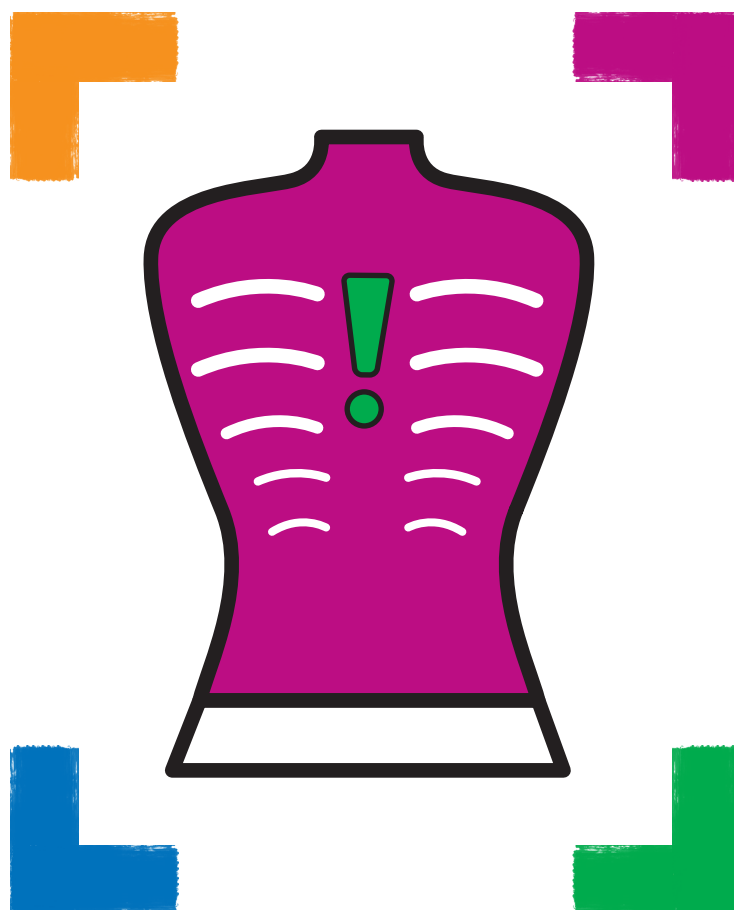


Community musculoskeletal service



Community musculoskeletal service
01226 644858

With **all of us** in mind.



What is a clinical assessment service?

Your doctor has identified you have a problem with a joint, nerve, muscle, tendon or ligament.

You have been referred to the community musculoskeletal service. Here we look at your referral and find you a service which best meets your needs.

This could be a hospital consultant or with a clinician in the community musculoskeletal service.

Screening aims to give you quicker access to the most appropriate care ensuring you receive the right care in the right place at the right time.



Who will assess me?

All screening and assessment is undertaken by qualified clinical staff with experience, skills and knowledge in the treatment and management of your condition.



What will happen?

You may have agreed with your doctor at your GP surgery a time and date for you to ring the clinical assessment service or alternatively your GP practice may have selected this for you. Following this being chosen, you will have received confirmation of the clinical assessment service appointment via letter or text message.

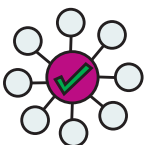
It is important that you call the clinical assessment service (01226 644858) at the appointment time and date you have been provided, where you will speak to a patient care advisor. Failure to call the clinical assessment service at the time and date you have been allocated, will result in delays in you receiving treatment and possible discharge.

You will be given a password and a booking reference number at the surgery, which you need to quote when you call.

During this telephone call, the patient care advisor will explain the results of your screening.

This could lead to:

- An appointment to see a doctor, an extended scope practitioner or a physiotherapist.
- Referral to a hospital service.



Choice of treatment provider

If you need to be referred to hospital or other service provider you will have a choice of where to be treated. There are a number of hospitals that you may choose to go to.

Your patient care advisor can give you more information to support your choice.



Health and wellbeing coaches

Would you benefit from health and wellbeing support?

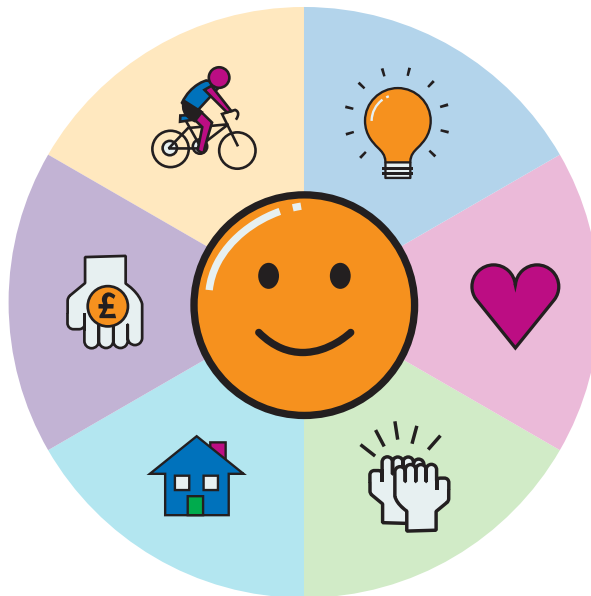
Perhaps you would like to lose weight, stop smoking, improve your diet, increase your activity levels or need extra support with stress, anxiety or low mood?

Health and wellbeing coaches are based in GP practices and can see you for one-to-one coaching in person or over the phone.

If you would like more information or would like to be referred, then talk to your GP, nurse or receptionist and ask them to refer you to a health and wellbeing coach.

You can also email syicb-barnsley.pcnhealthandwellbeingcoaches@nhs.net

A coach will get in touch to arrange an appointment to talk about what matters to you and how they can help.



Community musculoskeletal service

At your first appointment your clinician will carry out a detailed assessment. This will include questions about your condition, its history and how it affects you. You will also be asked about any other medical problems and any medication you are taking

Your clinician will discuss their findings with you and will encourage you to be involved in decisions regarding your treatment options. You will always be given some advice and/or exercises for you to continue at home to help with your condition.



What can I do to help myself?

Research has shown that resting for more than a day or so does not help and may actually prolong pain and disability.

You may need to modify your activities initially, but the sooner you get back to normal activity, the sooner you will feel better. Feeling a bit sore initially is also normal and often a good sign that you are making progress.

Changing your position or activity frequently throughout the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.



We value your comments

Customer services

We'd love to hear your feedback. Our customer services team handle any general enquiries or information requests, as well as comments, complaints, concerns and compliments about Trust services.

Freephone number: 0800 587 2108

Email: customer.servicesSWYT@nhs.net

If you need to change or cancel your appointment, please call us as soon as possible on 01226 644858 or via the e-referral appointments line on 0845 608 8888. You will need your password and reference number.

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.