

# Amputee Class

An information guide



# Amputee Class

## Where?

The Amputee Class is held on Tuesdays or Fridays from 9:30am to 11:30am in the physiotherapy outpatient department at The Royal Oldham Hospital.

We work in collaboration with the Specialised Ability Centre Manchester (SACM).

## Class

This is an adult class with numbers of up to twelve patients. It is designed to 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 sessions with the physiotherapy staff to work on your personalised goals which may include walking practice with an early walking aid. We will transfer your rehab to your local community Physiotherapy team at the appropriate time.

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. 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 a physiotherapy team with a monthly visit from a SACM consultant and a fortnightly visit from a prosthetist.

## Transport

Ambulances can be arranged through the physiotherapy department or there is patient parking on site. The company responsible for ambulance transport is The North West Ambulance Service. If you need to contact them to cancel an ambulance their contact number is **0800 0323240**.

Although the physiotherapy department will book 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 **7:30am** 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.

## **Attendance**

If you are unable to attend the class for any reason please ring the department on **0161 627 8517** and inform a member of staff as soon as possible so transport can be cancelled accordingly. Please do not attend the class if you are unwell.

If you fail to attend your appointment without contacting the service you will receive a letter with another appointment to attend.

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.

## **Refreshments**

There will be fresh water and biscuits available for every patient during class times only. If you suffer from 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 with 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 nurse.

## **Smoking**

The hospital is a no smoking site and therefore we ask patients to refrain from smoking whilst on site.





**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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