

Orthopaedics

Introduction

The Covid pandemic has had a significant impact on all the NHS including the Calderdale and Huddersfield Foundation NHS Trust's 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 to help you stay healthy while waiting to attend hospital and should be read in conjunction with the specialty level guidance appropriate for your condition.

Calderdale and Huddersfield Foundation NHS Trust will aim to provide you with a date for your procedure as soon as possible. We are committed to making your experience before, during and after your procedure as pleasant and safe as we can.

In turn we would like patients on our waiting lists to help themselves to ensure they have the best possible outcome and that means preparing your mind and body by using lifestyle changes, where necessary.

Guidance for Patients

Orthopaedic surgery treats conditions involving the musculoskeletal system which is the bones of the skeleton, muscles, cartilage, tendons, ligaments, joints, and other connective tissue that supports and joins tissues and organs together. Orthopaedic surgeons use both surgical and non-surgical methods to treat musculoskeletal trauma, spine diseases, sports injuries, infections and tumours. Some of the commonly treated conditions include, arthritis and bursitis, cubital tunnel syndrome, lateral epicondylitis (tennis elbow), medial epicondylitis (golfer's or baseball elbow), carpal tunnel syndrome, and joint repairs / replacements. Further information can be found here: <https://www.nhs.uk/conditions/>

Our website contains helpful information to patients and visitors. Please access it by clicking here: <https://plr.cht.nhs.uk/categories>

What should I do if my health is deteriorating?

Non-Urgent Health Advice

If you experience an increase in pain or a change to any symptoms, you should in the first instance contact your GP for review and advice. Your GP will be able to contact the hospital if they feel you need to be seen sooner.

Urgent Health Advice

My Planned Care Patient Information Platform

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 such as severe bleeding, breathing difficulties or chest pains – please dial 999.

What should I if I no longer need treatment or surgery?

We know that during this time the situation for some of our patients will have changed; your condition may have improved, or you may have received treatment somewhere else. If you think you no longer need your surgery or procedure, or you would like to postpone or change the date please contact us, using the details below

Contact Us

To contact the Orthopaedics team please refer to the number on your appointment letter or call the Trust switchboard on: Tel: 01484 342000