

## Joint Health Integrated Musculoskeletal Care Patient Information - Self-Referral

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Your GP has recommended that you arrange an appointment with The Joint Health (JH) Integrated Musculoskeletal (MSK) Care Service. This service provides specialist care for patients with joint and soft tissue conditions. Please follow the instructions on the reverse of this leaflet to arrange your appointment with one of our specialists.

**Who can we see?** We see patients over the age of 16 who are registered with a West Lancashire or Southport and Formby GP and have a Musculoskeletal (MSK) condition.

### **Who can't we see?**

- Children under the age of 16
- If cancer is suspected
- If your symptoms are due to:
  - ✓ Neurological problems e.g. Stroke
  - ✓ Respiratory / cardiac problems
  - ✓ Obstetric & gynaecological problems
- If you are already under the care of a consultant for the same problem, or the pain service
- If you need an interpreter or have telephone communication problems

### **Where are the clinics held?**

The initial patient appointment will be in the Rehabilitation Departments at:

- Southport & Formby District General Hospital, ground floor (parking charges apply)
- Ormskirk & District General Hospital, ground floor (parking charges apply)

Following the initial appointment, alternative GP / Community clinic venues may be available.

**Who is in the Joint Health Team?** We are a specialist multi-disciplinary team which includes:

- Consultants in Sports and Exercise Medicine, & Neurosurgery
- Advanced / MSK Physiotherapy Specialists
- MSK Podiatry Specialists
- Occupational Therapists (hands)

**What does Joint Health Provide?** Specialist MSK assessment and treatment for patients with joint & soft tissue conditions

Direct access to investigations including

- X-ray
- MRI Scans
- CT Scans
- Nerve conduction studies
- Ultrasound scans
- Blood Tests

Specialist Treatments including

- Physiotherapy
- Aquatic therapy
- Specialist advice and exercise programmes
- Soft tissue and joint Injections
- Ultrasound guided injections
- Biomechanical assessment
- Orthotics and splints

**What will happen at my first appointment?**

We will ask about the problems you are experiencing and you will be given the chance to talk about your concerns. The clinician should be able to see your doctor's consultation unless you have asked that we don't share viewing rights.

If you choose to attend a clinic rather than a telephone appointment you will also have a physical examination. Occasionally we may need to request further investigations E.g. x-rays to help us make an accurate diagnosis

Once we know your diagnosis we will then discuss with you the most appropriate and effective treatment. This may include attending a patient education / exercise programme or you may see another specialist more suited to your needs e.g. podiatry or physiotherapy

**How do I make my Appointment?**

Please call the following telephone number and **ask to speak to one of our self-referral patient advisors**. Please call within 2 weeks of your GP giving you this letter.

**01704 704962 Tuesday / Thursday / Friday 9am—4pm Wednesday 9am – 12noon**

You will need to provide your name, date of birth, GP's name and a short explanation of the problem(s) you are experiencing. Our patient advisor will then give you the choice of either a telephone consultation or a face to face clinic appointment with one of our specialists.

**If you have more than one condition/ problem please inform the patient advisor when you phone us**

You can make a note of your appointment below

**Telephone or Clinic Appointment**

Date:

Time:

Location (if relevant):

Clinician:

Reason for referral: