

Following your physiotherapy appointment

East Lothian Primary Care Physiotherapy Assessment Clinic

Thank you for attending your appointment today. **Please read the important information below.**

Your physiotherapist will tick the below which apply to you:

	You have been referred for further physiotherapy and will receive an opt in letter (paper or digital). The current waiting time is approximately ____ weeks.
	You have been discharged from physiotherapy today. If your symptoms worsen at any point or they are no better in ____ weeks, please contact 0300 369 0680 for reassessment.
	You have been referred for an X-ray. The Advanced Practice Physiotherapist will contact you approximately ____ weeks after your X-ray to discuss the results. If you have not heard from them 6 weeks following your X-ray, please contact 01620 642 920.

Symptoms requiring immediate medical attention

Please read the following information carefully.

If you have any of the following symptoms, please seek immediate medical attention.

Septic arthritis is a serious type of joint infection. It should be treated as soon as possible. You can make a full recovery with treatment but if left untreated it can be more serious.

Ask for an urgent GP appointment or call 111 if:

- You have severe joint pain, usually in just 1 joint, that started suddenly
- You have swelling around a joint
- The skin around a joint has changed colour
- You feel generally unwell and have a high temperature or feel hot and shivery

Symptoms of septic arthritis usually develop quickly over a few days and need to be checked.

Sepsis is life threatening. It can be hard to spot. If you think you have symptoms of sepsis, call 999 or go to A&E. Trust your instincts.

Call 999 or go to A&E if:

- You are acting confused, are slurring your speech or not making sense
- You have blue, pale or blotchy skin, lips or tongue
- You have a rash that does not fade when you roll a glass over it, the same as meningitis
- You have difficulty breathing, breathlessness or are breathing very fast

You may not have all these symptoms.

Deep Vein Thrombosis (DVT) is a blood clot in a vein, usually the leg. DVT can be dangerous. Get medical help as soon as possible if you think you have DVT.

Ask for an urgent GP appointment or call 111 if:

- Throbbing or cramping pain in 1 leg (rarely both legs), usually in the calf or thigh
- Swelling in 1 leg (rarely both legs)
- Warm skin around the painful area
- Red or darkened skin around the painful area
- Swollen veins that are hard or sore when you touch them

These symptoms also happen in your arm or tummy if that's where the blood clot is.

Call 999 or go to A&E if:


You have symptoms of DVT, such as pain and swelling and:

- Breathlessness
- Chest pain

DVT can be very serious because blood clots in your veins can break loose, travel through your bloodstream, and get stuck in your lungs. This is called a pulmonary embolism. A pulmonary embolism can be life threatening and needs treatment straight away.

Feedback

We welcome your feedback on your experience today. Please scan the QR code below to complete a short anonymous questionnaire or visit the website below:

https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/patient-experience-measure-east-lothian-gp-app-services	
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Further Information

You can access more information about your condition by scanning the QR codes below or visiting:

East Lothian Rehabilitation Service www.eastlothian.gov.uk/elrs	
Arthritis UK www.arthritis-uk.org	
Chartered Society of Physiotherapy www.csp.org.uk	
NHS Inform www.nhsinform.scot	