

## Patient Information

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# Orthotics and special footwear for patients

### What is Orthotics and how can it help me?

Orthotics is a discipline undertaken by state registered healthcare professionals (ie: Orthotists) whereby there is direct patient contact and subsequent assessment, fitting and teaching in the use of an aid or orthosis.

Orthotics is the medical field concerned with the assessment, application and manufacture of orthoses (devices which support or correct the function of a limb or the torso/trunk). Individuals who benefit from an orthosis may have sustained a physical impairment such as a stroke or spinal cord injury, or have a congenital abnormality. Corrective shoe inserts are often referred to as Orthotics.

### What are the expected benefits of supplying me with an orthosis?

As an outpatient or inpatient you will have individual needs and if we are providing you with specially adapted shoes or maybe hand splints, knee braces or spinal supports, it means that we feel that it is very important to support you in making your life more comfortable. We supply all our Orthotics free of charge. However, some items carry a prescription charge that is payable at the time of collection. These charges vary from item to item and can be clarified at the consulting appointment.

### Approximately how many people need Orthoses?

We are currently striving to meet the needs of all our 50,000 inpatients and 200,000 outpatients and due to our commitment to providing a supportive, friendly and high quality service, it can also be very costly.

### How much does each pair of specially made or adapted shoes cost to produce?

Each pair of shoes costs the Trust between £250 and £600.

### How can I help the Trust?

We are always happy to accept any donations (however modest) towards the cost of shoes. Donations can be made as follows:

Cash can be paid to the Appliance Officer in the Orthotics Office at either Conquest Hospital or the Eastbourne DGH for which you will be given a receipt.

You can also post a cheque, made payable to:

**“East Sussex Hospitals NHS Trust, Footwear and Orthotics Fund”** and send it to:

**Orthotic/Surgical Appliance Department**

Conquest Hospital, The Ridge, St. Leonards-on-Sea, East Sussex, TN37 7RD

OR

**Orthotic/Surgical Appliance Department**

Eastbourne DGH, Kings Drive, Eastbourne, East Sussex, BN21 2UD

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### How long will my appointment take?

Average appointment time is 20 to 30 minutes.

### How soon will I be able to resume normal activities once my orthosis is fitted?

You will always be guided by your professional medical practitioner on all matters related to your orthosis.

### Sources of information and who to contact?

**Appliance Officer, Conquest Hospital** – Tel: (01424) 755255 Ext: 8547

**Appliance Officer, Eastbourne DGH** – Tel: (01323) 417400 Ext: 4909

**Sue Snelgrove, Orthotics Manager** – Tel: (01424) 755255 Ext: 8633

### British Association of Prosthetists and Orthotists (BAPO)

Sir James Clark Building, Abbey Mill Business Centre, Paisley, Renfrewshire, PA1 1TJ

Tel: (01415) 617217 or 08451 668490

Website: [www.BAPO.org](http://www.BAPO.org)

### Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

### Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

### Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

#### Conquest Hospital

Email: [palsh@esht.nhs.uk](mailto:palsh@esht.nhs.uk) - Telephone: **01424 758090**

#### Eastbourne District General Hospital

Email: [palse@esht.nhs.uk](mailto:palse@esht.nhs.uk) - Telephone: **01323 435886**

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After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following Orthotics officers have been consulted and agreed this patient information:  
Conquest Hospital: Bronwen Lowy and Ros Kennard  
Eastbourne District General Hospital: Chris Jones

The directorate group that have agreed this patient information leaflet: Therapy Services

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Responsible clinician/co-author: Sue Snelgrove, Physiotherapy and Orthotics Manager