

Hastings and Rother Musculoskeletal Triage (MSKt) Service Patient Information

What is the Hastings and Rother Musculoskeletal Triage (MSKt) service?

You have been referred to Hastings and Rother Musculoskeletal Triage (MSKt) service for further investigations and/or treatment for your musculoskeletal (muscles, bones and joints) condition.

Under our care, you will be assessed and treated by specialist clinicians such as;

- **Orthopaedics** - the area of medicine dealing with conditions affecting bones, joints, ligaments, tendons, muscles and nerves.
- **Rheumatology** - provides diagnosis and treatment of musculoskeletal and rheumatic diseases including arthritis.
- **Physiotherapy** - provides people affected by injury, illness or disability with movement and exercise advice, manual therapy and education.
- **Orthotics** - provides support devices such as shoe inserts, splints and braces.
- **Podiatry** - provides medical care and treatment of the foot.
- **Advanced Practitioners** - physiotherapists/podiatrists whose additional post graduate training allows them to work in 'advanced' roles to carry out investigations and deliver treatments at the level of an orthopaedic registrar. They also work with orthopaedic surgeons to understand their management approaches and thresholds for surgery.

If you need an operation you may need to visit a hospital.

What is MSK?

MSK is short for "musculoskeletal". This term covers problems, diseases and injuries relating to muscles, bones and joints.

What can I expect over the long-term?

Most patients with MSK problems do not end up having an operation. There are good resources on living with MSK conditions at www.versusarthritis.org and <https://movingmedicine.ac.uk/consultation-guides/patient-info-finder/>. At every stage, you should expect Shared Decision Making, which means that the clinician will discuss with you: 'BRAN', the Benefits, Risks, Alternatives and what would happen if Nothing was done. You are encouraged to ask questions and to consider what is important to you. For those considering surgery, it is important to reduce the risks of complications by preparing well (including fitness, diet, stopping smoking, medication review, psychological and practical preparation). There are more resources about getting 'fitter, better sooner' at: www.cpoc.org.uk/patients.

What happens next?

The MSKt service is here to support you throughout your care and we will send you a letter to let you know which speciality you will be seen by and what the next steps are.

MSKt Administration Hub - patient support

Tel: 0300 131 5225

Email: esht.HRMSKtriagehelp@nhs.net

Website: <https://www.esht.nhs.uk/service/musculoskeletal-service-msk/>

Sharing your information

During your treatment pathway your personal and clinical information may be shared where appropriate with relevant specialties within East Sussex Healthcare NHS Trust and other providers of NHS care who will take part in your assessment and treatment. If you would like more information about this please talk to our MSKt administration hub or your GP.

Important information

This patient information 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 the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 - ask for the Equality and Human Rights Department.

Email: esh-tr.AccessibleInformation@nhs.net

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

Reference

The following clinicians have been consulted and agreed this patient information:

Mrs Scarlett McNally Consultant Orthopaedic surgeon

The directorate group that have agreed this patient information leaflet:

Orthopaedics

Next review date: February 2024

Responsible clinician/author: Mrs Scarlett McNally Consultant Orthopaedic surgeon

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk