

My Planned Care Patient Information Platform

Orthopaedics – Carpal Tunnel Release

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. The guidance has been written by clinicians who are responsible for your care.

Additional patient information for local services can be found by following the links below:

- [MyHealth Devon – Carpal Tunnel Release Patient Leaflet](#)
- [MyHealth Devon – Carpal Tunnel Syndrome My Condition Page](#)

Guidance for Patients

For any adults waiting for their procedure, it is important to maintain a healthy lifestyle. Check out this short video to find out the benefits <https://myhealth-devon.nhs.uk/local-services/health-lifestyle-wellbeing>

To support local people to stop smoking or lose weight, there are a number of services that can help:

- For Plymouth residents - [OneYouPlymouth](#) - 01752 437 177
- For Torbay residents - [Torbay Healthy Lifestyles](#) - 0300 456 1006
- For residents in Devon County Council area - [OneSmallStep](#) - 0800 298 2654
- For residents in Cornwall - [Healthy Cornwall](#) – 01209 615600

All these services are able to offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

The services provide a range of options to help you quit smoking including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

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The services support adults aged 18 years or over who want to lose weight and have been identified as obese.

To find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) and your body mass index (BMI) is above average. Use this tool to [find out your BMI](#). If it's too high, sign up for a programme that will help you lose weight BMI of 30+

If your BMI is 30 or higher, you qualify for free support.

BMI of 28+

You can also get free support, if your BMI is 28 or over if at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome
- you have problems with your heart, circulation, hypertension or high blood pressure
- you have been diagnosed with anxiety/depression
- you need to lose weight before receiving another medical treatment or surgery
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- you're from a black or ethnic minority background.

BMI of 25+

If you have a Body Mass Index of 25 or higher Better Health Let's Do This – Lose Weight website provides online support to help you lose weight and includes access to the NHS 12-week weight loss plan.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

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Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- [One You Eat Better](#) (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- [Better Health - Get Active](#) (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.

What should I do if my health is deteriorating?

It is important to advise us if you have a chest infection or tonsillitis before your admission date because it may be better to postpone the operation. It is very important to tell us if you have any unusual bleeding or bruising problems, or if this type of problem might run in your family.

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.

GP surgeries

GP practice staff are helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition.

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This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

To find a GP practice near you with relevant contact details visit the following website: <https://www.nhs.uk/service-search/find-a-GP>

Contact Us

A dedicated e-mail address for My Planned Care enquiries:

drss.helpdesk@nhs.net