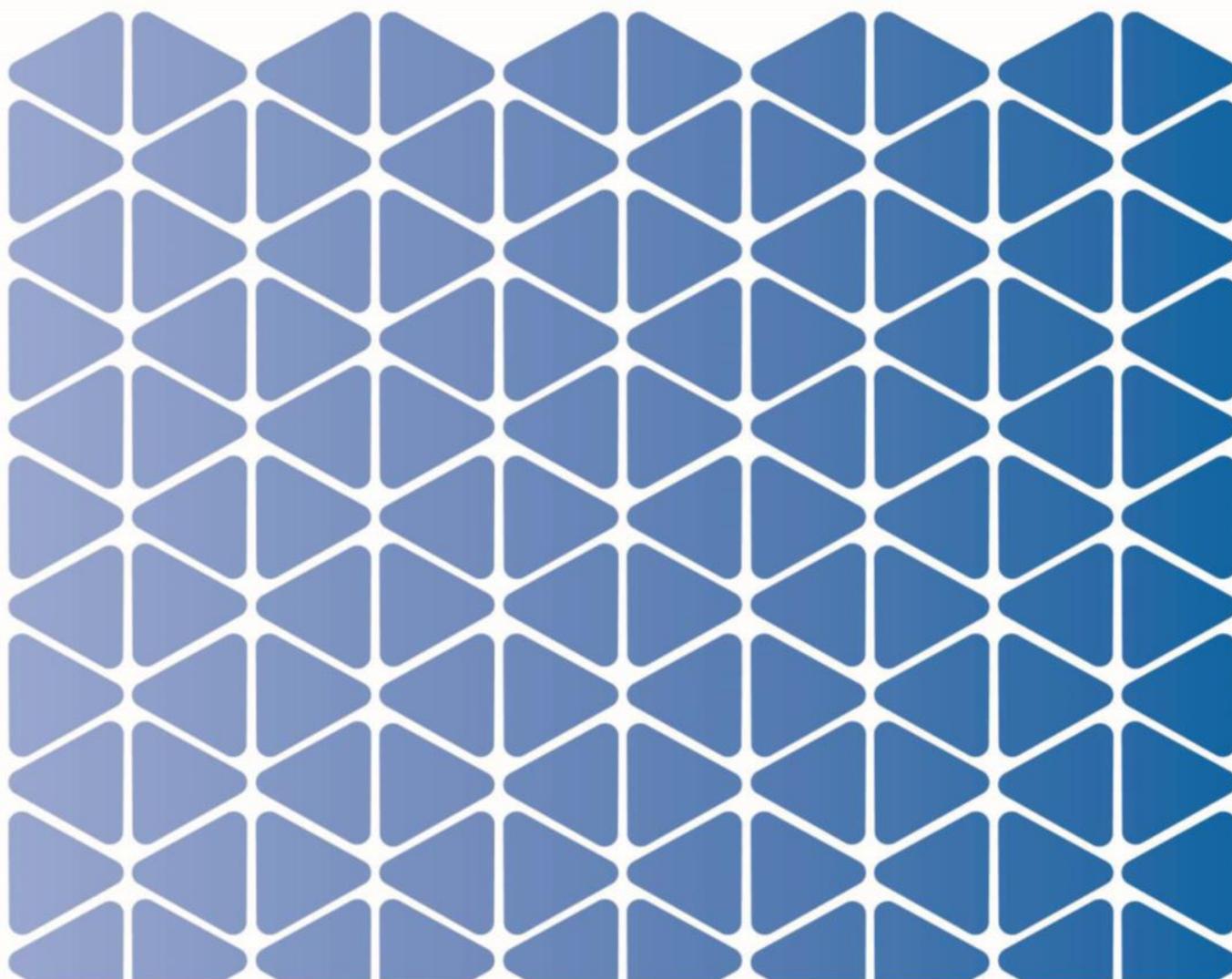




PATIENT INFORMATION

# ADVICE FOR MANAGING SPINAL BRACES IN THE COMMUNITY



 [www.worcsacute.nhs.uk](http://www.worcsacute.nhs.uk)

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|   |   |
|---|---|
| <b>Patient Name:</b>                                  | <b>Patient sticker:</b>   |
| <b>What Brace has been provided?</b>                  |   |
| <b>Has the patient received written information?</b>  | <p style="text-align: right;">Yes      No</p> <p>If so, what has been provided?</p> |
| <b>Why has the brace been provided?</b>               |   |
| <b>When is the brace required?</b>                    | <p>In bed      Sitting up      Mobilising      At all times      Comfort only</p>   |
| <b>What position should the brace be applied in?</b>  | <p>Flat on bed      Sat up in bed      Sat in chair      Standing</p>               |
| <b>How long is the brace required for?</b>            |   |
| <b>Log roll?</b>                                      | <p style="text-align: right;">Yes      No</p>                                       |
| <b>What position can you be in without the brace?</b> | <p>Flat bed rest      Sat up in bed      Sat in chair      Standing</p>             |
| <b>Do any parts of the brace need to be changed?</b>  | <p style="text-align: right;">Yes      No</p> <p>If Yes, what/when:</p>             |
| <b>Can you shower in the brace?</b>                   | <p style="text-align: right;">Yes      No</p>                                       |
| <b>Any other advice or information:</b>               |   |

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**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.