



PATIENT INFORMATION

SAFETY INFORMATION FOR PATIENTS USING ELBOW CRUTCHES



Safety Information for Patients using Elbow Crutches

When using elbow crutches it is suggested that you:

1. Wear flat supportive shoes.
2. Avoid walking on wet floors.
3. Be aware of outdoor hazards, including uneven surfaces, wet leaves and ice.
4. Remove obstacles from floor such as loose rugs, draught excluders and worn floor coverings.
5. Ensure lighting in hallways and stairways is adequate.
6. Use a chair with a high seat and arms to help you sit and stand up with ease.
7. Take special care if carrying a bag or similar package.

We recommend that crutches:

1. Are not stored in temperatures below freezing.
2. Are cleaned regularly with a mild detergent or disinfectant. DO NOT use bleach or any solvents (such as lighter fluid).
3. Should be regularly inspected for any damage or significant signs of wear, check for:
 - bent or damaged tubes or cracks at the tube joint
 - both buttons of the spring clips are present or horseshoe clips are not loose or worn
 - wear around elongated adjustment holes
 - worn or split ferrules (rubber tips), replace if necessary

The maximum weight limit for using crutches is 20 stone (127kg) - 25 stone (158.75kg) dependant on the manufacturer.

The Physiotherapy Department has loaned you a pair of elbow crutches.

You will appreciate that these items are expensive, when you have finished using your crutches PLEASE return them to the Physiotherapy Department.

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.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

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