

## Children's Fracture Clinic: A guide for parents & carers

---

Your child has sustained an injury that requires you to bring him/her to the Children's 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.

---

The Children's Fracture Clinic is for children who have had an accident and sustained an injury. We run a clinic every Monday afternoon and all day on Thursday. The appointment times are every five to ten minutes to allow all children to be seen; however this is a very busy clinic because we do want to make sure that all children have as much time as needed to ensure their injury is cared for appropriately. As a result of this the clinic often runs behind time, although we endeavour to keep to the allotted appointment time. We know that as parents / guardians you will appreciate that the care given is the priority. We recommend you allow at least two hours for the appointment. If you have other children, you may need to make alternative arrangements for their care during this appointment.

### Frequently asked questions:

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

A doctor or Clinical Nurse Specialist (CNS) will decide on a treatment plan for the child: there are many different plans, which may include: x-rays, changing of plaster cast, removal of wires, changing dressings or removing stitches.

- **Are we likely to need an x-ray?**

If you have been told at a previous appointment that an x-ray is needed, 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 / CNS on the day of the clinic appointment if an x-ray is needed.

- **What happens next?**

A letter will be sent to the child's GP explaining the outcome of the appointment, and you will receive a copy of this letter to the child's home address

If the child is not discharged, a further appointment will be made at the end of each appointment, until discharge.

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

### Keeping your child comfortable while you wait

There are toys and games for the children to use while they are waiting. It may be helpful for you to bring a drink and snack for them as well as a book or paper for you to read. There is a tea bar nearby where you can purchase hot and cold refreshments.

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

### Coping with treatment

We make every effort to provide a child friendly service - our aim is to minimise fear and anxiety experienced by our patients / visitors. However, depending on their age and level of understanding some procedures may upset them. It is suggested that you prepare the child for the visit by explaining why they are coming to see us and what may happen. If you or the child is anxious, please mention it when you arrive. We can then discuss the issues of concern with both of you and agree the best way to proceed.

### If your child has an infection

Lastly, we ask that you please contact the orthopaedic clinic before you come on 0118 322 8334 if your child has any of the following: chicken pox, vomiting, diarrhoea or any contagious illness.

### What to bring with you

- Pain relief
- Letters/x-rays that you have relating to your child's appointment
- Drinks and snacks / reading material

### Finding your way to the Children's Fracture Clinic

For those using public transport or parking on Levels, 0, 1, 2 & 3 of the multi storey car park in Craven Road, take the lift or stairs to Level 2 and head for South Block via the Main Entrance and Centre Block.

If you require any further advice please contact:

Nina Doherty, Clinical Nurse Specialist 0118 322 8746 or 0118 322 5111, bleep 232.

### More information

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Author: N Davies & N Doherty, May 2018

Review due: May 2020