

Anterior Cruciate Ligament Reconstruction Consent Form



This form should only be used if the patient has capacity to give consent. If support is required with consent (interpreter, witness, carer, guardian, parent, or any other relevant support) please ensure they are present. If the patient does not legally have capacity, please use an appropriate alternative consent form from your hospital or hub. This form will be the result of a shared decision conversation between a clinician and patient. "You / your / me / my" hereby refers to the patient.

Please note it is common NHS practice for your consent to be taken by a clinician other than the operating or listing surgeon. This clinician will be suitably trained and competent to take consent. They will be referred to as the "responsible healthcare professional" in this form.

You will be provided with additional patient information about your procedure by your hospital or hub site. These will be provided in a language and format that suits you.

You may have questions before starting, during or after your procedure. Contact details are provided for any further queries, concerns or if you would like to discuss your treatment further. The risks quoted in this consent form for surgery assume that you have no additional factors which would increase your risk. The clinician discussing the consent with you will explain if you have health conditions or factors that may increase your risk.

Your details (Print or sticker)

First name:

Last name:

Date of birth:

NHS or Hospital number:

Responsible Health Professional:

My requirements: e.g, transport, interpreter, assistance

Details of Anterior Cruciate Ligament Reconstruction

Anterior Cruciate Ligament Reconstruction Procedure:

An anterior cruciate ligament (ACL) reconstruction is an operation to replace a torn ligament in the knee with a graft from another area of the leg.

Extra procedures:

Other procedures (please specify)

Site and side:
(Tick as appropriate)

Left **Bilateral**
 Right

Indication for, and purpose of surgery / benefits:
(Tick as appropriate)

Anterior cruciate ligament rupture - to improve mobility, improve the stability of the knee, and reduce pain or stiffness in the knee.
 Other(s)

Alternatives considered:
(Tick as appropriate)

Conservative management
Conservative management is a term used when a condition is managed without surgery or other invasive procedures or treatments. You may choose not to have surgery and live with these symptoms which may stay the same or get worse. If symptoms worsen you might choose to have surgery later in life if appropriate. Changes such as weight-loss, reducing strenuous activity, physiotherapy, and anti-inflammatory medications may help to reduce symptoms.
 Other(s)

Possible early or short-term risks

Rare

Probably won't happen
(fewer than 1 in 100)



Damage to structures in the knee Structures of the knee joint can be inadvertently damaged during surgery. This may cause new or ongoing symptoms and may need further investigations or surgery. These include fractured knee cap (patella) if a patellar tendon graft is used.

Tourniquet damage A tourniquet is used to reduce blood loss. This is a tight band that is placed higher up the limb than the site of the procedure. Rarely, the tourniquet can irritate the skin or a nerve underneath it. A skin injury may require dressing or very rarely surgery. Nerve injury can cause numbness of the skin.

Change from keyhole to open surgery During keyhole surgery, the team may decide that it would be better to complete the operation with an 'open' approach, rather than continuing with keyhole surgery. This may be to improve the view or access to the area to adequately perform the procedure. Rarely this may be required if an instrument is damaged and breaks within the knee. An open approach involves making a larger cut in the skin. This will leave a larger scar and usually increases the recovery time.

The risk of this being required is higher in those who are obese or have had previous surgery in the area.

Medical Complications There are a number of complications which having any operation increases the risk of - called perioperative risks ('peri' means 'around the time of'). These include allergies and risks of having an anaesthetic, which will be discussed with you by an anaesthetist. Other complications include a chest infection including COVID-19, problems with the heart (including a heart attack), a stroke, memory problems or worsened kidney function. Any existing medical problem could also deteriorate. Perioperative complications may increase the length of your hospital stay, require additional treatment including in some cases admission to intensive care, and may be life threatening

Possible late or long-term risks

Expected

Will probably happen



Discomfort, swelling and Pain Discomfort is a feeling of being uncomfortable, often due to pain, swelling, irritation or stiffness. It is normal to have some discomfort and swelling for a few days or weeks after the operation. Pain relief options will be discussed with you. Rarely, pain will be a long-term problem this may be due to a complication listed below or sometimes have no obvious reason.

Visible scars If the skin is injured, whether by surgery or other means, a scar is formed during the healing process. Normal scars will fade and become paler over time, but do not completely disappear. You may have some numbness or tenderness around the scar which may be permanent.

Common

Might happen
(more than 1 in 20)



Ongoing symptoms Despite the procedure, the symptoms may continue. Sometimes this leads to further tests or treatments being recommended. A repeat arthroscopy or another procedure may be required.

Numbness Numbness is the term for reduced touch sensation of the skin and may also include reduced sensation of pain or temperature. It is often temporary but can be permanent.

Joint swelling, bleeding or haemarthrosis (blood in the joint) Joint swelling can be caused by a collection of fluid or blood within or around the joint. These can sometimes be left to be reabsorbed by the body with time, but may take weeks or months, and may need a further procedure or operation.

Knee stiffness Knee stiffness is a term for not being able to move the knee joint easily. Any stiffness that was present before the procedure may persist or worsen, or new symptoms may occur. Physiotherapy can often be helpful.

Instability Instability is the feeling that a joint is weak or unstable. These symptoms may continue despite surgery.

Uncommon

Unlikely to happen
(fewer than 1 in 20)



Wound infection A wound infection is an infection of the skin or underlying tissues, where a cut has been made, often causing redness, or swelling. It may require treatment with antibiotics. Occasionally, drainage of a collection of infected fluid (pus) or further surgery is also needed.

The risk of developing a wound infection is higher in some patients, including those who are obese, are smokers, and patients with diabetes. Sometimes a wound infection can be present with a deep infection (see below).

Continued...

Possible late or long-term risks continued

Uncommon

Unlikely to happen
(fewer than 1 in 20)

Blood clots (deep vein thrombosis or pulmonary embolus) Blood clots can form in the veins of the legs (deep vein thrombosis), causing pain and redness in the leg, and are more likely to occur after an operation, when people move around less.

These clots can occasionally also travel from the legs to the lung (pulmonary embolus) and can cause problems with breathing. Clots in the leg or lung require treatment such as with blood thinning medications.

Getting moving early after an operation reduces your risk of clots.

You may be advised to wear compression stockings or calf compression pumps and have blood thinning injections following surgery to help reduce your risk. This depends on the procedure you are having and your medical history. Very rarely large clots can form in the lungs and this may be life threatening.

Graft failure Graft failure is when the graft that is being used stops working as it is meant to. It is important to follow the advice and actions given after surgery to prevent graft failure. Further surgery may be necessary.

Rare

Probably won't happen
(fewer than 1 in 100)

Deep infection A deep infection is an infection is beneath the skin and the tissues just below the skin. If the screw, graft or the joint itself is involved in the infection, then a washout in theatre and/or removal of the screw and graft may be needed in addition to antibiotic treatment.

Wound healing problems Wound healing can be delayed due to tension on the wound, infection or decreased blood supply. After it has healed the wound may become thickened, painful or a different colour (hypertrophic or keloid scar). Massaging the scar with cream when it has healed may help.

Compartment syndrome Compartment syndrome is a painful and serious condition that is caused by an increase in the pressure within a group of muscles (a muscle compartment). The increase in pressure means that blood is prevented from reaching the muscles. If this occurs an emergency operation is required to prevent permanent damage and loss of the tissue involved.

Osteoarthritis Osteoarthritis is a condition that causes joints to become painful and stiff, due to some of the protective layers around the joints being worn down. Osteoarthritis is more common in joints which have had previous injury or surgery.

Patient specific risks

Patient Specific Risks

Patient specific concerns

If you have any **specific concerns** or **personal risks** to you from your treatment, you can record them here. Please use this space to **record any concerns around allergies / reactions** and also any life saving **procedures that you do not wish to be carried out** without further discussion.

Any extra procedures which may become necessary during the procedure:

Blood transfusion:

Other procedures (please specify): _____

Patient name: _____

NHS or Hospital number: _____

Statement of healthcare professional

(to be filled in by health professional with appropriate knowledge of proposed procedure)

- I am suitably trained and competent and have sufficient knowledge to consent this patient in line with the requirements of my regulatory body.
- I have discussed what the treatment is likely to involve, the benefits and risks of this procedure.
- I have discussed the benefits and risks of any available alternative procedures or treatments including no treatment.
- I have considered any additional patient-specific factors and discussed these with the patient alongside their particular concerns.
- I can confirm that the patient has the capacity to give consent.

Patient information leaflet provided: Yes / No – Details: _____

Copy of consent form accepted by patient: Yes / No

Name: _____

Job title: _____

Date: _____

Signature: _____

Statement of patient

Please read this form carefully. If you have any further questions, do ask – we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

You must consent to the following section to proceed with your surgery:

- I confirm that I have read and understood pages 1 to 5 of the consent form.
- I understand the diagnosis and agree with the course of treatment described on this form.
- I have had the opportunity to discuss treatment alternatives, including no treatment.
- I have had the purpose, aims and possible risks of treatment explained to me.
- I understand that the operating person, who will have appropriate expertise to carry out the procedure, may not have been involved in my pre-operative assessment or care to date.
- I understand my anaesthetic options will be or have been discussed with an

anaesthetist where we will jointly decide which option is best for me. I understand that the type of anaesthesia may need to be altered if there are any complications during the procedure.

- I have been told about additional procedures which are necessary prior to treatment or may become necessary during my treatment. This may include permanent skin marks, photographs, and / or tissue samples to help with treatment planning and identification.
- I understand that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health. I have spoken to my health care professional about any lifesaving procedures I do not wish to happen.
- I understand that relevant and appropriate patient specific data for this procedure will be collected and may be used in the context of providing clinical care, and/or audit purposes in compliance with Data Protection Act (2018).

Additional Consent: This section will not stop you from receiving surgery but will help with future learning and training. Please tick if you consent:

- I understand that there may be health care professionals that are training during my procedures such as medical students, and trainee nurses. I consent that they may participate in examinations relevant to my procedure, supervised by a fully qualified professional.

- I understand that information collected during my procedure including images, may be used for education and research (which may be published in medical journals). All information will be anonymised and used in a way that I cannot be identified.
- I agree that my health records may be used by authorised members of staff, who are not directly involved in my clinical care, for research approved by a research ethics committee and in compliance with the Data Protection Act (2018).

Tick if relevant: I confirm that there is no risk that I could be pregnant.

Name: _____

Date: _____

Signature: _____

Statement of interpreter witness

(where appropriate)

- I have interpreted the information contained in this form to the best of my ability and in a way in which I believe they can understand.
- or
- I confirm that the patient is unable to sign but has indicated their consent.

Name: _____

Signature: _____

Patient name:

NHS or Hospital number:

Anaesthesia

Anaesthetic is used to allow surgery to take place painlessly. It may include medicines which put you to sleep or those which only numb the area you are having operated on while you remain awake. This can be done in a variety of ways and your anaesthetist will advise you on your options and talk to you about the risks, complications, and benefits of types of anaesthetic. If there are particular anaesthetic risks/concerns for any particular patient these should be separately documented in the patient's records.

Anaesthetic options and risks will be discussed with you on the day of surgery with an anaesthetist. This is a shared decision-making process, and you will jointly decide and agree which anaesthetic option is best for you. Please remember that if there are any complications during surgery, your anaesthetist may need to alter the type of anaesthesia and will explain this to you before the procedure.

For further information about the types of anaesthetic you may receive, and potential risks please see information below.

Types



Risks



<https://www.rcoa.ac.uk/documents/anaesthesia-explained/types-anaesthesia>

<https://www.rcoa.ac.uk/patient-information/patient-information-resources>

If you do not wish to access the additional patient information via link or QR code, please speak to your clinician and they will provide you with a hard copy. These will be provided in a language and format that suits you.

To be filled out by Anaesthetist (On day of surgery)

Name of Anaesthetists on the day:

Date:

I confirm I have discussed the different anaesthetic options with the patient, including risks and benefits and we have jointly decided what the preferred anaesthetic is.

Please note the preferred method of Anaesthesia as discussed between the patient and anaesthetist below:

Signature:

To be filled out by your responsible healthcare professional (On day of surgery)

Reconfirmation of consent / Withdrawal of consent (where appropriate)

Reconfirmation of consent:

Withdrawal of consent:

See advance decision to refuse treatment:

Name:

Date:

Signature:

The responsibility for informed consent is between the patient and the consenting clinician and the NHS trust. NHS England, Getting It Right First Time (GIRFT) and associated organisations are supplying this resource which should be used/amended by the clinician as they see fit according to their clinical judgement. NHS England, GIRFT and associated organisations do not accept any liability for the consent collected using this resource or the subsequent treatment including surgical and additional procedures.