



## Referral for Limb Fitting

### Information for your first visit to Queen Mary's Hospital, Douglas Bader Rehab Centre



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This booklet is designed to provide you with information about your first visit to Queen Mary's Hospital, Douglas Bader Rehab Centre.

## The Rehabilitation Centre

The Rehabilitation centre is situated within Queen Mary's Hospital, Roehampton on the lower ground floor, and is fully accessible to disabled people and people in wheelchairs.

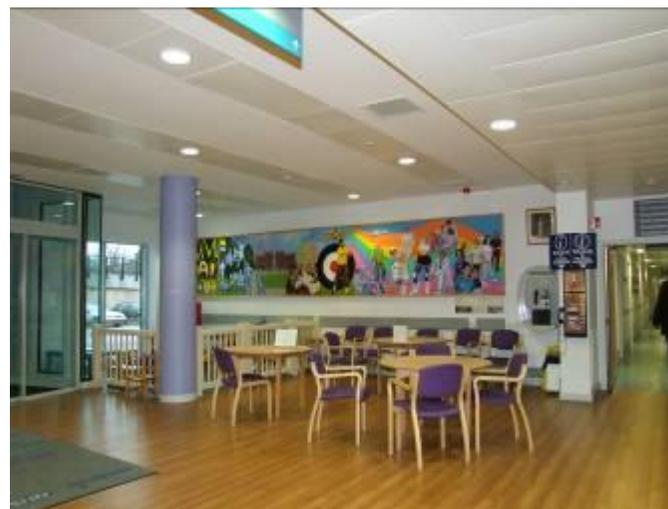


There is a Pay and Display car park next to the hospital. Disabled badge holders may park free of charge in any of the designated parking bays on the Ground floor or Lower Ground floor levels.

Please arrange your own transport for this first appointment. Hospital transport can only be provided for those patients who are eligible under the Department of Health guidelines. These state that patients are eligible if their medical condition or mobility requires the skills of ambulance staff, and they would be unable to access healthcare or it would be detrimental to their health to travel by any other means. You will be assessed at this first appointment with regard to future transport needs.

The prosthetic services offer rehabilitation for both adults and children and for Upper and Lower limb amputees. Facilities include the Vitali Clinic where the medical team will assess patients, a rehabilitation gym, prosthetic manufacturing facility, men's and women's fitting rooms, a restaurant, coffee bar, and waiting area.

For children and their families there are specific fitting and treatment facilities and a children's play area in the waiting area.



## The Multidisciplinary team

You will meet a wide range of health care professionals who will be involved in your rehabilitation including:

### Consultant in Rehabilitation and his team of Doctors

The consultant will be responsible for your overall clinical care and work closely with the other members of the team. The doctors are experts on amputation surgery, pain management, diabetes and other general medical problems relevant to rehabilitation.

The doctor will see you on your first visit and start the process of your rehabilitation. They will examine you and discuss with you the best possible course of action. We have facilities at Queen Mary's Hospital to carry out most investigations, prescribe medications, and request opinions from other specialists when required.



## Specialist Nursing Staff

The nursing staff are responsible for running the outpatient clinics and giving nursing care to patients attending the clinic. On your first visit the nurse may take and record your blood pressure, weight and height. The nurses' role is both educational and advisory. They give advice on stump care and the management of any stump wounds.

The nurses work as part of the multidisciplinary team and will be able to liaise and refer to other members of staff; this will include district nurses and diabetic specialist nurses.



## Prosthetists and limb manufacturing

There is a limb manufacturing company based at Queen Mary's Hospital that provides the limb fitting service and all the relevant expertise that surrounds it, both clinically and technically.

Your prosthetist is the person who will make and fit your prosthesis - artificial limb. They have extensive knowledge of fitting techniques and components and will aim to provide you with a limb that is as comfortable as possible and meets your mobility needs.

Once you are allocated a prosthetist you will remain under their care for as long as you are attending Queen Mary's Hospital. Your prosthetist will try to help you problem-solve and meet your mobility needs as you progress.

## Amputee Therapy Team

Physiotherapists - physio, Occupational Therapists O.T. and the Rehabilitation Assistant make up this team. The physio focuses on exercise, strength, balance and mobility, the O.T. on functional tasks and the home setting. Most of your time will be spent in the rehabilitation gym where the physios are based. If you have concerns about functional tasks or your home environment, please ask to speak to an O.T.



## Other professionals you may meet:

Your physiotherapist may refer you to the Fitness instructor – they work in the Bader Gym, which is a purpose built facility within the rehab centre. It has full disabled access for clients with any disability to enable them to use exercise equipment. The fitness instructors will work with you to promote a healthy lifestyle through the use of a personal exercise programme



Clinical psychologist - The Clinical Psychologist on the team is a professional who specialises in helping individuals manage the emotional adjustment to amputation. This is someone you can talk to, in confidence, about any psychological/emotional issues that you are concerned about. Such concerns may be wide ranging. They could be directly linked to the amputation itself for example feelings of loss, role change, feelings of anger or anxiety or relate to issues from the past that have risen to the surface since undergoing amputation for example previous bereavement or previous trauma.

Orthotist – the orthotist provides a device to support or control part of the body, through the provision of a splint, brace or special footwear. These may aid movement, correct deformity or relieve pressure, pain or discomfort. Our orthotists work closely with all members of the team and your doctor will refer you if required

Medical social worker – may be available to give information and advice on any queries about Department of Work and Pensions (DWP) benefits or Community Care Services

## When can you be referred?

Generally you will be ready to attend for an appointment when

- your stitches are out
- your stump is healing and the swelling is going down

and when you have achieved some success in:

- being independent in your wheelchair, moving around the ward/home easily and able to transfer from your wheelchair on to different surfaces, e.g. your bed and the toilet.
- able to wash and dress yourself

If you are a single amputee:

- being able to stand up unaided in the parallel bars
- have tried to walk using an aid such as the Ppam Aid in the parallel bars.

It is important to be able to do these activities as the **energy required to walk with a prosthesis is considerably more than before.**

- below the knee up to 20% extra energy.
- above the knee it will be up to 50% extra energy.
- bilateral amputees could require up to 280% extra energy to walk.
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Using an artificial limb can be much harder than people think. This is particularly so for amputations above the knee.

Therefore it is important to achieve as much independence and physical strength as possible to help you use a prosthesis.

How much you achieve with a prosthesis will also depend on how well you were, and the level of walking you were able to do, before your amputation. This will be taken into consideration when planning your rehabilitation with a prosthesis.

Patients will be assessed on a case by case basis for their suitability for a prosthesis. Sometimes the use of a wheelchair will be more energy efficient than using a prosthesis.

## Information for your first visit

**You will need to arrange transport to attend your first appointment. If you feel you are eligible for transport under the Dept of Health guidelines, please speak to your GP to help arrange this.**

### What to bring:

- List of current medication
- any medication you require for the day
- a packed lunch, including a drink. You can buy food, hot and cold drinks at the Hospital.
- Wear what you feel comfortable in, and that it will be easy for the team to examine your stump and remaining leg.
- a pair of shoes you can currently wear

This first assessment will involve a medical examination by the doctor and could involve other team members, a physiotherapy assessment and trial with a training prosthesis, therefore please be prepared to be at the hospital until 2pm.

Previous individual fitness levels will be considered and factors such as arthritis and heart disease will need to be taken into account. At the end of the appointment you will be advised if you are ready to start prosthetic rehabilitation and whether this will be best as an out-patient or in-patient. You will have the opportunity to discuss the stages of your rehabilitation.

If your wound is not ready for you to start your rehabilitation, you will need to return for a further appointment before this process can begin

## Starting your rehab with your prosthesis

If it is decided that you will benefit from using a prosthesis, you will usually be seen in the prosthetic department on the same day, and meet your prosthetist, who will start making your prosthesis.

There are many different components and types of prostheses and the doctor and prosthetist will prescribe the best option for your needs using our prescription guidelines. They will consider your level of amputation, your functional needs and physical ability.

## Measurements/Casting

The first stage in making your prosthesis will be to either take measurements or a plaster cast of your stump. The prosthetist will use these to manufacture the socket of your prosthesis which will fit your stump. Once your prosthesis has been started you will attend **in 1-2 weeks** for a fitting of the prosthesis.



## Fitting

Your prosthetist will use this appointment to ensure the socket is fitting correctly and the componentry used is aligned well. Sometimes a second fitting is required.

## Walking

When you and the prosthetist are satisfied with the fitting you will start your rehabilitation with the prosthesis in the therapy departments at Roehampton. This will be **on a daily basis**, and you will be assessed for transport requirements.

You will be taught how to put your prosthesis on and take it off, and learn how the prosthesis should fit using prosthetic socks. You will start to learn how to walk with the prosthesis in the parallel bars and the physiotherapist will give you advice and exercises to help you develop a good walking pattern. As you gain confidence and ability you will be progressed onto using walking aids. These will be assessed with regards your ability and functional needs.

Your rehabilitation will be for approximately 5-6 weeks, but can vary depending on the individual.





## **Feedback**

Feedback on all aspects of the service is welcome. If you would like to make a suggestion, compliment or complaint you can do this by writing to:

PALS  
Queen Mary's hospital  
Roehampton lane  
SW15 5PN

Telephone: 020 8487 6322

E-mail: [shona.ruff@stgeorges.nhs.uk](mailto:shona.ruff@stgeorges.nhs.uk)