COMMUNITY ORTHOPAEDIC SERVICE

Set up as a joint commission by University Hospital, Lewisham and Lewisham Primary Care Trust in 2004. The team’s main aim is to improve the patient’s experience of Hip and Knee Arthroplasty.

Patients awaiting THR and TKR at Lewisham Hospital are referred to the team prior to surgery. The patient is then visited at home by the team’s Occupational Therapy Practitioner who provides any equipment and arrange for any home modifications which could help maintain independence prior to surgery or which will be needed following surgery to allow timely discharge. The orthopaedic nurse specialist works with the patients GP to optimise patient’s health to reduce cancellation or delay due to poorly controlled co-morbidity.

Following surgery the team OT and CNS visit the patient on the ward to assess patient’s function and arrange speedy discharge in liaison with the ward team. Since 2011 the team will also accept referrals for patients being discharged home who have had surgery for a fracture of the proximal femur at Lewisham Hospital.

When the patient is discharged they then receive rehabilitation at home from the team’s physio, OT and RA if required. This rehabilitation continues until rehabilitation goals were met.

The Orthopaedic CNS provides assistance in pain and symptom control – including prescribing any additional analgesia – and also monitors the patient for any complications. If there are any problems related to the surgery, for example infection, the nurse arranges speedy review by the relevant consultant. If the complications are not related to the surgery, for example a chest infection, the nurse liaises with the relevant GP for treatment.

The CNS acts as orthopaedic resource for all members of the primary care team – this includes patients who have a Lewisham GP but have had surgery at a different hospital. The DN or GP will contact CNS if for example a possible infection has been identified the CNS will undertake a home visit and will then liaise with patient’s consultant for appropriate treatment.

The CNS acts as orthopaedic resource for patients who are on Lewisham Hospitals IV OPAT service – visiting patient at home and liaise with GP, OPAT team and patient’s orthopaedic consultant to ensure timely reviews occur and correct treatment given.

CNS acts as a link between the orthopaedic ward staff and DN’s if required.
CURRENT PROVISION:
The team is comprised of

1WTE Band 7 Orthopaedic Nurse Specialist/ Team Lead
0.6 WTE Band 7 Physiotherapist
0.4 WTE Band 6 Physiotherapist
1WTE Band 4 OT Practitioner
1.4 WTE Band 3 Rehab Assistant
0.6 WTE Band 3 Administrator

REFERRALS
Referrals are accepted from Lewisham Surgical Pre-admission Clinic, Lewisham orthopaedic consultants and Lewisham Hospital orthopaedic ward staff.

Inclusion Criteria:
Patient must

Have had THR, TKR or surgery for #NOF at Lewisham Hospital
Live within the Lewisham Borough or within a 20 minute drive of the nearest Lewisham HC
Have rehabilitation potential
Be able to manage social care needs – this can include patients who have family or S/S support to manage these needs (the team do not provide social care)

Exclusion Criteria:

No rehabilitation potential
Live outside a 20 minute drive from the nearest Lewisham HC

If you wish to obtain any further information please contact
Nicky Smith (CNS Orthopaedics)
020 8613 9205/9217 or Nickysmith@nhs.net