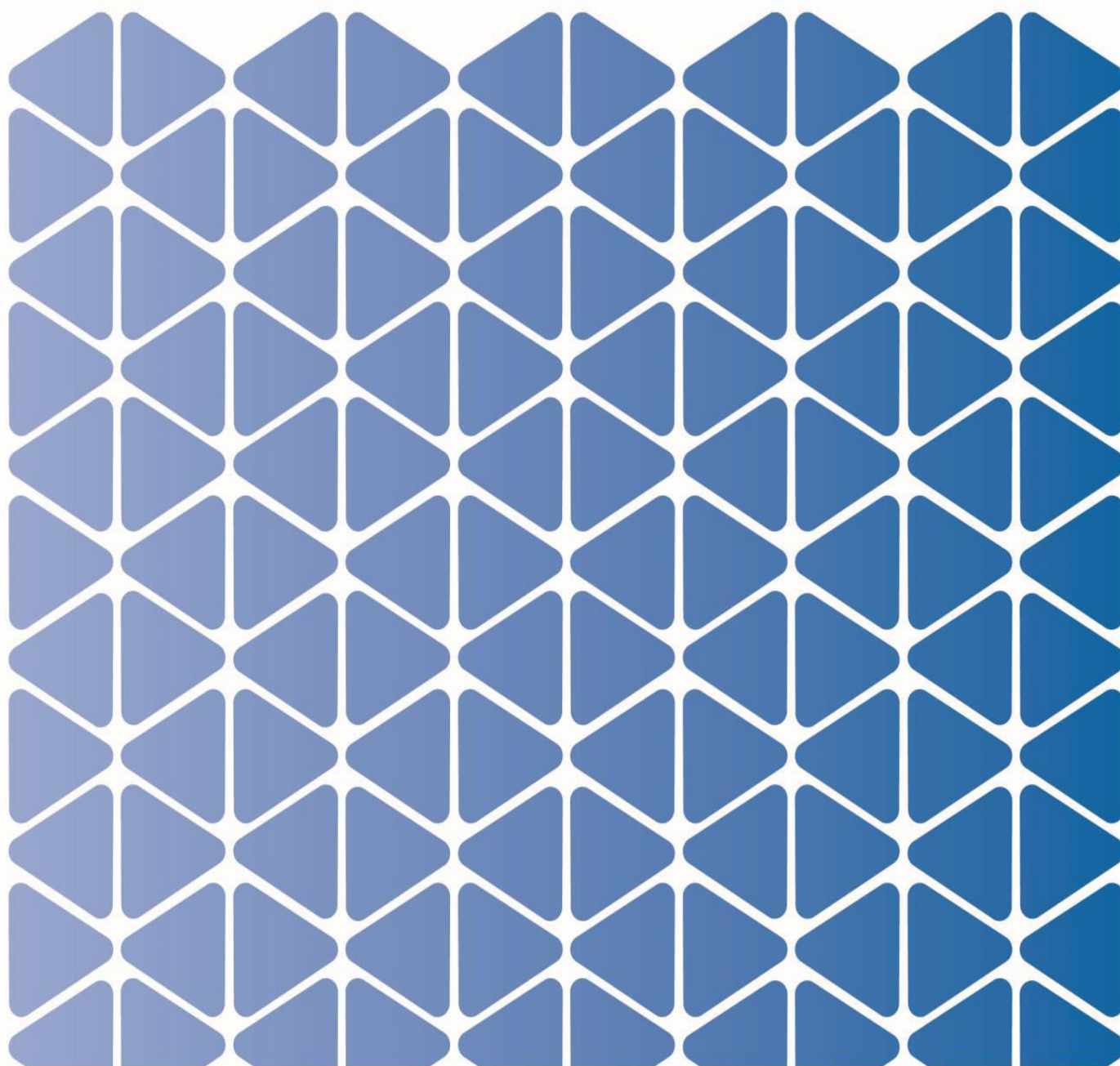


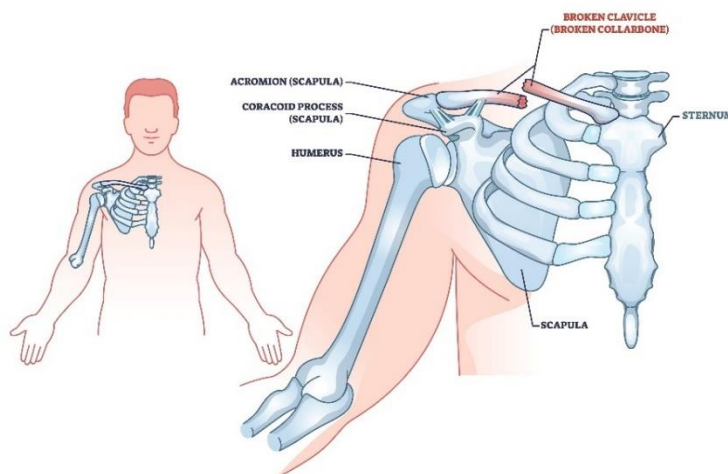
PATIENT INFORMATION

CHILDREN'S CLAVICLE FRACTURE



Following your recent visit to our Emergency Department/Minor Injury Unit it has been confirmed that your child has sustained a fracture of their clavicle (collar bone). Your child's injury should not require any future hospital treatment or visits to the Fracture Clinic.

CLAVICLE FRACTURE



What to expect:

Weeks since injury	Rehabilitation plan
0-3	- Your child should wear the sling that you were provided with for two to three weeks - Take it off to wash, dress and do some gentle exercises to elbow and wrist. - Your child may find it more comfortable to sleep propping that arm up on pillows - Using a cold pack will help with your child's pain and swelling - Encourage your child to rest that arm, especially in the first 24-72 hours
3-6	- Your child can now start taking off the sling - Your child can now return to light activities. Remember, your child should not do any heavy lifting or overhead activity for 6 weeks - Your child may return to sports such as swimming as soon as comfortable but should avoid contact sports (such as football, rugby and basketball) for 6 weeks
6-12	- The injury should be healed - Your child can go back to normal activities. This should be increased gradually and be guided by any pain or discomfort. Some heavier tasks may still be uncomfortable

	It is normal for a “bump” to appear over the fracture area which is healing bone. It may take up to one year to disappear unless your child is older than ten years, in which case a small bump may remain
12	If you are still experiencing significant pain and swelling, please contact the Virtual Fracture Clinic for advice

Swelling & Pain

Part of the body's normal response to injury is pain and swelling. Follow the simple steps below to manage your symptoms.

- Ice:** Ice is a great natural anaesthetic that helps relieve pain and controls swelling. Apply ice packs or a bag of frozen peas wrapped in a thin towel to the site of the injury. You may find it helps to apply ice before and after completing your exercises. Do not apply ice directly to the skin. Do not leave the ice pack on for more than 20 minutes at a time in one hour. Repeat as much as required.
- Medication:** A&E may have prescribed pain relief. Give as instructed to help keep on top of the pain. If you do not feel that this medication is helping, consider talking to a pharmacist or your GP to see if there is an alternative option.

Smoking with an injury

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of a fracture will help ensure optimal recovery from this injury.

Physiotherapy:

If you have been referred to the Physiotherapy Department you can expect to hear from them in about 2-3 weeks, if you are worried that you have not heard from them please contact your local hospital and ask for the Physiotherapy Department.

Should you have any worries or concerns following your discharge from hospital please contact:

Virtual Fracture Clinic

07:00 – 14:30 Monday-Friday

Worcester Royal Hospital 01905 760 259

<https://www.worcsacute.nhs.uk/virtual-fracture-clinic/>



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

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.