

## **ADVICE TO TRAUMA AND ORTHOPAEDIC PATIENTS** **IN VIEW OF CORONAVIRUS PANDEMIC**

The following advice is based on the British Orthopaedic Association (BOA) standards of trauma guidelines published on the 24<sup>th</sup> of March 2020 and clinical guide for the management of trauma and orthopaedic patients during the coronavirus pandemic NHS Specialty Guides published on the 16<sup>th</sup> of March 2020. The BOA supports reasoned pragmatic decision-making in these extraordinary circumstances, and acknowledges that non-operative management of many injuries and reduced face to face follow up will be increasingly the norm.

**All non-urgent clinics and surgeries are suspended until further notice.**

### **General advice to all patients:-**

- **Please maintain social distancing**
- **Please follow the strict principles of hand hygiene**
- **Please avoid all unnecessary travel/movements**

### **Management of patients with traumatic injuries and urgent orthopaedic conditions treated as outpatients**

1. Fracture clinics are held in Noble's hospital in the Surgical Outpatient Suite A until further notice.
2. Patients will be diverted to Minor Injuries Unit (MIU) at Ramsey by Emergency Department when suitable.
3. MIU at Ramsey will be supervised by Senior Orthopaedic surgeons and advice/help will be available at all times.
4. Use of removable casts/splints will be maximised to reduce follow - up requirements.
5. Follow-up appointments should be delivered by telephone or video call if at all possible. Existing appointments may be cancelled, postponed or conducted remotely.

6. Rehabilitation services are likely to be very limited. Alternative resources such as written and web-based information will be used instead.
7. All staff will use appropriate personal protective equipment (PPE) in line with the most recent Public Health guidance.

### **Management of patients with traumatic injuries and urgent orthopaedic conditions requiring inpatient care**

1. Patients should only be admitted to hospital if there is no alternative.
2. Major trauma patients will be treated in line with our Major Trauma Network Policy in conjunction with Aintree Hospital, UK. Decisions regarding patient transfer will be made on the merit of patient needs and appraisal of available resources.
3. The care of patients with hip and femoral fractures will remain a surgical priority.
4. Where possible, non-operative treatment and removable splints will be offered for injuries to avoid surgery in order to reduce inpatient stay and exposure to coronavirus.
5. It is recognised that some patients might require later reconstructive surgeries for injuries treated non-operatively in the current situation.
6. All efforts will be made to provide day-case treatment for injuries requiring surgery, minimising hospital stay.
7. Absorbable stitch material will be used where possible for all surgical sites to minimise need for appointment to remove stitches. Patients should be aware of a small risk of mild inflammatory reaction to the sutures.
8. Rehabilitation services are likely to be very limited. Alternative resources such as written and web-based information will be used instead.

## **[Advice for patients with chronic painful arthritis of the hip and knee](#)**

All are advised to follow principles of a healthy diet and exercise where possible. It is recommended to use safe pain relief medication, weight loss and modification of regular activities to limit the symptoms of arthritic aches and pains.

For more information and evidence based advices please visit this website

**<https://www.nhs.uk/conditions/osteoarthritis/>**

## **[Advice for patients with chronic back pain](#)**

All are advised to use safe pain relief medication and exercise where possible. For more information please visit the following website

**<https://www.nhs.uk/conditions/back-pain/>**