



## 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. 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 etc, 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-operative 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 which assesses the pain you have been experiencing in your joint.
- Occupational therapy pre admission questionnaire.
- Measurement form.

Please note a recent dental check up is advisable to avoid problems which 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 or diarrhoea, 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 two sources of information. One of the best sources to use is the medicines themselves. You should bring all of your current medicines in original containers and packaging. If these are dispensed weekly for you, please bring your full blister pack. You should bring them with you even if you have brought them before.

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

- 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/or surgery to be performed.
- Electrocardiogram (ECG) (heart tracing) – this will be performed if you are 50 years of age or more and/or indicated by your medical history. If possible, this will be done on the day of your assessment.
- If a cardiac echo is indicated by your medical history this may be done on the day of your assessment. If an appointment is not available on the day you will be given an appointment to return for an echo.
- X-ray of the affected joint (if no recent x-ray is available).
- Chest x-ray – according to medical history.
- Methicillin-resistant Staphylococcus aureus (MRSA) screening. This involves obtaining two swabs by rubbing specific areas of your skin.
- Medical history – 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 where appropriate.

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 and you can ask questions too.

An Anaesthetist may also wish to discuss some anaesthetic requirements with you. It is useful to watch the anaesthetic video prior to your assessment. A short video with key information is available at the following link:  
**[www.nhsgoldenjubilee.co.uk/our-services/anaesthesia/](http://www.nhsgoldenjubilee.co.uk/our-services/anaesthesia/)**

As a result of this full assessment, we may need to carry out other tests before your hospital admission. We will aim to complete these tests on the day of your assessment visit which may lengthen the duration of your visit to the department or you may be asked to return for further tests. We will aim to answer any questions you may have during your assessment.

For information and videos you can visit our You Tube channel at the following link and search for Joint School:  
**[www.youtube.com/user/NHSGoldenJubilee/videos](http://www.youtube.com/user/NHSGoldenJubilee/videos)**

## Test Results

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

The results of some tests may mean we have to delay your operation until you have been treated / re-tested.

If there are any changes in your medical condition following your assessment, please notify the department or the booking office as it may be safer to delay your admission until these issues have been remedied.

Before your Pre-operative assessment, you may also see:

- an Occupational Therapist – to discuss any equipment or assistance you may require post discharge using information provided from Questionnaire and Measurement Form.
- a member of staff from Bone bank (hip joint patients only) – to discuss whether you would like to donate your bone to help other patients. Please refer to the bone donation booklet for further information on this.
- an Orthopaedic Consultant – to discuss the surgical procedure with you and obtain consent for the procedure.

You may also be given an appointment to attend the Joint School which will include important information about your stay in hospital and what to do before and after your surgery. The aim of this is to provide you with any relevant information you may require and to allow you to discuss any other issues you may have regarding your surgery, your stay in hospital and/or your return to work.

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



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