

Contact Details

Musgrave Park Hospital (main switchboard)	028 90902000
Regional Disablement Services Reception / Prosthetic Helpline -	028 9504 1747
Physiotherapy Advice Line	028 9615 2279
Occupational Therapy	028 9615 2759
Consultant's Secretary	028 9504 7239
Withers Ward 1B	028 9504 1783
Amputee Rehabilitation Centre Opening Times:	
Monday- Thursday	8.30am - 5.00pm
Friday	8.30am - 4.30pm
Emergency Repair Clinic - This clinic is for emergencies only and no appointment is necessary.	028 9504 1747
Mon, Wed and Fri	8.30am - 9.30am



A patient guide Upper limb Children

The Amputee Rehabilitation Centre
Regional Disablement Services

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Introduction

Welcome to the Amputee Rehabilitation Centre at Musgrave Park Hospital. As part of Regional Disablement Services we aim to provide a high quality service to children across Northern Ireland who have had an amputation of a limb or have been born with a limb deformity or absence.

We hope this information guide will help you as parents or carers with some of the questions you may have about your appointment at the Amputee Rehabilitation Centre. It will also introduce you to the team of people you will meet, the different stages of treatment you will go through, and some useful contact numbers for counselling services and support groups.

Who uses this Service?

Children who have had an amputation or limb deficiency who attend our Centre. Some children decide not to wear a prosthesis and attend for occasional review, others do wear a prosthesis and this means more regular review is needed.

The people you and your child may meet include:

- The Consultant is a doctor specialising in Rehabilitation Medicine
- The Prosthetist is responsible for casting and measuring and creating and fitting the artificial limb (prosthesis).
- The Physiotherapist may be needed to give advice on strength building exercises.
- The Occupational Therapist will advise on independence in all activities of daily living, whether or not an artificial arm is prescribed.
- The Clinical Psychologist will assess and treat those who require assistance in adapting. At present we are referring any child who may need psychology support to the Royal Victoria Hospital, Outpatient Department.
- The Healthcare Assistant will look after your general comfort and wellbeing in the Amputee Rehabilitation Centre.
- The Social Worker can provide advice about benefits.

How To Get Here

By Car

Musgrave Park Hospital is accessible from the M1 or M2 motorways.

From the M1, take Exit 2, signed Outer Ring (A55) Balmoral. Follow the A55 to the hospital entrance which is on the right, just before the railway bridge.

From the M2 and M3, take the Westlink A12 (following signs for The West - The South) to join the M1. Take Exit 2 as above.

From the Lisburn Road or Balmoral Avenue, take the A55 Outer Ring (M1). Follow the road underneath the railway bridge and the hospital entrance is on the left.

Trains

Balmoral train station is next to the hospital entrance. (Approximately 0.6 miles from the Amputee Rehabilitation Centre).

Check train and bus times with Translink: Tel: 028 9066 6630

By Bus / On Foot

Metro Bus routes 92 and 92B travel to and from Musgrave Park Hospital from Belfast City Centre with a number of stops around the site.

The First Multidisciplinary Assessment

The Consultant and other members of the team will help decide and advise if a prosthesis should be worn.

It is important to realise that not all children who have an upper limb loss are fitted with an artificial limb. This could be because of general poor body strength, poor balance and other medical conditions. In addition some children can manage better without a prosthesis. This will be fully discussed with you at the initial assessment.

If an artificial limb will be of benefit then the team will discuss which type of limb is most suitable. A number of factors will be taken into account, such as: age, understanding, physical ability and uses of the prosthesis.

Not every child is ready for measurements to be taken at their initial visit. If there is a wound and it has not yet healed enough then a further review appointment will be arranged. Advice will be given on the care required for the wound and residual limb, and on exercises one must do to increase strength and mobility.

Measuring up for a limb

If a prosthesis is going to be needed then the Prosthetist takes measurements and a plaster cast of the residual limb.

Your first visit usually lasts about one hour and 30 minutes.

First Fitting

This takes place approximately 2 weeks after your cast and measurements have been taken.


The prosthesis will have been made using the measures and cast taken at the previous appointment. The socket which the residual limb fits into is custom made and specifically shaped.

The Limb will be in its skeletal form, all components used to build the limb will be visible. This allows any adjustments during fitting and training to be made.

First Use and Occupational Therapy

Once the prosthesis is ready to be worn instruction on how to put it on and how to wear it and use it will be given by the Occupational Therapist (OT). Further follow up OT sessions will be needed to monitor progress and provide advice.

The first arm/hand is one piece, lightweight with a non moving cosmetic hand. After fitting the OT will provide advice on how to encourage two handedness. Both hands can be used to push a wheeled toy, hold/roll a large ball, clap hands, play with toys with push buttons etc all dependent on the child's age and developmental level. It will allow them to become used to wearing something on their arm and help to prepare them for the possibility of wearing a functional artificial hand in the future.



If your child is ready to use a functional artificial hand training will be provided by the OT to ensure your child knows how the arm works and how to use it in school, play, hobbies and self care. The training period varies for every child and is dependent on the type of functional artificial hand provided. The OT can make contact with schools and nurseries to ensure artificial arm use is continued in this environment and to provide support for the teachers.

Practice is required to develop skills in using the artificial arm and if your child is motivated they could become a regular wearer and find the artificial arm of use. The team would encourage use of the artificial arm as this will reduce the strain on the remaining hand. Activities to encourage use of functional artificial arm include examples such as:

- Riding a tricycle and a specific appliance can be made to assist with this activity
- Sand play - using artificial arm to hold buckets etc in play
- Cutting - artificial arm is used to hold paper and child encouraged to change position of paper in artificial arm during activity
- Drawing/writing - artificial arm is used to stabilise paper
- Construction toys - use of both hands

Physiotherapy

Not everyone needs to see the Physiotherapist. Physiotherapy may be required if there are muscle, joint or general movement problems or if pain is an issue.

If specific weakness in muscle strength is found then we may ask for physiotherapy sessions to focus on this.



For subsequent visits to the Amputee Rehabilitation Centre transport can only be provided if you cannot use public transport, you are not in receipt of Disabled Living Allowance Mobility Component and you cannot make arrangements for family or friends to bring you.

If you request transport you will be asked to complete a form to tell us what benefits you get.

Certain benefits will allow you to claim back travel expenses at public transport rate or a higher rate if you require an attendant to assist you.

Return visits to the Amputee Rehabilitation Centre

There will be 4 monthly reviews with the prosthetist and/or consultant by way of follow-up. They will check the fit of your limb and your progress with it.

Adjustments or new limbs may be required as the child grows and the shape of the residual limb changes or the needs for your child change. Prostheses can be made specially so children can perform certain activities that interest them such as cycling, guitar, golf. For advice on what special prostheses are available speak to your prosthetist.

Overall progress is reviewed with regard to change in medical condition, psychological adjustment, housing, schooling, hobbies and interests, possibility of surgery etc.

Additional Support

Over the next few pages you will be provided with several useful numbers and support group contact details.

We hope that these will help you and your child during the period of limb fitting and rehabilitation.

Useful Telephone Numbers

Western Health and Social Care Trust HQ

Tel: 028 7134 5171

www.westeritrust.hscni.net

Southern Health and Social Care Trust HQ

Tel: 028 3833 4444

Email: corporate.hq@southerntrust.hscni.net

www.southerntrust.hscni.net

Northern Health and Social Care Trust HQ

Tel: 028 2563 3712

Email: info@northerntrust.hscni.net

www.northerntrust.hscni.net

Belfast Health and Social Care Trust HQ

Tel: 028 9004 0100

Email: info@belfasttrust.hscni.net

www.belfasttrust.hscni.net

South Eastern Health and Social Care Trust HQ

Tel: 028 9055 3100

Email: public.relations@setrust.hscni.net

www.setrust.hscni.net

Support Groups

Prosthetic User Forum - Northern Ireland

This is “A Forum for Users of Artificial Limbs”.

The Prosthetic User Forum was set up in 2002 as the result of a survey entitled ‘Listening to Patients’.

The User Forum meet quarterly and aim to:

- Represent you or your child or relative
- Voice your concerns
- Influence the development of services
- Offer you support.

To become part of the Prosthetic User Forum or for further details on the work that the Group carries out, please contact our Reception on 028 9504 1747.

Limbless Association

Provides information, advice and support for people of all ages who are without one or more limbs, and encouragement to prospective amputees, carers and those already trying to cope with limb loss or deficiency.

Roehampton Rehabilitation Centre
Roehampton Lane
London
SW15 5PR
Tel: 020 8788 1777
www.limbless-association.org

REMAP

Technical Equipment for Disabled People
www.remap.org.uk

REACH

“The Association for children with hand or arm deficiency”.

Reach was formed in 1978 by parents of children who were missing part of their arm or a hand.

Reach offers local branches, national offices and a quarterly newsletters.

National Co-Ordinator: Jo Dixon
Pearl Assurance House
Brook Street
Taristock
Devon
PL19 0BN
Tel: 0845 1306225
www.reach.org.uk

Northern Ireland Branch Co-Ordinator: Lynne McKinley
Tel: 028 9504 7449
Email: lynne.chalmers@opcare.co.uk

Eire Branch Co-Ordinator: Chris Creamer
Fair Stream
Hedge Road
Garristown
Co-Dublin
Eire
Tel: 00-353-1-8354953

Disability Action

Provide a comprehensive driving and information service on a full range of transport and mobility needs for the disabled.

Head Office - Belfast
Portside Business Park
189 Airport Road West
Belfast
BT3 9ED
Tel: 028 9029 7880
Email: hq@disabilityaction.org
www.disabilityaction.org

Anything Left Handed

Stockists of a wide range of products designed for left handed people

PO Box 46
Witney
OX29 7HD
Tel: 020 87703722 / 08458723272
www.anythingleft-handed.co.uk

Disabled Parents Network

Information and links to numerous organisations relating to disability and parenthood.

Nottingham
Tel: 0300 3300639
www.disabledparentsnetwork.org.uk

Phab NI

Committed to providing quality services to young people with and without disabilities.

Phab NI Independent Living
Jennymount Business Park
3 Jennymount Court
North Derby Street
Belfast
BT15 3HN
Tel: 028 9050 4800
Fax: 028 9075 4321
Email: info@phabni.org

Changing Faces

Body image issues. Facing changes—changing the way we see people with disability / disfigurement.

The Squire Centre
33-37 University Street
London
Tel: 08454500275
Email: info@changingfaces.co.uk
www.changingfaces.org.uk

Translink

Have a range of Special Offers for those with mobility difficulties.

Tel: 0845 6000049
www.translink.co.uk