

Data Protection - Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

Further information

If you need any more information or advice please contact: 111.

Call 111 if you need medical help fast, but it's not life-threatening – for example, if you:

- Think you need to go to the hospital.
- Don't know who to call for medical help.
- Don't have a GP to call.
- Need medical advice or reassurance about what to do next.

For health needs that are urgent, you should call your GP. If a health professional has given you a number to call for a particular condition, you should continue to use that number.

Information and internet access is also available from the Patient Experience Hub. To get there, follow the signs for the 'Patient Experience Hub' from the Hospital's main entrance.



Support our Emergency Department


Birmingham
Children's Hospital
Charity
Doing more for sick kids

With up to 200 children coming to our Emergency Department every day, with everything from broken toes to severe road traffic injuries, there can be a bit of a wait. With your help, we can continue to provide books, toys and activity packs to keep children occupied and distracted during any waits and throughout their treatment journey.

Text
GIVE2ED to
70111 to
donate **£3** to
show your
support.

Standard rates apply. Registered Charity Number 1160875

bch.org.uk/donate

NHS

**Birmingham Women's
and Children's**
NHS Foundation Trust

Information leaflet for patients and parents

Using Crutches

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Information for Parents, Children and Young People

Using Crutches

Standing

Place the crutches into the 'H' position (see diagram). Then place one hand onto both crutch handles and stand up. Once standing, place each hand through the cuffs of the crutches and hold the handles (handles face forward), with each crutch slightly in front of, and out to the side of, your feet.



Sitting

Take each arm out of the crutches and place them in the 'H' Position, holding them with one hand. Once you feel balanced, reach back for the arm of the chair with your free hand. In a slow and controlled manner, lower yourself into a sitting position.

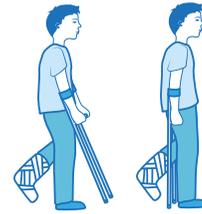


Walking

For non-weight bearing (where you can't walk on one of your legs):

Keeping the affected leg off the ground and standing on the unaffected leg, place the crutches one step ahead, level with each other.

Move forwards between the crutches, swinging the unaffected leg so that it lands just in front of the crutches. Your affected leg shouldn't take any of your weight at any point during this movement.

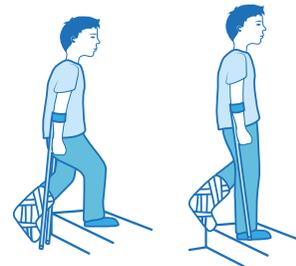


On stairs

Where possible use a handrail and hold both crutches in the same hand (see diagram) or give the spare crutch to someone else.

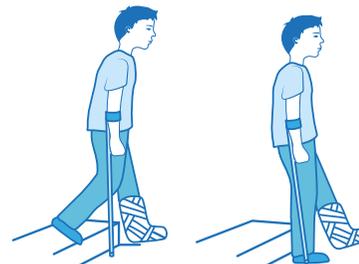
Going up

1. Unaffected leg
2. Affected leg
3. Crutch



Going down

1. Crutch
2. Affected leg
3. Unaffected leg



Care and maintenance of your crutches

Regularly check that:

- The rubber tips are not worn to the point where no tread is showing
- The crutches are a matching pair, do not use a mismatched pair.
- The crutches are tight and are not cracked
- The spring-clip tops are located into both holes
- The tubing is not cracked or damaged
- The adjustment mechanism adjusts freely
- The holes on the adjustment legs are round and not worn to an oval shape.
- The crutches are always used as advised by the issuer
- You avoid wet floors and uneven surfaces and remove obstacles such as loose rugs before using crutches.
- The crutches are not stored in sub-zero temperatures
- You use the crutches in good light and wearing supportive footwear.
- You do not use crutches outdoors in icy/snowy weather.

Regularly inspect equipment for wear. Should any of the above be evident on your crutches, please contact the person who issued the crutches.

Always use the crutches as advised by the issuer

- Once set up there should be no reason to adjust the crutches without consultation with the issuer.

To check the correct height of your crutches

- When standing upright holding the hand grips, your elbow should be slightly bent
- When standing upright with your hands by your side, the crutch hand grips should reach just above the wrist joint

Once treatment is complete please return crutches to the Emergency Department.