



**The Royal  
Orthopaedic Hospital**  
NHS Foundation Trust

# Preparing for your procedure

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**RESPECT COMPASSION  
EXCELLENCE PRIDE  
OPENNESS INNOVATION**

# Understanding the risks and benefits during COVID-19

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## 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](http://www.roh.nhs.uk) to contact your healthcare team to discuss your options.

# Swab Testing

Every patient who is having a procedure, will be screened to check if they are positive or negative for coronavirus. This involves having 2 swab tests that will be done between 4 days and 2 days prior to your admission.

Depending on where you live, you will be asked to use one or two of the following options.

Your team will inform you at your preoperative appointment which option(s) to use:

## 1. Our on-site drive-through testing facility

You must attend the drive-through in your own (or household member's) car, please do not use a taxi.

When you arrive, please ensure the engine is switched off while waiting at the drive-through, and remain in your car at all times.

You will be given the date(s) to attend along with a 30 minute timeslot. It is important that you attend on the date(s) given to ensure your admission can go ahead as planned. Please keep within your 30 minute timeslot that has been given to you.

## 2. Postal Swab Test

This swab test is arranged using a courier service (please refer to the form at the end of this leaflet named 'getting a coronavirus test before your procedure') if you are asked to use this option.

## 3. Government drive-through testing facility

You will be asked to arrange this test 48 hours prior to your admission. This can be done by visiting: [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)

Please follow these instructions:

- Do not use public transport: you must travel to the drive-through testing site in your own car, or be driven by a friend or family member who has also been isolating
- Results will be emailed or text to you 24-48

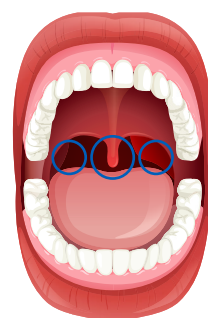
hours after the swab is taken

- If you receive an email, you must forward the email to [roh-tr.POACadmin@nhs.net](mailto: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.

If you are unable to book a test locally, but are able to travel to our hospital drive-through, please contact POAC, and they can arrange this for you.

## 4. Home visit

A member of our mobile testing team will visit you at home. This option is only available for patients living within 25 miles of the hospital, and is strictly for those patients that are unable to travel to the drive-through.



*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.*

*You will also need to complete a nasal swab. Please ensure that you blow your nose before having this swab.*

*It is normal for your nose and/or throat to feel a bit sore after the test.*

# 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](http://www.gov.uk/coronavirus)

### Telephone call and symptom check

A member of our bed management 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.*

You will be given two dates to attend along with a 30 minute timeslot. It is important that you attend on the dates given to you to ensure your admission can go ahead as planned. Please keep within your 30 minute timeslot that has been given to you.

## 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.

### Travelling to the hospital

- Public transport should not be used under any circumstances once your isolation has started.
- When attending the drive-through you must attend in your own (or household member's) car, **please do not use a taxi**. If you attend the drive-through in a taxi your surgery may be postponed.
- On the day of your admission wherever possible attend in your own (or household member's) car. If this is not possible, **you may travel in a taxi for this journey only**.
- If travelling by taxi, you must sit in the back, wear a mask and maintain hand hygiene to protect yourself as much as possible.

## 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.

# 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

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## 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, we are preventing visitors from entering the site. However you will be allowed support as you enter and are discharged from hospital. You should choose one family member or friend to support you.

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

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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](http://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](http://www.gov.uk)

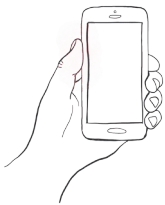
[www.nhs.uk](http://www.nhs.uk)

# Getting a coronavirus test before your hospital procedure

To protect you, other patients and staff, you need to get a **COVID-19 (Coronavirus) test exactly 3 days before coming to hospital for your procedure.**

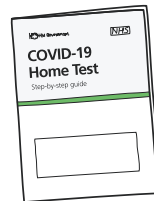
We'll order a test kit to be sent to your home, so you can take the test safely there. **Please return your completed test kit by courier (see step 2 below).**

## 1 Read text with your order ID



- You'll get a **text at least 7 days before your procedure date** with your **10 digit order ID**. Please keep this as you'll need it later to register your test kit online.
- Your test kit should arrive **within 2 days**. If you do not get it by then, please call 119.

## 3 Register your kit and complete your test



- **Register your test kit online** to get your test result by following the instructions provided.
- Complete your test **exactly 3 days** before your procedure and **return it on the same day**. Use the timetable on the back of this page to help you find out what day this is, or call your hospital.

## 2 Book your courier collection

### Important

**You need to book your free, next-day courier collection 4 days before your procedure. (You must complete and return your test exactly 3 days before your procedure.** To confirm which day this is, see the timetable on the back of this page or contact your hospital).

- You can book your courier between **8am and 4pm** by visiting [www.collections.royalmail.com](http://www.collections.royalmail.com) or by calling **119** (tell the call handler you're getting the test before a hospital procedure).
- Your courier will arrive between **8am and 4pm** on the day of collection. **Take your test at least 1 hour before 8am on the day of collection** to give yourself enough time before the courier arrives.



## 4 What to do after getting your result

You should get your result **by text within 2 days** of returning your test kit. If you do not get your result by then, please contact 119.

Your hospital will also get the result by email.



- If the result is **negative**, please continue to self-isolate and come to the hospital on the day of your procedure.
- If your result is **positive or unclear**, call your hospital directly to discuss what to do next.

### When to complete each step?

Circle the **day of your procedure** in the timetable below. Then see when you need to book your courier, register your kit online, take your swab sample and return your test kit.

#### Day of your procedure

**4 days before procedure** - Book courier collection

**3 days before procedure** - Register test kit online, take swab sample and return your test kit.

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Thur	Fri	Sat	Sun	Mon	Tue	Wed
Fri	Sat	Sun	Mon	Tue	Wed	Thur

If you need any assistance with your test kit, please **call 119 (lines are open from 7am to 11pm)**.

Tell the call handler that you're taking a home test before your hospital procedure. Also, give them the name of the hospital. They'll be able to support you at any step during the testing process.