

## Patient information

### Musculoskeletal Clinical Assessment Service - MCAS

#### Therapies Department

#### **What is MCAS?**

Your GP Practice has referred you to our service so we can assess your problem, and work with you to establish an appropriate management plan. This plan may involve further investigations and/or treatment depending on the nature of your condition.

#### **Before your appointment:**

Please make sure you have read your appointment letter and have **noted the time** and **specific location** of your appointment.

Our departments have a strict appointment system so **please arrive Ten minutes before your appointment time.**

If you arrive late, we may **not** be able to see you and another appointment will have to be arranged.

There will be a charge for parking at Aintree, Broadgreen and Royal sites. It can also be difficult to find a parking space, so please allow plenty of time.

#### **What you can expect at your appointment:**

This is an assessment only appointment and usually lasts around 30-40 minutes.

Your consultation will be completed by an Allied Health Professional such as a Physiotherapist, Occupational Therapist or Podiatrist.

You may be asked to complete a short questionnaire about your symptoms. This is to help us assess the impact of your condition on your life and daily activities.

#### **You will also be asked questions that will include:**

- The history of your condition
- Medication (please bring a list of your current medication with you)
- Past medical history (even if given previously)

A physical examination will be carried out and you may be asked to remove some clothing. Please wear appropriate clothing with this in mind.

If you would prefer to see a clinician of the same gender as yourself, please notify us as soon as possible. Please be aware that we may have to rearrange your appointment to a later date to meet this request.

You may also request a chaperone when you attend your appointment if you wish.

All of this information is gathered to help us to understand what your problem is.

The clinician will then discuss with you the potential options for your treatment. They will consider the current clinical evidence, your preferences and talk through with you any potential risks and benefits of the options available.

### **Management options:**

**There are several management options that may be discussed which include:**

- Advice on how to manage your condition at home
- Starting on a course of individualised therapy treatment
- Referral to an exercise group and information class specific to your condition
- Referral to other specialist services such as Orthopaedics, Rheumatology, or Pain Clinic/Management
- Referral to community gym schemes and exercise groups
- Injection therapy treatment discussion
- Investigations ordered e.g., x-rays, blood tests, MRI scans

On completion of your assessment a report will be sent to your GP practice with a copy also sent to your home address. This report will also be kept in your records for future reference.

### **Frequently asked questions:**

#### **If I need an x-ray where and when will it be done?**

If required, an x-ray is usually done on the same day. There are x-ray department across our hospital sites and your clinician would advise on the different options available to you.

#### **If I need blood tests where and when will this be done?**

If required, blood tests are usually done on the same day, depending on where your appointment is, your clinician will advise on the day where this can be completed.

#### **If I am referred for an MRI scan where and when will this take place?**

If required, MRI scans take place across several sites in Merseyside. You would be contacted by our colleagues in Radiology to offer you an appointment should an MRI scan be deemed necessary.

You may wait approximately six weeks for your scan appointment. Your scan results are usually available within a month after your scan and we contact you usually by telephone once we are in receipt of the report by the Radiologist, unless you already have a follow-up appointment booked.

If you have had investigations ordered and have not heard from us with your results by five weeks after your test please contact us and request to speak to your clinician.

It is important to remember that most conditions we assess do not require an MRI scan or further tests.

Your clinician can discuss this in more detail with you should you have any questions.

### **Important**

- Please either use our self check in kiosk or report to the reception desk on arrival.
- Please inform our reception of any changes to your address, telephone number or your GP.
- If you are unable to attend your appointment, please let us know as soon as possible, ideally 24 hours in advance so that we can offer your appointment to another patient.
- Failure to attend your appointment may result in you being discharged.

### **Further Information**

If you need to change your appointment or you have any queries about your care, please ring the department indicated on your appointment letter.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

**Aintree University Hospital, Burlington House, St. Chads Centre Kirkby,  
and Litherland Town Hall**  
**Tel: 0151 529 3335**

**Monitored 8am to 4pm**

**Broadgreen Hospital, Royal Liverpool University Hospital and South  
Liverpool Treatment Centre**  
**Tel: 0151 706 2760**

**Monitored: 8am to 4pm**  
**Text phone number: +447860 039092**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانباریی پیوندیدار بهو نهخوشانهی لهلایمن تراستهوه پهسند کراون، نهگمر داوا بکرنیت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دمنگ، هیلی موون و ئهلیکترۆنیکی ههیه.

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