East Riding (ER) Musculoskeletal (MSK) Clinical Guidance Communication

This guidance is intended for clinicians referring into the ER MSK service

|  |  |  |
| --- | --- | --- |
| SERVICE INCLUSION  | EXCLUSION | SIGNPOSTING FOR EXCLUSIONS  |
| • With a specific MSK condition• Aged 5 years and over.• Registered with an East Riding GP | **Please note, referrals that outline patients with asymptomatic issues, with no impact on function will be rejected.****Exclusion criteria and options are listed within this document.** |
| Referral Options *Self Referral Options*Telehealth service 01377 208300Inclusion• Must be 18yrs and over.• Able to fully converse on telephone.Process• For advice and guidance of MSK issuesSelf referral website[www.chcpmsk.org.uk](http://www.chcpmsk.org.uk)Inclusion• Must be over 18yrs.• Has access to the internet and is tech enabled.Process• Option for patient to choose Telehealth• Or will be triaged withing 2 working days, sent information at that time and placed on appropriate waiting list *Healthcare Professional Referrals options* Via Electronic Referral SystemOrEmail to chcp.er-mskphysio@nhs.net• Will be triaged withing 2 working days, sent information at that time via Digital Management of Symptoms (DMOS) and placed on appropriate waiting list  | **Suspicion of sinister pathology, Cauda Equina, recent trauma with suspected fracture/dislocation, suspected joint infection/spinal infection, new onset msk pain with hx/suspected diagnosis metastatic disease, medically unstable patients** | Any patient with symptoms requiring urgent assessment should be directed to the local Emergency Department or Urgent Care Centre. You could also consider contacting the on-call hospital team within the relevant specialty (eg. Orthopaedics, Rheumatology, Neurology, Neurosurgery) via the advice and guidance services. |
| **• Patients requiring a home visit.** **• Provision of walking aid or equipment or mobility assessment as a standalone contact****• Neurological conditions eg CVA, MS, PD, MND, Peripheral Neuropathy** | CHCP NHS Service <https://www.chcpcic.org.uk/chcp-services/hull-and-east-riding-community-rehabilitation>01482247111For urgent issues or to aid prevention of hospital admission please refer to <https://www.chcpcic.org.uk/chcp-services/intermediate-care> |
| **• Respiratory/CVS conditions eg Asthma, COPD, CCF** | CHCP NHS Service <https://www.chcpcic.org.uk/chcp-services/intermediate-care-services><https://www.chcpcic.org.uk/chcp-services/pulmonary-rehabilitation-east-riding>01482247111 |
| **• Falls associated with fragility and falls through poor mobility** | CHCP NHS Service <https://www.chcpcic.org.uk/chcp-services/hull-east-riding-falls-service> |
| **• Urinary Incontinence and vaginal prolapse including post-natal pelvic floor issues.** **• Diastasis Rectus post-partum** | CHCP NHS Service <https://www.chcpcic.org.uk/chcp-services/bladder-bowel-health>Women’s Health Physiotherapy referral needed via HUTH for Diastasis, specific pre- and post-partum issues. |
| **• Chronic Fatigue Syndrome as primary diagnosis** | Humber NHS Service <https://www.humber.nhs.uk/Services/chronic-fatigue-syndrome-service-cfs.htm>orYorkshire Fatigue ME/CFS Service & Yorkshire Fatigue Clinic<https://www.chcpcic.org.uk/chcp-services/yorkshire-fatigue-me-cfs-service> |
| **• Amputees of lower or upper limb** | HUTH NHS Service <https://www.hey.nhs.uk/limbunit/> |
| **• Dizziness, vertigo and other vestibular conditions including balance disorders.** | Primary care management Secondary Care Vestibular (HUTH/YORK) available through specialist routes if appropriate. |
| **• Bell’s Palsy** | Primary care management |
| **• Management of Primary Rheumatological Conditions once diagnosed including:** **PMR/Fibromyalgia and/or without specific MSK problem** | Primary Care management escalated where appropriate to:HUTH Rheumatology <https://www.nhs.uk/services/hospitals/services/service/defaultview.aspx?id=193822>York NHS Rheumatology https://www.yorkhospitals.nhs.uk/our-services/a-z-of-services/rheumatology/rheumatology-at-york/ |
| **• Hypermobility as primary diagnosis that are asymptomatic, and/or without specific MSK problem** | Primary care management |
| **• Children under 5** | Humber NHS Service hnf-tr.childrensphysio@nhs.net |
| **• Toe walkers or in-toeing gait as diagnosis, Developmental Coordination Disorder, Developmental Delay** | Humber NHS Service hnf-tr.childrensphysio@nhs.netPlease note: Humber children’s service does not see toe walkers without additional issues. |
| **• Persistent/Chronic Pain as primary diagnosis** | CHCP Pain Management Service <https://www.chcpcic.org.uk/chcp-services/community-pain-management>HUTH NHS service <https://www.nhs.uk/Services/hospitals/Services/Service/DefaultView.aspx?id=195268> |
| **• Temporomandibular Disorder** | Primary care or Dentistry/Orthodontics |
| **• Long Covid Rehabilitation** | [Humber Long COVID Triage and Assessment Service – Hull CCG](https://www.hullccg.nhs.uk/humber-long-covid/) |
| * **Provision of orthotic devices, splinting or orthopaedic supports**
 | ABH Steeper hnyicb-ery.alfredbeanorthotics@nhs.netLakeland Orthoticshnyicb-ery.lakelandorthoticsclinic@nhs.net |