



**The Royal
Orthopaedic Hospital**
NHS Foundation Trust

Preparing for your procedure

The Royal Orthopaedic Hospital

The risks and benefits

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**RESPECT COMPASSION
EXCELLENCE PRIDE
OPENNESS INNOVATION**

Understanding the risks and benefits during COVID-19

Since the COVID outbreak the risks of undergoing procedures has increased.

In addition to the usual risks and benefits of a procedure, it is important that you understand the specific risks associated with COVID and that you also need to take certain precautions as recommended by your medical team.

Even though we are not treating COVID patients at our hospital, you could come into contact with a person carrying the virus (as you could in the supermarket or any public indoor space). While we are taking every precaution possible, and instructing patients to self isolate and be tested before admission, there is still a risk of contracting COVID.

The risks of undergoing a procedure when COVID positive

We are still in the early stages of understanding this virus and its impact on surgical outcomes. Some reports indicate that if you have an operation while COVID positive or develop COVID while recovering, there is a significant risk that could result in you being ill enough with the virus to need a ventilator on an intensive care unit. There is a risk of death if this happens. Some evidence suggests that the risk of death in certain patient groups who develop COVID around the time of having surgery may increase to 35%. We will continue to gather evidence and improve our understanding of the risks.

The precautions we are taking

Although the risks of surgery with COVID are increased, we are taking every precaution possible to reduce risks:

- All elective planned patients will self isolate for 14 days before they are admitted
- All elective planned patients will be tested for COVID before their admission
- Staff will comply with rigorous infection prevention measures
- The environment in our hospital has been redesigned to support compliance with social distancing and infection prevention
- We are running a 24/7 cleaning schedule with particular attention to high traffic areas

Your choice

Undergoing an elective procedure is your choice and always carries associated risks and benefits. You can decide whether to proceed with your procedure, or delay it and discuss alternative treatment options.

If you choose not to proceed with the planned procedure, you may have to wait longer than usual. This is because we will be treating more patients from Birmingham and Solihull and it is likely waiting lists will grow. It is also unclear on how long this pandemic will last and the impact it will have. This could mean that if you choose to wait, you may find yourself in the similar position in six months or a year. You should also consider that your condition may deteriorate while you wait. Your surgeon can give you advice about your specific condition and the impact of delaying your surgery.

Visit www.roh.nhs.uk to contact your healthcare team to discuss your options.

Preparing for your procedure at The Royal Orthopaedic Hospital

Before your procedure

Self-isolation for 14 days at home

Before your procedure you must self-isolate in your home for 14 days. This period of pre-operative isolation is the most important thing you can do to **protect yourself and others before your surgery**. It will help minimise your risk of contracting COVID-19. It will also minimise the risk that you infect other vulnerable patients. It is your responsibility to follow this guidance and ask questions if you need support.

Before your self isolation begins you should decide who will accompany you to hospital:

- If it is a member of your household, your household must self-isolate with you to offer you the greatest protection.
- If they are outside your household, they must self isolate too

If you, or a member of your household becomes symptomatic at any time you should inform us. The latest symptoms can be found at www.gov.uk/coronavirus

Telephone call and symptom check

A member of our team will contact you to ask about your self-isolation and whether you have experienced any symptoms. *Further information on self-isolation is available on our website and in our patient information leaflets.*

Swab testing

Every patient who is having a procedure, will be screened to check if they are positive or negative for coronavirus. If you live within 30 miles of the hospital, towards the end of your isolation period, a member of the Royal Orthopaedic Hospital team will visit your home to collect two swab tests from you. This is a simple test where a swab is rubbed on your tonsils, throat and nostrils.



The swab is not painful but it can be uncomfortable. It will only last for 10 seconds. This swab will reach your tonsils, or if your tonsils have been removed, where they would have been.

About swab testing for patients who live more than 30 miles from the hospital

Because you live further than 30 miles from the hospital, you will be asked to arrange your own test at a local drive-through testing site, prior to coming in for your operation. Your second test will be performed at the hospital when you are admitted. Please follow these instructions:

- Swab must be taken 72 hours prior to admission
- Do not use public transport: you must travel to the drive-through testing site in your own car, or be driven by friend or family member who has also been isolating
- Results will be emailed or text to you 24-48 hours after the swab is taken
- If you receive an email, you must forward the email to **roh-tr.POACadmin@nhs.net**
- If you receive a text, you must call **0121 685 4362**
- If you do not send the results through to POAC then your surgery will be cancelled.

You can book your test by visiting: www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/



Mouth swab



Nostril swab

The day of your procedure

Arriving at the hospital

Before the day of your surgery you will be told where to report. Your nominated person should bring you to hospital. They can drop you off, but should leave after you have entered the premises. They must stay self-isolated until you are ready to be discharged.

On arrival you will be given a face mask to wear and asked to sanitise your hands.

When you go home

Discharge from hospital

You will be discharged from the Ward or ADCU depending on your procedure. You will be informed about when and where your discharge will take place so that you can inform your nominated person.

A period of post operative self isolation will be required for all procedures to protect you from contracting the virus in the early post-operative period. Your medical team will advise you what is required.

Changes to this process

The current length of isolation and quarantining is 14 days depending on your circumstances, however with the emergence of new mutations of the virus this might increase or decrease as evidence becomes available.

More information

If you have more questions, please visit www.roh.nhs.uk or contact 0121 685 4000 and ask to speak with your consultant's secretary.

Information about self-isolating and shielding

Self-isolating along with your entire household

What does this mean and when should it be adopted?

The patient is to self-isolate with their household group, meaning that the whole of the household does not leave their home for the agreed period and can continue to interact with one another as normal. This can be particularly challenging for households with members that work or children that have returned to school.

What precautions should be taken?

The whole household must ensure they do not leave the home (but can use the garden if they have one). (We note that for children without access to a garden/outside space, self-isolating inside for this duration may be particularly challenging, and it may be appropriate to take outdoor exercise but ensuring social distancing at all times.)

When receiving any deliveries or needing to answer the front door, they should observe social distancing to reduce possible spread of the virus.

Shielding within your household

What does this mean?

Here the rest of the household are relatively unaffected, but the individual awaiting surgery 'shields' to distance themselves from others in the home and thereby reduce the risk of infection.

What precautions should be taken?

The key points from the Government guidance cover the importance of hand hygiene and social distancing for everyone in the household. Advice to the patient staying at home: Minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.

Keep 2 metres (3 steps) away from people you live with and encourage them to sleep in a different bed where possible. If you can, use a separate bathroom from the rest of the household. Use separate towels from the other people in your house, both for drying themselves after bathing or showering and for hand-hygiene purposes. If you share a toilet and

bathroom with others, it's important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with).

Consider drawing up a rota for bathing, with you using the facilities first. If you share a kitchen with others, avoid using it while they're present. If you can, take your meals back

to your room to eat. If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery. If this is not possible, wash them using your usual washing-up liquid and warm water and dry them thoroughly.

Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Frequently Asked Questions

Are you treating patients with COVID-19?

We are running an elective service for patients who have completed a strict isolation/screening pathway prior to admission only. If we are required to admit an orthopaedic emergency patient who has not completed this pathway, they will be treated in an isolated area, not in the same areas as elective inpatients.

What will happen if I develop COVID symptoms while in hospital?

If you become symptomatic, you will be immediately moved in to an isolated space and screened for COVID. We have dedicated areas and specialist care. If you tested positive, you would stay in an isolated space. You would have access to an iPad and telephone so that you can contact your family and be entertained while isolated. Our care teams would provide dedicated care to you. In the unlikely event you became seriously ill, you would be moved to an acute hospital with care facilities.

What if another patient has COVID?

As an elective hospital, we are not treating anyone with COVID or COVID symptoms. Every patient will be required to self-isolate for two weeks before they visit and will be screened when they arrive. This decreases the risk of patients having COVID. However, if a patient becomes symptomatic, they will be immediately moved in to an isolated space. Those caring for you will follow rigorous Infection Prevention Control measures and the area will be deep cleaned. Anyone who has been in contact with them will be isolated and symptoms will be monitored to ensure they are not positive for COVID.

Will staff be wearing PPE?

Our staff all follow the government guidance on PPE and take specialist advice from our Infection, Prevention and Control Team. Staff will wear the correct PPE when caring for you. Please be assured, we have adequate stock of PPE. Every staff member has access to what they need and have received training on how and when to use it. Alongside PPE, we observe hand sanitisation, social distancing and rigorous cleaning to help ensure your safety.

Will I have to wear PPE?

Upon entry to the hospital you will be given a mask and instructed to sanitise your hands. During your treatment, you may be asked to wear a mask.

Will I be allowed visitors?

In order to maintain safety, you will be allowed ONE visitor who must be the same person throughout your stay. This person should wherever possible be the person who you live with who has undertaken isolation or shielding with you before your hospital admission. You will only be allowed to have a visitor for ONE hour per day. On arrival at the hospital visitors will only be able to park in ONE car park, which will be Entrance C (the main carpark). Visitors will only be allowed to enter our hospital through ONE entrance, the Outpatients department. Please visit the website to find visitor information.

Due to the limited space and need to maintain social distance, visitors or accompanying guests will not be permitted in ADCU, except in exceptional circumstances. Please contact the team if you have any questions

If I have concerns during my stay

Please raise any concerns with a health professional or a ward manager. We encourage an open, learning culture and your concern will be taken seriously.

How are you working differently to maintain safety?

Just like supermarkets and other public spaces, we have made significant changes to our site to prioritise safety.

- **Flow around the hospital site:** We have marked clear one-way pathways around the site. This will make it easy to get where you are going and support you to socially distance
- **Parking charges:** We have made parking free for the moment. This will make it easier for patients and will ensure no cash is exchanged, or parking machines are touched by multiple people.
- **Social distancing:** Our site is marked for social distancing so it's easy for you to maintain a 2 metre distance. We have also removed all non-essential equipment and furniture to improve easy movement around the site.
- **Hand washing stations and hand sanitiser:** We have made it easy to sanitise your hands. There are stations all over the Trust that are clearly marked

- **Navigators and entry points:** When you arrive, you will be greeted by a navigator. This person will explain what you need to do and where you need to go. They will ensure that restrictions are maintained and you are supported.
- **Staff compliance:** Our healthcare teams have lots of experience in infection prevention. We have provided them with additional training, PPE and continued support to offer the safest care possible

Find more information

We are working differently to ensure you are as safe as possible. It is natural for you to have questions and we encourage you to find out more and get in touch.

Visit our website

We will be updating our website regularly. Please visit www.roh.nhs.uk

Contact your consultant

Your consultant can offer you advice about your specific condition. Please contact their secretary via 0121 685 4000

Latest Government and NHS guidance

As things change and develop, check for the latest updates on:

www.gov.uk

www.nhs.uk