

Discharge Advice – Humeral Neck Fracture

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Humeral Neck Fracture: Discharge Advice

- You have sustained a break below the ball part of your shoulder joint.
- These fractures almost always heal well with time.
- A collar and cuff will hold your shoulder in a comfortable position whilst the fracture begins to heal.
- In this support you can start performing gentle swinging / pendulum exercises and moving the elbow in a circular motion.
- You should wean yourself out of this support within the first two to three weeks, or sooner if the shoulder feels comfortable.
- You may initially require regular painkillers, as it is important to keep gently moving the shoulder before gradually resuming daily activities. This will reduce stiffness and help to ensure a quicker return to function.
- Symptoms may take up to 8 weeks to settle.
- There may be reduced movement at the shoulder, particularly on lifting your arm straight or out to the side. Reaching around to touch your shoulder blades may also be restricted.

If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact:

Fracture Clinic on: **07391 016314** (Monday to Thursday 9.00am-5.00pm,
Friday 09.00am-12.30pm, Bank Holidays 9.00am-12.30pm).

The NHS Out of Hours 111 service can also assist you outside of these times.

Adapted from Royal Berkshire Hospital Patient Information

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
- So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
- So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
- So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
- So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240