



The Royal  
Orthopaedic Hospital  
NHS Foundation Trust

# Preparing for your procedure

## Transition to Adult Services (16 –19-year-olds)

The risks and benefits

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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-19 pandemic 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-19 and that you also need to take certain precautions as recommended by your medical team.

While we are taking every precaution possible, there is still a possibility that you could contract COVID-19 when you visit hospital.

## The risks of undergoing a procedure when COVID-19 positive

There are increased risks if you undergo a surgical procedure if you have COVID-19 or contract it in hospital.

## The precautions we are taking



Although the risks of surgery with COVID-19 are increased, we are taking every precaution possible to reduce risks:

- Staff will comply with rigorous infection prevention measures
- We are running a 24/7 cleaning schedule with particular attention to high traffic areas
- Appropriate PPE will be worn by everyone

Recently having a COVID-19 infection can impact your hospital admission. If you have had COVID-19 in the last 4 weeks please let your clinical team know.

## 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. Due to the pandemic, waiting lists have grown and delays may occur as we work to restore services. You should 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.

# Preparing for your procedure at The Royal Orthopaedic Hospital

## Before your procedure

We advise you to take extra precautions to minimise your risk of contracting COVID-19 before your procedure:

- Sanitise hands regularly
- Try to avoid large crowds and gatherings (like sports events, concerts)
- You can continue to attend work/school, but you must take extra care

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)

You may be asked to self-isolate by your consultant but this will be done on a case-by-case basis.

## 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.

When you arrive at the hospital, please sanitise your hands and collect a mask from the designated mask station.

### Accompanying parent/carer

We understand that moving into adult services can sometimes be a stressful and anxious time for some young adults, without the added concerns of COVID-19.

A policy is in place to ensure that one parent/carer can accompany all 16 – 19-year-old young adults to the hospital for appointments, day case procedures and inpatient stays, if the young person wishes them to. We have however put some extra steps in place to help protect yourselves, other patients and the staff involved in your treatment.

We appreciate that your parent/ carer may require to leave the ward area for short

episodes for example to access food in the restaurant, but request this is reduced to the minimum possible. If they do require to leave the hospital then we ask that they only come back provided they are symptom free, are not positive or had contact with a known positive case outside of the hospital.

### Visiting

Visiting times are **2-4pm** and **6-8pm**. Visiting is **limited to 2 people** at anyone time (including anyone accompanying the patient)

### Having your operation

If you would like the support of your parent/carer with you when you go into the anaesthetic room and after surgery in recovery, then this is still possible, but we will require your parent/carer to wear personal protective equipment (PPE). This PPE will need to be put on at the theatre entrance and consists of a plastic apron, over shoes and a mask. Please discuss this with the Transition Nurse or ward staff who can ensure the correct equipment is available.



# Preparing for your procedure at The Royal Orthopaedic Hospital

## 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 may be required for some procedures to protect you from contracting the virus in the early post-operative period. Your medical team will advise you what is required.

### COVID-19 Vaccine

***You should not have your vaccination in the week immediately before or after surgery.***

## Frequently Asked Questions

### What will happen if I develop COVID-19 symptoms while in hospital?

If you become symptomatic, you will be immediately moved in to an isolated space and tested for COVID-19. 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.

it. Alongside PPE, we observe hand sanitisation, social distancing and rigorous cleaning to help ensure your safety.

### Will I be allowed visitors?

Visiting is permitted between **2 - 4pm** and **6 - 8pm**. Visiting is **limited to 2 people** at anyone time (including anyone accompanying the patient)

If your visitor is unwell, or has any COVID-19 symptoms, they should not visit the hospital. Visitors will be required to:

- Sanitise their hands
- Collect and wear a fresh face mask

### What if another patient has COVID-19?

If a patient becomes symptomatic, they will be immediately moved in to an isolated space. Those caring for you will follow rigorous Infection Prevention and Control measures and the area will be regularly cleaned. Anyone who has been in contact with them will be informed and moved to an isolated space. Symptoms will be monitored to ensure they are not positive for COVID-19.

Patients may be accompanied where appropriate and necessary to assist with the patient's communication and/or to meet the patient's health or social care needs. This includes parents to children and young people, carers, supporters and personal assistants.

### 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

If you have any questions about visiting please contact 0121 685 4128 or roh-tr.PALS@nhs.net

### 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.

# 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)

## Further questions

If you have any questions or concerns, please contact our Patient Experience Team on 0121 685 4128 or [roh-tr.PALS@nhs.net](mailto:roh-tr.PALS@nhs.net)