

Patient information factsheet

My Medical Record knee and hip surgery pathway

We have written this factsheet to give you more information about the knee and hip surgery pathway on My Medical Record. It explains what My Medical Record is, what the knee and hip surgery pathway is and how this pathway can support you. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

What is My Medical Record?

My Medical Record is a free and secure online service developed by University Hospital Southampton NHS Foundation Trust (UHS) that gives you access to information about your healthcare and connects you with your clinical team and other support services. The information that the service contains about you will be co-managed and maintained by you and your clinical team(s) at UHS.

My Medical Record can be viewed securely from any web-enabled device, such as computers, laptops, tablets and smartphones. The My Medical Record app is available to download on iOS and Android.

What is the knee and hip surgery pathway on My Medical Record?

My Medical Record has different sections or 'pathways' for different conditions or procedures. Each pathway contains specific information and advice about the condition or procedure.

Our trauma and orthopaedics team have created a knee and hip surgery pathway to help support people having a knee or hip replacement at UHS.

How can the knee and hip surgery pathway support me?

The knee and hip surgery pathway on My Medical Record contains clear and helpful information about having a knee or hip replacement, so you know what to expect before, during and after your procedure.

The pathway can help you to:

- understand what a knee or hip replacement is and why you need it
- understand each step of your procedure (including how long you may need to stay in hospital)
- prepare physically and mentally for your procedure (for example, simple strengthening exercises)
- know what preparations need to be made to your home before you come in for your procedure so that it is ready for when you leave hospital
- learn how to recover and stay healthy after your procedure
- feel confident to ask questions about your care
- take an active role in your own care
- contact our team easily if you need help

Patient information factsheet

We recommend that you start reading the information on My Medical Record at least **six weeks** before your procedure date.

How do I access the knee and hip surgery pathway?

Once you have registered your details for My Medical Record, please let a member of our trauma and orthopaedics team know and we will add the knee and hip surgery pathway to your account.

For more information about how to register, see the 'Useful links' section below. If you need additional support using My Medical Record or accessing the knee and hip surgery pathway, please contact us.

Where can I find the knee and hip surgery pathway?

You can find the knee and hip surgery pathway under the 'My condition' section of My Medical Record.

What if I do not have access to a smartphone, computer or tablet?

If you do not have access to a smartphone, computer or tablet, please tell a member of our team. We can provide you with paper copies of the patient information and exercises included on My Medical Record instead.

Can I uninstall the app after my procedure?

After you have completed the surgery pathway, you may uninstall the My Medical Record app if you no longer need it for any other conditions or procedures.

Contact us

If you have any questions or concerns, please contact us.

Trauma and orthopaedics outpatient nurses

Telephone: **023 8120 2880** (Monday to Thursday, 8.30am to 5pm)

Occupational therapy and physiotherapy

Telephone: **023 8120 4452** (Monday to Friday, 8am to 4pm)

For queries about your procedure or recovery

F4 elective ward

Telephone: **023 8120 6479** (24-hour line)

Useful links

For more information about My Medical Record, scan the QR code below or visit:

mymedicalrecord.uhs.nhs.uk



Patient information factsheet

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Muscles,jointsandbones/Total-knee-replacement-HHFT-4037-PIL.pdf

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Muscles,jointsandbones/Totalkneereplacement-exercises-4037-PIL.pdf

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Muscles,jointsandbones/Having-a-total-hip-replacement-4038-PIL.pdf

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Muscles,jointsandbones/Advice-and-exercises-for-before-and-after-your-total-hip-replacement-4038-PIL.pdf

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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