

Scaphoid Injury

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Scaphoid (wrist) Injury:

- The scaphoid bone is one of the eight small bones in your wrist.
- It can be fractured (broken) during a fall or if your hand is forcibly pushed backwards. An injury to the scaphoid bone causes pain and swelling, mainly on the thumb side of your wrist.
- The Emergency Department doctor or Emergency Nurse Practitioner who examined you suspects that you may have injured your scaphoid bone.
- We know that a fracture (break) of the scaphoid is sometimes not visible on an X-ray taken in the first few days after the injury. For this reason you will be treated as if you have a fracture today even if it is not identified on your X-ray. This will normally be in a removable Velcro wrist splint.
- You will be referred to the Virtual Fracture Clinic, where your X-ray will be reviewed by an orthopaedic consultant the next working day. Following this review you will be phoned and either offered a follow up appointment, or a second x-ray will be arranged for you.
- This second X-ray will be 10-14 days after your injury. This may confirm or rule out a fracture because bone healing should now be visible on the X-ray. You will not be seen in the Fracture Clinic after this X-ray; you will be phoned again the next working day and told the results and given advice about the future care of your injury.

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