

Suspected Scaphoid Fracture to Wrist

Information for patients

Virtual Fracture Care Team: Shared care plan

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This is a follow-up letter to your recent telephone consultation with the Virtual Fracture Care Team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

You have a suspected scaphoid fracture to your wrist. You will now follow the “Scaphoid Pathway”.

This type of fracture does not show up clearly on x-rays so you have been referred for a CT scan at one of our hospitals.

For Tunbridge Wells Hospital at Pembury, you need to go to the main Radiology department, level 0 and say that you have been asked to go there for a CT scan as per “Scaphoid Pathway” between 9am - 4pm, Monday to Friday only.

For Maidstone Hospital, the Radiology department will contact you directly and give you a specific date and time for an appointment to attend.

Once your CT scan has been done, please go home. The Virtual Fracture Clinic Team will contact you once the CT scan is reported and reviewed by the Orthopaedic consultant in the nearest available clinic.

Your wrist has been immobilised either in plaster or a futuro splint. Please keep this in place. Once we have your management plan based on the CT results, we will provide you with further information via telephone call.

Advice for a new injury

Rest and elevation:

Try to rest the arm for the first 24-72 hours to allow the early stage of healing to begin. Raise your wrist above the level of your heart with a sling if it is throbbing.

Please follow the exercises below to maintain circulation in your fingers and thumb and to reduce swelling.

Finger exercises:

Keep your fingers and thumb moving whilst you are in the plaster as indicated below.



Please perform the exercises 10 times each, 4-5 times per day.

Smoking cessation

Medical evidence suggests that smoking increases the time it takes for a fracture to heal. In extreme cases it can stop healing altogether. Stopping smoking during the healing phase of your fracture will help ensure the best recovery from this injury. For advice on stopping smoking and local support available please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

Further information and advice can be obtained from:

NHS 111



 111

NHS Choices online

www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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