



## CUH Trauma Assessment Clinic (TAC)



Cork Emergency Medicine

<http://EMed.ie>

### What is the Trauma Assessment Clinic?

CUH Trauma Assessment Clinic (TAC) is a safe and fast process for assessing specified injuries which will determine if there is a need for you to attend an Orthopaedic Fracture Clinic. In many cases, there is no requirement for patients to attend a Fracture Clinic.

### When does the Trauma Assessment Clinic Take Place?

The TAC takes place every Wednesday morning.

### Where does the Trauma Assessment Clinic Take Place?

The TAC takes place in one of the consulting/examination rooms within CUH Fracture Clinic.

### Who is present at the Trauma Assessment Clinic?

Consultant Orthopaedic Surgeon, Clinical Specialist Physiotherapist and Nurse.

### Do I need to attend the Trauma Assessment Clinic?

No – you do not need to attend the TAC

### What happens at the Trauma Assessment Clinic?

The Consultant Orthopaedic Surgeon will review your x-ray images and your Emergency Department notes, and will make a decision in relation to your follow-up care.

### What Outcomes can I expect?

You may be discharged from the hospital, you may require a follow-up review at a Fracture Clinic or you may require a physiotherapy appointment.

### How will I find out the outcome of the Trauma Assessment Clinic?

You will be contacted via telephone after the clinic by either the Clinical Specialist Physiotherapist or the Nurse who were in attendance at the TAC. You will receive this between 2.00 p.m. – 4.00 p.m. on Wednesday.

### How can I contact the Trauma Assessment Clinic?

You can contact the TAC telephone line on 087-087-1008967 between 2.00 p.m. – 4.00 p.m. on Tuesday.

Should you have any concerns in relation to your injury, please attend your GP or local Emergency Department.

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If you are concerned, please contact the Emergency Department you first attended:	<b>Mercy University Hospital</b> (021) 230 5011	<b>M-UCC at SMHC (St. Mary's Health Campus)</b> (021) 4926900	<b>CUH</b> (021) 4920200	<b>Local Injury Unit Mallow General Hospital</b> (022) 58506	<b>Bantry General Hospital</b> (027) 52900
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## CUH TAC – neck of humerus fracture



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### Advice & Information in relation to: Neck of Humerus Fracture

- You have broken a bone in your shoulder (humerus) below the ball (humeral head) part of the joint.
- This type of break usually heals well in a sling.
- We would expect the shoulder to be painful for 6-8 weeks. Painkillers can help to decrease the pain. It is important during this time that you keep gently moving your fingers, wrist and elbow to prevent stiffness in these joints.
- The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about three weeks after the injury, but can be sooner if comfortable.
- You should gradually stop using the sling as the pain settles and aim to remove the support completely as soon as you comfortably can.
- You can start to return to light activities (carrying shopping bag, driving, swimming) as soon as it is comfortable and you have stopped using the sling. At first the shoulder may be stiff, but this should improve with time and movement.
- You can return to high impact activities such as contact sport after 12 weeks.



Should you have any worries or concerns following discharge from Cork University Hospital, please contact the Trauma Assessment Clinic on 087-1008967 on Tuesday between 2.00 p.m – 4.00 p.m.

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