



## Western Health and Social Care Trust

### **Welcome to the Western Health and Social Care Trust's Orthotics Department**

This leaflet is to provide you with information about the Orthotics Department. For further information please visit: [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

#### **Introduction**

This leaflet will explain what will happen when you come for your first appointment. If you require additional information prior to your appointment, please contact

Altnagelvin Hospital Tele: (028) 71611147 – extension 214635

South West Acute Hospital Tele: (028) 66382057 – extension 252471

Omagh Hospital and Primary Care Complex Tele: (028) 82833193 – extension 237391

#### **What is the Orthotics service and why have I been referred?**

Orthotics is a service that provides devices called Orthoses. An orthosis is a device that is externally fitted to any part of the body to provide support, protection and restriction of joint movement on parts of the body that is weakened by defect, disease or injury.

Examples of orthoses include:

- Callipers or splints (AFOs)
- Knee braces
- Spinal supports/corsets
- Shoes and insoles
- Support hosiery

You have been referred by a consultant, GP, Allied Health Professional or a member of the medical team to see if you will benefit from any of the above.

During your appointment you will be assessed by an Orthotist - a clinician qualified to assess your suitability for one of these orthoses. He/she will measure/cast you for an appropriate orthosis. Depending on your condition, you may be asked to remove part of your clothing in order to facilitate examination. It may be helpful to wear shorts if your problem affects your knee, hip or back. The clinician may be of the opposite sex. Should you feel uncomfortable with this and would like to be accompanied, please bring a friend/relative along with you. Alternatively a chaperone may be arranged.

Although the clinic is run on an appointment basis, unforeseen delays may occur. We will try to keep waiting times to a minimum, but this may not always be possible.

### **Will I need to bring anything with me?**

If you have been given any orthoses in the past you should bring it with you. Also depending upon the extent of your problem, a pair of shorts can be worn under clothing. If you are coming for a spinal cast then please bring a spare set of underwear, or close fitting swimwear. If you are coming to be measured for shoe raises then please bring with you the spare shoes that will be raised.

### **Will I have to come back for further appointments?**

Orthoses may need to be specially made or ordered for you. You will be told about this at your appointment.

### **What will happen next?**

If necessary, you will receive a further appointment to be fitted with your orthoses. If needed you will also receive a review appointment to make sure there are no problems with the orthoses.

### **Will I have to pay?**

Some orthoses, for example fabric back supports and stockings will incur an orthoses prescription charge.

### **Allowances, replacement and repair**

Your Orthotist will advise you how many orthoses you are entitled to. It is your responsibility to clean the provided orthoses as per instruction given. If your orthoses are wearing out you may need a new referral from your GP for replacement.

### **Responsibilities**

It is **our** responsibility to you to ensure you receive the best possible care regardless of age, gender, sex or ethnicity and in an environment that is safe and clean.

It is **your** responsibility:-

- To inform us of any changes to your personal circumstances, i.e. change of address.
- To attend for appointments on time.
- If you do not require your appointment is important that you inform us as soon as possible so that we may offer this appointment to another patient.
- If you fail to attend your first appointment or any subsequent review, no further appointments will be made for you and you may be referred back to your GP.

## **How to find us**

Altnagelvin Clinic is held in Ward 16, Level 6 (paediatrics); Out-Patients Clinic 3 (Wednesday) or Out-Patients Clinic 4 (Friday).

South West Acute Hospital Clinic is in Orthotics Room located in Outpatients Area 2  
Omagh Hospital and Primary Care Complex Clinic is held in Outpatients Area C, Room C2.

## **Smoking**

The Western Trust implemented a smoke free campus from 12 March 2014.  
Smoking is NOT permitted anywhere on all Trust grounds, including car parks.

## **Car Parking**

A car park is available if attending an outpatient clinic. If you push the button at the car park entrance a ticket will be dispensed. The car park is now chargeable.