



Orthopaedics

First Outpatient Appointment

Guidance for patients

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.

Referral to treatment waiting times are available at:

[Orthopaedics – Harrogate and District NHS Foundation Trust – My Planned Care NHS](#)

Orthopaedics

Planned (elective) orthopaedic surgery care is offered at Harrogate District Hospital and also through outreach services at the Alwoodley Medical Practice, Wetherby Health Centre, Yeadon Health Centre and Ripon Community Hospital.

Our surgeons work across our main sites and provide outreach clinics in rural communities throughout the region. We have surgeons specialising in the diagnosis, treatment and surgery. The conditions we cover are:

- Hip
- Knee
- Shoulder
- Elbow
- Hand and wrist
- Foot and ankle

Our teams also include senior orthopaedic practitioners, physiotherapists, occupational therapists, specialist wound and joint review nurses.

We are a consultant-led service, and they are supported by a large multidisciplinary team that ensures that patients receive the best care available.

Located in our department we have a committed team of plaster technicians. Our plaster technicians are responsible for the safe application of casts to allow for the fractured bone to heal correctly. However, not all patients require this form of treatment and patients may only need a splint and/or walker boot which can also be fitted by our clinic staff or orthoptist.

We are keen to involve our patients as much possible in the planning and delivery of services. This is to ensure that we provide the right care, in the right place, at the right time, and that we learn from your experience and understand where changes need to be made.

What to do if your health is deteriorating

You can get information and help about a variety of common problems and find useful ways you can help yourself from the Harrogate Health Hub website at <https://www.harrogatehealthhub.co.uk>

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 are still open

If you experience an increase in pain, inability to weight bear on this limb or a significant reduction in mobility, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. 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. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

[Find a GP in the region](#)

Contact us

If you want to discuss any of the above please call: 01423 885959 or email hdft.hello@nhs.net