

INFORMATION FOR PATIENTS

GERPS clinic

You have been invited to attend the Preoperative Frailty Clinic (also referred to as GERPS). This is located in clinic 6 in the King's Treatment Centre at King's Mill Hospital.

The purpose of this clinic is to offer a comprehensive assessment of frail, older people being considered for elective large joint replacement surgery. You may have been referred by a surgeon, an anaesthetist or by staff in the preoperative assessment clinic.

Frailty can be thought of as a loss of resilience. This means people don't bounce back quickly after a physical or mental illness, or a stressful event (including surgery).

Frailty develops slowly over years with lots of small issues contributing to the condition. It is often subtle to start with, and for this reason it often goes unnoticed for a period of time. It affects about 10% of people over the age of 65 years and can range in severity from mild to severe.

Some of the important features of frailty include:

- Unintentional weight loss.
- Fatigue without reason.
- Muscle loss or weakness reducing the ability to stand and walk.
- A decline in activity.
- A decline in memory.

Staff at the Preoperative Frailty Clinic will work with you in order to identify and manage any of the challenges related to frailty that you might have, so that we can prepare you as well as we can for the proposed surgery you may undergo.

It may be the case that we agree with you to make onward referrals to other services in order to do this. We will ensure that this is done as quickly as possible so that any delays are minimised.

Having an operation affects your body at the time of surgery and for several months afterwards. Several common factors can reduce your body's ability to deal with the physical stress of the operation.

Fortunately, there is often time available before your operation to work with you to reduce the risks of surgery and to enable you to recover from it as quickly as possible.

It is often helpful for people attending the clinic to come with a family member or friend, who can provide any additional information.

We look forward to meeting you in the clinic and will be happy to answer any questions that you may have.

Contact details

Geriatrics department – telephone 01623 622515, extension 2419/2418/6050, or email sfh-tr.geriatric.ppc@nhs.net

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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