

Notes to Your Joint Journey

Red arrows: Indicates that **NO surgery has been decided upon yet.**

- **1-3** GP provides information about your orthopaedic condition. Health issues such as diabetes or heart conditions and any constraints such as reduced mobility are identified and managed by GP team. May refer you to an Occupational Therapist or Physiotherapist. National Travel Assistance services contacted if needed.
- **4-5** Hospital processes which prioritise the urgency of your referral – the more detail the easier it is to prioritise. It may be 6 months until your appointment.

Orange Arrows: Indicates that **surgery is recommended but still needs planning**

- **6** FSA = First Specialist Appointment. Seen at an Orthopaedic Clinic and assessed against the National Joint Scoring Tool. This will give you Certainty (surgery within 6 months of a satisfactory health assessment), Active Review (reviewed by phone/letter every 6 months x3) or refer back to GP (Surgery is either not indicated and/or not wanted)
- **7** Book 1 contains information about your orthopaedic condition and the necessary planning for surgery, including your discharge plan. Bring this pack to every appointment relating to joint surgery and it will be added to as the journey progresses.
- **8** Health Assessment is done at Pre-assessment Clinic (PAC) – based at Surgical Admissions Unit) and may be done on the same day as your specialist appointment. Includes planning for discharge after surgery and identifying available support systems to be put into place. If not fit further health checks will be needed via PAC or GP (coordinated by PAC).

Green Arrows: Indicates that **surgery is ready to go ahead.**

- **9-12** We aim to give you 4-5 weeks notice of your operation date. Do your urine (MSU) test as soon as you have that date. You need to attend Joint Camp 1-2 weeks before your surgery. List from GP ensures correct charting of medications while in hospital.
- **13** Joint Camp will be presented by the Multidisciplinary Team (MDT) – Nurse, Physio, OT, Social Worker, NASC (if indicated), Pain Service, and District Nursing. Equipment will be given to take home. Final health check and blood test will be done. Book 2 given containing info about your time in hospital.
- **14-16** Admission on day of surgery through SAU. Book 3 contains info about recovery at home. Discharge usually 2-5 days after surgery when the MDT assesses you as ready. Surgeon follow-up sent by post, Physio follow-up arranged before discharge, DN (District Nurse) should contact 24-48 hours after discharge.

Comments on this process:

Name:

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