Orthopaedic Supported Discharge (OSD) Service

Fractured neck of femur

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

Introduction

The orthopaedic supported discharge (OSD) team helps patients who have had a fractured femur (hip) to continue with their rehabilitation at home once they leave hospital.

The aim of this leaflet is to provide you with information about the service and improve the structure of your rehabilitation programme.

Please take the time to read this leaflet and use the space provided to highlight any queries.

What to expect from the service

The aim of the OSD service is to support you to return home and ensure you continue to receive therapy and rehabilitation guidance at home to maximise your recovery and help you live as independently as possible. This service runs for up to four weeks following your discharge from hospital.

The OSD team consists of:

- Physiotherapists
- Occupational therapists
- Therapy support workers

We also work closely with the community nurses and community rehabilitation teams.

The team works seven days a week, with community visits running from Monday to Friday.

We provide a rehabilitation service at home for those patients who have ongoing therapy needs following their discharge from hospital.
We will help you to identify your rehabilitation goals and support you with continuing therapy at home to help achieve them.

Rehabilitation is something patients and therapists can work on together.

Many factors such as your underlying health and previous fitness levels will determine how much of a recovery you will make.

It is important to set yourself realistic goals to focus your rehabilitation. You will need to be clear about what you would like to achieve and discuss this with your therapist. You can expect constructive feedback from the OSD team on how you are progressing with your rehabilitation.

If your recovery time exceeds the four weeks of input from our team we will refer you on to the therapists in the Complex Care Team in your local area.

Goal planning is necessary to assist us to work together on the goals that are important to you. Once you have set your goals they will be documented in this leaflet for your reference.

We can offer rehabilitation in the following areas, and more:

- Mobility
- Exercises
- Washing and dressing
- Preparing meals and drinks
- Returning to normal daily activities
- Supporting you to reduce the risk of falls and help with lifestyle changes
- Emotional support for you and carers, spouses and other family members or friends who may be involved in your care and rehabilitation

**Expectations**

Please take some time to consider what your expectations are of your therapy sessions. If possible you may wish to discuss these with a relative or friend, as this could help with decisions.

**My expectations are:**

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Goal planning

Now you have had time to think about your expectations, a member of our team will help you plan your goals. They will write them in the space provided below.

1. ........................................................................................................................................

2. ........................................................................................................................................

3. ........................................................................................................................................

4. ........................................................................................................................................

5. ........................................................................................................................................

Contact details

If you need any additional help or if you are unable to keep your appointment, please contact us.

Orthopaedic Supported Discharge (OSD) Service: 01271 311681

Devon County Council
Care Direct (adult social care information and advice)
Tel: 0845 1551 007
Website: www.devon.gov.uk/socialcare

Citizens Advice Bureau
Advice on legal, money and other issues
Tel: 01271 377077
Website: www.citizensadvice.org.uk
PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail: ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the ward staff or the PALS team in the first instance.

‘Patient Opinion’ comments forms are on all wards or online at www.patientopinion.org.uk.

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