

Discharge Advice – Radial Head/Neck Fracture

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Radial Head/Neck Fracture: Discharge Advice

- You have a very small break in the radial head or neck - one of the bones in your elbow.
- These fractures almost always heal well with time and use - no specific treatment is required and therefore routine follow-up is not necessary.
- A sling will hold your elbow in a comfortable position for a few days.
- You should wean yourself out of the sling as your pain settles and aim to remove the sling completely as soon as you feel able.
- You may initially require regular pain killers as it is important to keep gently moving the elbow before gradually resuming daily activities. This will reduce stiffness and help to ensure the quickest return to normal function.
- Forcible stretching is unnecessary and may cause pain as well as delay your recovery.
- Symptoms are usually minor, but may take up to 3-6 weeks to settle.
- There may be slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect your function.

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