

All patients referred to specialist clinics are assigned to a priority category based on their clinical need and related psychosocial factors. The examples given are indicative only and the clinician reviewing the referral will use their clinical judgement to determine the best service response for the patient.

## REFERRAL GUIDELINES: ORTHOPAEDIC CLINIC

In order for us to be able to accept your patient for orthopaedic review and treatment, referring GPs/medical specialists are required to provide:



### Essential Referral Content

#### Demographic

- Full name
- Address
- Date of birth
- [BMI](#)
- Indigenous Status
- Referring GP details
- Health Insurance
- Preferred language and interpreter requirements
- Medicare number
- Mobility needs

#### Clinical

- Clinic Specialty
- Reason for Referral
- Duration of symptoms
- Examination findings
- Comorbidities
- Relevant Past History
- Current medications
- Past surgery

#### Relevant Results

- CT/Medical Imaging
- MRI
- Ultrasound
- Pathology

Please address the referral to the **Orthopaedic Clinic** and fax to the relevant outpatient department on **03 8754 6710**.

## REFERRAL PROCESS: ORTHOPAEDIC CLINIC

 **STEP 1**

Essential referral content will be checked. You will be contacted if further information is required.

Acknowledgement of referral receipt will occur within **eight working days**.

 **STEP 2**

The referral will be triaged by the specialist unit according to clinical urgency.

This determines how long the patient will have to wait for an appointment.

 **STEP 3**

Patients with urgent conditions are scheduled to be seen **within 30 days**.

Patients with routine conditions are given the next available appointment according to clinical need.

Both the referrer and patient are notified.

**Please Note:** The times to assessment may vary depending on size and staffing of the hospital department.

If you have any queries, please contact us:

**Werribee Mercy Hospital Outpatient Clinics: Phone: 03 8754 6700 Fax: 03 8754 6710**

## EXCLUSION CRITERIA: ORTHOPAEDIC CLINICS

**The following Orthopedic conditions are not routinely seen at Werribee Mercy Hospital:**

- Patients that are being treated for the same condition at another Victorian Public Hospital
- Patients with back pain or sciatica, neck pain or Spinal Stenosis

## REFERRAL PROCESS: ORTHOPAEDIC CLINICS

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

If the condition is required immediate assessment or admission a referral to the Emergency Department (ED) should be attended to. Please contact 03 8754 3000 and refer the patient to the ED for clinical review.

### Urgent (seen within 30 days of referral receipt)

The patient has a condition that has the potential to deteriorate quickly with significant consequences for health and quality of life if not managed promptly. Examples include:

- Established or strong suspicion of skeletal cancer
- Large benign bone lesions with pain
- Un-displaced fractures
- Multi-ligament knee injury
- Avascular necrosis
- Tumour
- Infected hardware on view
- Hip with high suspicion of Avascular Necrosis

### Non-urgent

The patient's condition is unlikely to deteriorate quickly or have significant consequences for the person's health and quality of life if specialist assessment is delayed beyond one month. Examples include:

- Osteoarthritis
- Joint instability
- Ligament Tear
- Joint Injury
- Carpel Tunnel
- Symptomatic bunions / foot conditions

## SPECIFIC INVESTIGATIONS: ORTHOPAEDIC CONDITIONS

### Immediate assessment or admission criteria (not an exhaustive list)

#### Step 1: Check criteria for immediate assessment or admission.

- Cauda Equina
- Cervical myelopathy
- Septic Arthritis
- Bone or Joint Infection
- Suspected infection or sudden pain in arthroplasty
- Suspected NOF (please refer to tertiary hospital)

#### Step 2:

Contact the Emergency Department Admitting Officer (AO) via the switchboard: 03 8754 3000.

#### Step 3:

Follow up your phone call by faxing a referral to the emergency department including all relevant investigations to the number the AO provides.

Reason	Required Investigations
<b>SHOULDER:</b>	
Rotator Cuff Tendonitis	<ul style="list-style-type: none"> <li>• X-rays (AP and Lateral shoulder)</li> </ul>
Pain / Stiffness in shoulder including frozen shoulder	<ul style="list-style-type: none"> <li>• U/S scan</li> </ul>
AC Joint problems	<ul style="list-style-type: none"> <li>• Consider FBE, ESR &amp; CRP</li> </ul>
Recurrent Shoulder Dislocation	
Shoulder Instability	

Reason	Required Investigations
<b>ELBOW:</b>	
Tennis / Golfer's Elbow	<ul style="list-style-type: none"> <li>Consider FBE, ESR &amp; CRP if inflammation suspected</li> </ul>
Elbow Painful / Stiffness / Locking	
<b>WRIST &amp; HAND:</b>	
Carpel Tunnel Syndrome	
Stenosing Tenosynovitis (trigger finger & De Quervain's)	
Basal Thumb Arthritis	<ul style="list-style-type: none"> <li>X-rays (AP and Lateral)</li> </ul>
Ganglia	
Painful / Stiff Wrists	<ul style="list-style-type: none"> <li>X-rays (AP and lateral wrist)</li> </ul>
	<ul style="list-style-type: none"> <li>Consider FBE, ESR &amp; CRP if inflammation suspected</li> </ul>

<b>HIP &amp; KNEE:</b>	
Osteoarthritis Knee Locking	<ul style="list-style-type: none"> <li>X-ray (AP pelvis and lateral hip including weight bearing / standing views)</li> </ul>
Inflammatory Arthritis	
Post Traumatic Arthritis	
Avascular Necrosis	
Previous Total Hip & Knee Replacement - Infection, loosening or wear	
<b>ANKLES &amp; FEET:</b>	
Arthritis	<ul style="list-style-type: none"> <li>X-ray (AP and lateral ankle / foot including weight bearing / standing views)</li> </ul>
Pain & Deformity in Forefoot (including Bunions)	
Pain & Instability in Hind Foot	
Achilles Tendon Pathology	
Heel Pain	

<b>MISCELLANEOUS:</b>	
Nerve Entrapment Syndromes - Carpel tunnel, Ulnar neuritis & Tasaal tunnel	<ul style="list-style-type: none"> <li>• Nerve Conduction Studies</li> </ul>
Bone / Joint Infection	<ul style="list-style-type: none"> <li>• FBE, ESR and CRP</li> </ul>
Bone and Soft Tissue Tumours	
Bursitis - Pre-patella, Trochanteric & Olecranon	<ul style="list-style-type: none"> <li>• FBE, ESR and CRP</li> </ul>
Apophysitis (eg. Osgood Schlatters)	
Symptomatic Prostheses, Rods, Plates, Screws or Pins	<ul style="list-style-type: none"> <li>• X-ray – translucency or lysis around implant</li> </ul>
Post-Operative Wound Infections	



## INTERPRETING SERVICES

A proportion of our patients have limited or no proficiency in English. In these cases, we engage professional interpreters for communication with our clinicians. To enable access to an appropriate interpreting service, please ensure that your referral includes information on the patient's preferred spoken language and their need for an interpreter.

### **Werribee Mercy Hospital – Outpatient Clinic**

300 Princes Highway, Werribee Victoria 3030

Phone 03 8754 6700      Fax: 03 9754 6710