

# Your Hip and Knee Journey

1



## Attend GP with hip/knee symptoms

Your GP may refer you to ICATS  
(Integrated Clinical Assessment & Treatment Services)

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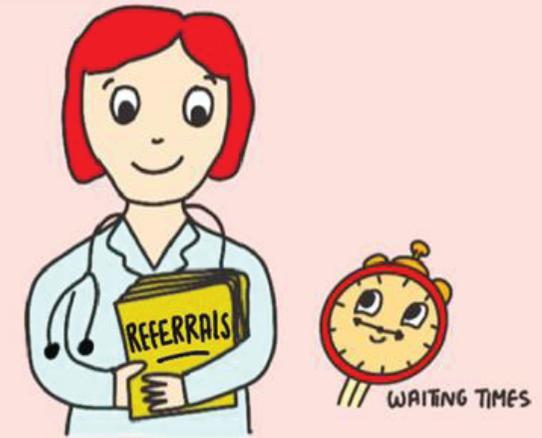


## ICATS Process

Your assessment may be carried out by a physiotherapist, podiatrist or GP. Options may include:

- △ Treatment carried out by one of ICATS Team
- △ A referral for investigations (X-ray or scans)
- △ A referral to physiotherapy
- △ A referral to a hip or knee surgeon

3



## Referral arrives at Orthopaedic Team

Referral triaged to most appropriate consultant or specialist. Decision will be made for urgent or routine appointment depending on your condition.

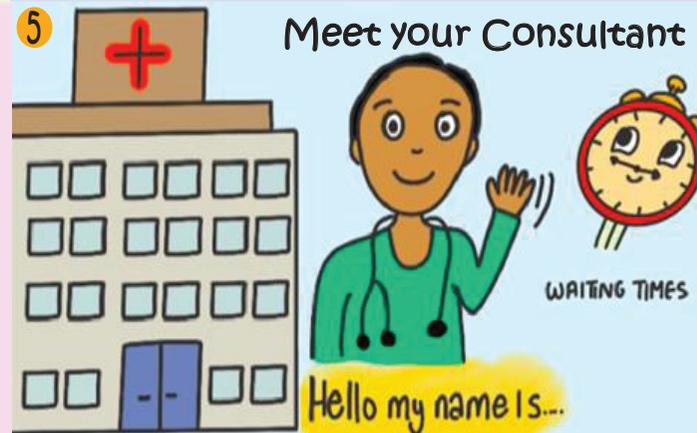
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Prepare your body and mind for major surgery (diet and exercise).

Think about your after care and who will help and support you when you go home.

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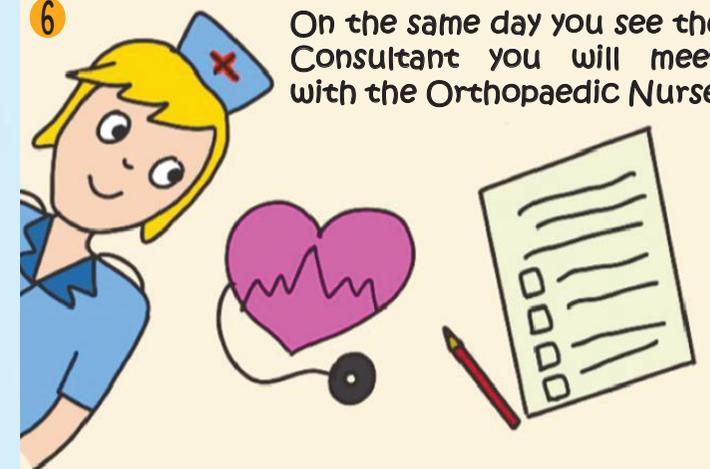
## Meet your Consultant

Hello my name is...

## Your first Outpatient appointment

The consultant will discuss surgery or alternative treatments and a decision will be made with you. You may decide to go for surgery at this appointment and be placed on the waiting list.

6



On the same day you see the Consultant you will meet with the Orthopaedic Nurse

The nurse will check blood pressure, etc. You will need to complete a Health Questionnaire. You will be provided with advice leaflets and an opportunity to ask further questions.

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## 7 Meet the Pre-op Assessment Team



8-12 weeks before your surgery the Nurses will do some tests (bloods, ECG) and prepare you for the process of surgery. Some patients could be deemed too unfit for surgery at this stage.

## 8 Admission to Hospital



Meet the team

## 9 You go to Theatres for your surgery



The anaesthetic room is next door to your theatre. This is where you will have a general anaesthetic (completely asleep) or spinal anaesthetic (partially awake). After surgery you will go to the recovery room for a short time before you go back to the ward.

## 10 Post-op rehab in Hospital



Immediately after your surgery you will be encouraged to walk on your new hip or knee with the help of staff. This massively reduces the risk of complications and aids speedy recovery as part of our enhanced recovery programme.

You will be discharged when you are deemed safe by all staff usually 2 or 3 days post surgery.

## 11 After you are discharged from Hospital



Continue to do your exercises as instructed on the ward. If you require further physiotherapy this may be in a Class format with other patients who had a similar surgery.

## 12 Your review appointment after surgery



The consultant will see you again after surgery (6 to 12 weeks) to check your wound and x-ray. You will then be offered long term follow up by a specialist nurse or surgeon (5-10 years).