earliest convenience if you have any holidays you cannot cancel as this may affect your pre-assessment and then your surgery date.
Thank you

Questions?

We understand there can be a lot to take in at our appointment. Make a note of any questions below and ask us on the day.

A guide to X-Rays

What is an X-ray?

X-rays are a type of invisible electromagnetic radiation – you don't feel them pass through your body.

Your x-ray will be undertaken by a Diagnostics Radiographer who is a registered clinician with the Health Care Professionals Council (HCPC).

What are the risks?

We are exposed to radiation in the environment every day. Radiation is involved during an x-ray but the dose you receive is very small. You will be exposed to around a fifth of the radiation you would receive from the environment over a year.

Radiographers ensure that the radiation dose is always kept to a minimum. Please inform our radiographer if you have had an x-ray within the last 6 months. You should always tell your radiographer if there is any possibility you are pregnant – x-rays are a greater risk to unborn children because the foetus is still developing.

What happens during an X-ray?

You may be asked to change or remove clothing and jewellery in the x-ray room; a chaperone can be requested.

Once verbal consent is given the radiographer will ask you to sit, stand or lie depending on which body part is being examined.

The radiographer will need to take two or more x-rays of the same area but from different angles to ensure maximum information is obtained for the consultant.

The results will be discussed with the consultant as the radiographer cannot discuss them with you.

Please make sure you are satisfied that you have received enough information about your examination. Please ask a member of the team should you require more help.

After your pre-assessment visit

Once you have left your pre-assessment you will be placed on the list for surgery. For certain procedures you must have your surgery with the consultant you have seen at pre-assessment. For other procedures you can choose to be placed with a different consultant or stay with the one you saw at your pre-assessment. Whilst we strive for continuity of care some patients wish to have the quickest appointment so this may mean a change of consultant for this to happen. It is your choice as a patient, please let our reception team know your preference

before you leave clinic. Please do also let us know if you are willing to accept a cancellation date for surgery.

You will receive a letter or telephone call confirming your surgery date.

Then around 48 hours prior to your admission in to Barlborough for your surgery you will receive our pre-operative telephone call. One of our trained colleagues will run through a series of questions making sure you are still fit and eligible for your up-coming surgery.

Please let us know if you have been unwell, have recently been in hospital or have started any new medication. Your GP will not inform us of any changes and cannot advise you whether your surgery will go ahead. Tell us as soon as possible if you have any cuts, scratches, bites, fungal nail infections or if you have been experiencing any diarrhoea or vomiting.

If you need to cancel or reschedule your surgery, please tell us as soon as possible so we have time to find another patient to fill your surgery appointment. Did you know it takes a whole team to run an operating theatre? Don't waste valuable healthcare resources by leaving it empty.

Most importantly follow the instructions on eating and drinking on the day of your surgery. You wouldn't be happy with yourself if you came for surgery to find it cancelled due to you eating or drinking something you shouldn't have.

We recommend that to aid and improve your recovery you consider giving up smoking.

Giving up smoking just 2 days prior to surgery can make a huge difference to your recovery. It helps;

- Reduce heart, lung and wound related complications
- Reduce wound healing time
- Reduce the time it takes for bones to heal after a fracture

Please note it is advised that you shouldn't smoke on the day of your operation.

There is plenty of free support available:

- GP Practice
- Healthy Lifestyle Service
- Local Pharmacist

The NHS Smoking Helpline is always available for free advice, help and support. Call **0300 123 1044** or visit www.smokefree.nhs.uk

Where are we?



Barlborough NHS Treatment Centre is situated just off the M1 at Junction 30, close to Dobbies garden centre.

How to Contact us

For more information,

visit <http://www.barlboroughtreatmentcentre.nhs.uk/>

or call us on 0333 200 5276

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