

Transport

Patient Transport Services are for patients who are unable to get to their appointments because they have a medical need for special transport.

For more info tel: 01752 431954.

What should I bring?

A list of your current medication and any medication that you may need to take, wear your shrinker sock and loose fitting clothes, bring shoes that you'd like to wear with the prosthesis, spare underwear and any medical notes.

What happens whilst I am at the centre?

Once you have reported to reception, you will be seen by members of the multidisciplinary team. You may be weighed to provide useful information on which type of prosthesis will be appropriate. If you have a wound, inform the team. The clinicians will record your consultation and may discuss with other health professionals.

What should I do if I have a problem?

If your prosthesis appears broken or you are concerned about its fit, contact the centre. If you have a wound, call the centre and your GP. Do not make your own adjustments to your prosthesis. If your medication changes, please let the centre know.

When can I return to driving?

It is a legal requirement to inform the DVLA and your insurance company of your amputation.

Talk to your doctor, as some medical conditions and medication can influence your ability to drive. Your ability to drive again will depend on your individual situation, including your amputation level, prosthesis and your car.

Useful Contacts

BLESMA: Tel 020 8590 1124

Limbless Association: Tel 01245 216670

REACH: Tel 01933 274126

www.disabledcornwall.org.uk

DIAC: Tel 01752 201065

BLUGS: Tel 07858 750730

Contact details

The Thornberry Centre

1 Brest Way
(off Morlaix Drive) Derriford
Plymouth
PL6 5XW

Tel: 01752 434200

Opening times:

Mon - Fri: 8:30am - 4:30pm

Parking available

www.livewellsouthwest.co.uk



Livewell Southwest



@livewellsw

Prosthetics Rehabilitation Service



The Thornberry Centre

Supporting people to be Safe, Well and at Home

Livewell
Southwest

Introduction

Welcome to the Thornberry Centre. This booklet is designed to compliment the verbal advice and information you will receive from the various professionals you will meet during your rehabilitation.

As there is a lot of information to remember, this booklet has been written as a guide for you and your family, friends and carers.

If you have any queries or questions regarding any information in this booklet, please do not hesitate to ask a member of the team.

About the service

The Thornberry Centre is a purpose-designed building situated near the Derriford Hospital site. It opened in 1990 and provides treatment and rehabilitation for people who have a congenital limb absence, deficiency or have had a limb amputation. Services are provided from this centre to people from Plymouth, South West Devon, Cornwall and the Isles of Scilly. Clinics are held at the Thornberry Centre and there is also a satellite clinic at Camborne and Redruth Community Hospital.

The Prosthetics Rehabilitation Service uses a multidisciplinary team approach in the management of all service users.

About the team

Consultant in Rehabilitation Medicine

The doctor is a consultant in rehabilitation medicine, and a specialist in upper and lower limb prosthetics. They lead the multidisciplinary team in order to provide a coordinated rehabilitation programme to meet the needs of

each individual patient. The doctor may be involved before an amputation is performed, liaising with the surgeons to advise them on the best amputation for that individual. The doctor will discuss with you, your family and carers about the factors which will affect your rehabilitation. These can include your general health, motivation, amputation, amputation level, pain and the condition of your residual limb (stump). Some people are not suitable for a prosthesis and in this situation the team will establish an appropriate rehabilitation programme to enable individuals to achieve their goals without a prosthesis.

Prosthetist

The prosthetist is the person who measures for and fits the prosthesis (artificial limb). They have extensive knowledge of prosthetic components and fitting techniques. Our aim is for you to see the same prosthetist each time you visit to provide continuity of care, but in case of urgent appointments you may be offered an appointment with an alternative prosthetist. If we need to change your prosthetist, this will be discussed with you first. Your prosthetist will also be involved with any repairs and adjustments that you require along the way. Once you are an established patient, you will have a review with the prosthetist at least once a year, or sooner if required.

Workshop Technicians

The prostheses are manufactured, repaired and are maintained on site by our highly experienced team of technical staff.

Physiotherapist

The Physiotherapist works as part of the

multidisciplinary team to assess new patients referred to the service. Advice and an exercise program can be given to help maintain joint range and muscle strength before a prosthesis is provided. We can provide sessions with an early walking aid for patients when and if it is appropriate. Once a prosthesis is provided we will provide walking training sessions to enable you to use your prosthesis correctly and safely and to achieve maximum level for mobility, working with you to achieve your goals. For patients living further away from our centre, we will liaise with your local physiotherapist to ensure you get the support you need to progress with your prosthesis. We can also provide our established patients with ongoing assessment and advice as their conditions or needs change.

Prosthetic Specialist Nurse

The nurse provides care to patients attending the clinic if required. The nurse provides telephone advice if you have any queries regarding your residual limb. Please bring a list of any medications you are on and also, if a District Nurse is involved, your community nursing file. If you are having your wound dressed please bring dressings with you as the nurse only has a limited stock at the centre. The nurse's role is both educational and advisory. The nurse will give advice on your residual limb (stump care) and the management of any residual limb wounds.

Clinic Assistants

The clinic assistants are here to help with all aspects of your care whilst you are at the Thornberry Centre, supporting the other members of the prosthetic team.