

# Amputee Class An Information Guide



## Amputee Class

### Where?

The Amputee Class is held on Tuesdays 10.30 to 12.00 in the Physiotherapy Outpatient department at Chippenham Community Hospital. We work in collaboration with the Bristol Centre of Enablement and Oxford Centre for Enablement.

### Class

This is an adult class with up to 8 patients at a time. It is designed to help patients regain function and assess for prosthetic use. After an initial assessment you will be provided with an exercise programme to complete at home and individually during the class.



You will have one to one reviews with the physiotherapy staff to work on your personalised goals which may include an early walking aid.

Please wear comfortable clothing to allow you to exercise. A pair of shorts can be useful to allow ease of fitting the early walking aid or your prosthesis. Suitable supportive footwear is essential.

Relatives or carers do not need to routinely attend these classes. However if you feel you would like someone there with you for support purposes, please discuss it with the physiotherapist in charge of the class and this can be arranged as appropriate.

### Staff

The class is run by the physiotherapy team at Chippenham Community Hospital who will liaise with the Enablement Centre and other teams that may be involved in your care.

<p>Working in partnership Great Western Hospitals NHS Foundation Trust Royal United Hospitals Bath NHS Foundation Trust Salisbury NHS Foundation Trust</p>	<p>Follow Wiltshire Health and Care on social media:</p> <div style="text-align: center;">   </div> <p style="text-align: right;">@WiltsHC_NHS Wiltshire Health and Care</p> <p style="text-align: right;"><a href="http://www.wiltshirehealthandcare.nhs.uk">www.wiltshirehealthandcare.nhs.uk</a></p>
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## **Transport**

Arriva Transport can be arranged their phone number is 0345 6006068. Although the physiotherapy department will book the first transport for patients, we do not have direct influence on the pick-up/drop off times. We advise that all patients are ready to be picked up from their home address from 8.30 onwards.

There can sometimes be delays in pick up after the class due to the run times of the ambulance and you may find that you are sometimes waiting into the afternoon for your return journey. You may wish to consider bringing a snack in preparation for these situations.

You will be in charge of arranging your transport after the first class.

Entitlement to hospital transport may change throughout your rehab as mobility improves.

## **Attendance**

If you are unable to attend the class for any reason please ring the department on 01249 456451 and inform a member of staff as soon as possible. Please also phone Arriva to cancel your transport if appropriate.

Please do not attend the class if you are unwell.

If you fail to attend your appointment without contacting the service you will be contacted by a member of the team.

If you fail to attend on a second occasion you will have 30 days to re-book an appointment. If we do not hear from you during this time you will be discharged from our service.

## **Refreshment**

There will be tea, coffee and biscuits available for every patient during class times only. If you have diabetes please ensure you have a snack with you at all times, especially in view of potential delays with transport.

## **Medication**

If you suffer from any medical conditions where you require medication please ensure you bring this to class with you; for example inhalers, insulin and GTN sprays. If you are diabetic please bring your blood glucose monitoring kits too. We are unable to provide wound care and dressings, therefore if you have an open wound please consider if you will need to bring extra dressings to the class. You may also want to discuss timings to have your wound re-dressed with your district or practice nurse.

## **Smoking**

The hospital is a no smoking site and therefore we ask everyone to refrain from smoking at all times whilst on site.

## **Safeguarding**

Wiltshire Health and Care has a strong commitment to care that is safe, of a high quality and that upholds our patients' rights. All our patients have the right to live lives free from abuse or neglect and, where they are able, to make or be supported to make informed decisions and choices about their treatment, care and support. Where patients are not able to make their own decisions, Wiltshire Health and Care staff are committed to ensuring that treatment, care and support is undertaken in accordance with the person's best interests. In order to fulfil these commitments, Wiltshire Health and Care follow the Safeguarding principles and responsibilities laid out in Sections 42-46 of the Care Act (2014) and are informed by, and apply, the guiding principles and provisions of the Mental Capacity Act (2005).

If you or your carer have any concerns about abuse, neglect or your rights in relation to care provided by Wiltshire Health and Care or any other agency or individual, please raise this directly with any Wiltshire Health and Care staff or contact the Safeguarding Adults Team by telephone on: 0300 4560111.

### **Wiltshire Health and Care Patient Advice and Liaison Service (PALS)**

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff. If you feel unable to do this please contact PALS using the details below.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 1237797 and [PALS.wiltshirehealthandcare@nhs.net](mailto:PALS.wiltshirehealthandcare@nhs.net)