



## 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:

**Mercy University Hospital**  
(021) 230 5011

**M-UCC at SMHC (St. Mary's Health Campus)**  
(021) 4926900

**CUH**  
(021) 4920200

**Local Injury Unit Mallow General Hospital**  
(022) 58506

**Bantry General Hospital**  
(027) 52900





## CUH TAC – lateral malleolus fracture



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### Advice & Information in relation to: Lateral Malleolus fracture

- You have broken the bone on the outside of your ankle (lateral malleolus).
- This type of break usually heals without any problems.
- We would expect your ankle to be sore and swollen for 6 weeks. Painkillers may help ease the pain.
- You have been given a boot to keep you comfortable while the bone heals. You should wear this while walking, but can take it off while at rest and gently move your ankle. This will prevent your ankle and surrounding joints from becoming stiff. You may also have been given crutches if felt necessary.
- You should walk on the foot as much as pain allows and gradually discard any supports over the next 3-5 weeks as the pain settles. Your ankle may be stiff at first, but this should improve with time and increased movement.
- As your foot settles you can start returning to more heavy activities as pain allows. However soreness can continue in the ankle for several months after a fracture.
- You will be contacted by phone with further information.



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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