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Media Release

RUH provides all you knee-d to know about your surgery

Patients having major joint surgery are benefitting from tailored extra support to prepare physically and mentally, thanks to a new initiative at the Royal United Hospitals Bath (RUH) NHS Foundation Trust.

The team from the hospital's Philip Yeoman ward has created a two-hour fortnightly 'joint school' for people having hip and knee replacements to learn more before their operation.

Up to 15 people per week, plus a friend or relative each, get the chance to meet the team and find out what they can do to prepare, so they can return home after the surgery more quickly and make a faster, stronger recovery. With the right support in place, many patients can even go home the same day.

Senior Sister Nicola Martin said: "Surgery like a hip or knee replacement can feel really daunting, and we know that people often have questions. So, as a team we decided to set something up to give patients the support they need, in the format that they'd like it.

"The sessions are proving really popular and we're hearing fantastic feedback. It feels good to be able to put people's minds at rest, and ultimately help people to take control of their own recovery using our simple tips and guidance.

"Topics include things people can do in advance at home so they're comfortable when they leave hospital, what happens during anaesthesia, the options for pain relief, and important exercises – the ultimate goal is that people go home feeling really informed and reassured."

The RUH carries out around 20 hip replacements and 20 knee replacements each month, and all non-emergency patients are invited to the joint school sessions. If they can't attend, the team will arrange a phone call instead, to share the key information and answer any questions.

Representatives from the whole Philip Yeoman team are involved in the classes including doctors, nurses and healthcare support workers, administration colleagues, and

physiotherapists and occupational therapists. The venue has been kindly funded by hospital charity Friends of the RUH.

The team's top pre-surgery tips include practicing simple leg exercises twice a day, following a healthy diet, and planning ahead by stocking the freezer with meals and decluttering the home to remove trip hazards.

After surgery, the team recommends using pain relief to help exercise and movement, eating and drinking well, and making sure to attend post-op check-ups.

RUH Chief Nursing Officer Toni Lynch said: "Listening to how we can support patients in all aspects of their care is of utmost importance.

"We know that when we get that right, that actually helps our patients make the best possible recovery.

"The joint school is a great example of responding to what really matters to the people we care for, and I'm really proud of the team for taking the initiative to introduce it."

Box out:

Coming home after surgery? Here are the Philip Yeoman ward team's top tips to get your house ready...

1. Reduce your risk of tripping and falling. Move rugs, tidy up clutter, and plug in night lights.
2. Stock your freezer with healthy nutritious ready meals, or make your own in advance
3. Plan ahead to who will support you at home. Have you got a loved one who can regularly check in?
4. Get your medicine cabinet stocked up, including over the counter painkillers
5. Put some ice packs in the freezer, if you may need to reduce swelling

Ends

Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We are also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.



In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

Our new Dyson Cancer Centre brings together many of the RUH's cancer services under one roof to provide a cancer services hub for over 500,000 people in the South West. The centre includes the RUH's oncology, chemotherapy and radiotherapy services, a 22-bed inpatient ward, a dedicated pharmacy, research team and nuclear medicine and physics teams.

A key feature of the new centre is the Macmillan Wellbeing Hub. The three-storey hub provides a welcoming, non-clinical space designed around the needs of patients and their families. It also includes comfortable accommodation where relatives and loved ones can stay overnight.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk