

## Adult Fracture Clinic: A guide for patients & visitors

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You have sustained an injury that requires you to attend Fracture Clinic. This clinic is located in Orthopaedic Outpatients Department, level 2 South Block at the Royal Berkshire Hospital. This leaflet explains what will happen in the clinic.

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The Fracture Clinic, open every morning (Monday, Tuesday, Wednesday and Friday), is for patients who have had an accident and sustained an injury. The appointment times are at 10 minute intervals to allow all patients to be seen.

This is a very busy clinic as we need to make sure that each patient has the correct time allowed to carry out the best treatment for their injury. As a result of this the clinic often runs behind time, although we endeavour to keep to the allotted appointment times.

Please arrive as close to your appointment time as possible.

We know that as patients you will appreciate that the care given is the priority. We recommend you allow at least three hours for the appointment. The fracture clinic has limited seating available. If you have dependants you may need to make arrangements for their care during this appointment.

### Frequently asked questions:

- **Why are we waiting so long in the clinic?**

A doctor will decide on a treatment plan for the patient. There are many different plans, which may include: x-rays, changing of plaster cast, removal of wires, dressing changes or removal of stitches.

Please note that patients arriving on hospital transport or patients with an interpreter take priority.

The waiting area for fracture clinic is also used for other orthopaedic clinics.

- **Am I supposed to have an x-ray?**

If you have been told that you need an x-ray at a previous appointment please let the receptionist know when you book in.

The injury will be reviewed at every appointment and it will be decided by the doctor on that day if and when an x-ray is needed.

- **What happens next?**

A letter will be sent to you and your GP explaining the outcome of the appointment, with the plan of care.

If you are not discharged at the clinic, a further appointment will be made before you leave.

If you have any questions that you want answered at any of these appointments please bring a list with you and we will endeavour to answer them.

### Keeping comfortable while you wait

There is some reading material available while you are waiting and there is a tea bar nearby where you can purchase hot and cold refreshments.

It is also suggested that you have appropriate pain relief before leaving home. This is especially important if you have broken a bone. It could also be helpful to bring some with you so that you may have another dose after you have been seen, if permitted.

### Coping with treatment

Our aim is to minimise fear and anxiety experienced by our patients / visitors. If you are anxious, please mention it when you arrive. We can then discuss the issues of concern with you and agree the best way to proceed.

### If you have an infection

Please contact the orthopaedic clinic on 0118 322 8334 before you come if you have any contagious illness or diarrhoea and/ or vomiting.

### What to bring with you

- Pain relief
- Any letters/x-rays that you have relating to your appointment
- Drinks and snack / reading material
- Hearing aid / spectacles if used

For more information on the Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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