



Assessment before Orthopaedic surgery

i Important information for all orthopaedic patients.

About this booklet

The purpose of this booklet is to provide you with information about your visit to the hospital for your pre-operative assessment.

Preparing for your visit

You have been asked to attend the outpatient department for a pre-operative assessment. This will be carried out by members of the team including a Nurse Pre-Operative Practitioner, Unit Assistant, Pharmacist and Anaesthetist.

Please be aware your visit may take up to four hours.

You may eat, drink and take all your medicines normally before and during your appointment.

If you are currently undergoing medical investigations, awaiting tests, or are unavailable for surgery due to personal reasons, please phone and let us know as it may be more appropriate for you to have a pre-assessment appointment at a later date.

If you have received the following forms, please complete them and bring them with you on the day:

- Registration form.
- Oxford score – a questionnaire that assesses the pain you have been experiencing in your joint.

- Occupational therapy pre-admission questionnaire and measurement form.

Please note a recent dental check-up is advisable to avoid problems that may postpone your operation.

Please refrain from using razors on your skin prior to surgery as any cuts or damage to the skin may also lead to your operation being delayed until they are healed.

Do not attend for your pre-assessment if you are feeling unwell, e.g. vomiting, diarrhoea, COVID/flu symptoms.

Your medicines

It is very important that we have a clear list of all medicines that you take at home. To do this safely, we must check using at least 2 sources of information.

One of the best sources to use is the medicines themselves. It is safe to use your medicines, rather than repeat prescriptions, or lists that you have written yourself.

You should bring all of your current medicines in original containers and packaging. If these are dispensed weekly in a blister pack for you, please bring in your full blister pack. You should still bring medicines with you even if you have brought them before, as surgeons only note down names of medicines and not all the dose information.

Remember medicines include anything prescribed by your GP, by a hospital or that you buy yourself, including vitamins and herbal medicines. Painkillers, hormone replacement therapy (HRT), contraceptives, creams, eye/ear/nose preparations, inhalers, patches and injections are all classed as medicines, so bring these too.

If you are on Warfarin, please bring your Yellow Book.

Your assessment on the day

On the day of your pre-op assessment, you will be seen by several members of our team. This could take up to four hours.

Investigations

A Nurse or Healthcare Support Worker will do these. These include:

- Height and weight measurement.
- A urine specimen, although this is not always required. You do not need to bring a urine sample, this will be obtained on the day.
- Blood pressure.
- Temperature.
- Blood tests – these vary depending on your medication, medical history, and type of surgery to be performed.
- Electrocardiogram (ECG)/ heart tracing – this will be performed if you are over 50 years of age or as indicated by your medical history.

- Methicillin-resistant Staphylococcus aureus (MRSA) screening. This involves obtaining two swabs by rubbing specific areas of your skin.
- Urine specimen. You do not need to bring a urine sample as this will be obtained on the day if required.

Nurse Practitioner

A Nurse Pre-Operative Practitioner will ask questions about your medical and social history, and undertake a physical examination. This will help us to identify any specific needs you may have, and to make arrangements to ensure you are as fit as possible for surgery.

You will have an X-ray of the affected joint (if no recent x-ray is available) if required by the consultant.

Pharmacist

A Pharmacist will discuss your medication with you.

If any of your medicines need to be stopped before your operation, the Pharmacist will tell you about this and provide written information.

We will also tell you about medicines that will be started after the operation. You are free to ask questions too. Please remember to bring all you medicines as requested above.

Occupational Therapist

An Occupational Therapist will discuss any equipment or assistance you may require post discharge, using information provided from questionnaire and measurement forms.

Anaesthetist

An Anaesthetist may also wish to discuss some anaesthetic requirements with you. Please watch the anaesthetic video prior to your assessment.

A short video with key information is available at the following link or by scanning the QR code:



hospital.nhsgoldenjubilee.co.uk/patient-information/patient-films/orthopaedic-anaesthesia-surgery-films

If you have any issues, accessing the link you can watch the video in the department at your pre-op assessment appointment.

As a result of this full assessment, we may need to carry out other tests before your hospital admission.

If possible, we will try to complete these tests on the day of your pre-assessment. This may lengthen the duration of your visit to the department.

However, you may be asked to return on another date for further tests or be referred to your GP.

Test results

Most test results are available within 24 to 48 hours. You will only be notified if there are any abnormalities. Your GP may also be contacted, if appropriate.

If there are any changes in your medical condition following your assessment, it may be safer to delay your admission until these issues have been remedied. Please notify the department or the Patient Coordination Centre, as soon as possible if this applies to you.

Other information

Before your operation, you may also see:

- A member of staff from Bone bank to discuss whether you would like to donate your bone to help other patients. (hip joint patients only - please refer to the bone donation booklet for further information on this)
- A Consultant Orthopaedic Surgeon – to discuss the surgical procedure with you and obtain consent for the procedure.

If you have not attended the above departments prior to your pre-operative assessment appointment, these may be incorporated at this time. However, please note that this can lead to much longer assessment time.

Educational Videos

We have a series of videos on YouTube that include important information about your stay in hospital, what to do to prepare before your surgery, and how to promote recovery after your surgery. You can access these videos by scanning the relevant QR code, or following the link below.



Hip replacement



Knee replacement

www.youtube.com/user/NHSGoldenJubilee/videos

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