

Contact Details for ESDOS

Monday to Friday 8.30am to 4.30pm

Office number: 01296 315099

Please contact us with any physiotherapy/occupational therapy concerns/questions.

All medical concerns please contact:

1. Your GP
2. 111
3. Medical emergency 999

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

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Early Supported Discharge after Orthopaedic Surgery

Information for Trauma & Orthopaedic patients
ready for earlier discharge home from hospital

What is Early Supported Discharge (ESDOS)?

The aim of the ESDOS team is to enable orthopaedic patients to return home from hospital as soon as possible, whilst continuing to receive specialist physiotherapy and occupational therapy in their home.

Patients will only be discharged home from the ward once they have been seen by the Doctor who will declare them medically fit and the therapy team are happy that you are safe for discharge.

You have been referred to this service as the trauma and orthopaedic team feel it is the best way forwards for your recovery following your injury.

The ESDOS Team:

Physiotherapist: Will focus on improving your physical function, movement and strength.

Occupational Therapist: Will teach you techniques and supply equipment to enable you to perform daily living tasks.

Clinical Support Workers: Support the Physiotherapist and Occupational Therapist, helping you to carry out exercises and activities as prescribed by the qualified staff member.

Please note we are a therapy only service

How does it work?

The ESDOS therapists will contact you via telephone call once they have received your referral from the ward team.

Together, we will arrange a time for a home visit as soon as convenient after your discharge home from hospital.

During your initial assessment, we will jointly agree an appropriate treatment plan and set goals together to achieve during your time with our team. The number of times you are seen will be tailored to meet your specific needs.

Due to the nature of our service, visits are allocated on a daily basis at our morning team meeting therefore you will be contacted on the day of your visit rather than a pre-planned appointment arranged. You may be seen by a combination of staff members who will be familiar with your tailored goals & treatment plan.

If appropriate, our service lasts a maximum of 4-6 weeks and if you require further physiotherapy after this, we will refer you on to the appropriate team.

At the end of your treatment, we will send a discharge letter detailing our ESDOS input to your GP.