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

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

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| 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 208300  Inclusion  • Must be 18yrs and over.  • Able to fully converse on telephone.  Process  • For advice and guidance of MSK issues  Self 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 System  Or  Email to [chcp.er-mskphysio@nhs.net](mailto: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>  01482247111  For 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>  or  Yorkshire 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](mailto: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.net](mailto:hnf-tr.childrensphysio@nhs.net)  Please 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.net](mailto:hnyicb-ery.alfredbeanorthotics@nhs.net)  Lakeland Orthotics  [hnyicb-ery.lakelandorthoticsclinic@nhs.net](mailto:hnyicb-ery.lakelandorthoticsclinic@nhs.net) |