

# Hip and Knee Orthopaedic clinic

Outpatient service information, triage and referral guidelines

## Description of Service:

The Orthopaedic and Trauma Service of the Royal Adelaide Hospital provides inpatient and outpatient care for patients living in the CALHN area who suffer from hip and knee problems.

## Services Provided:

- > Outpatient clinic consultations for diagnosis and management
  - o osteoarthritis
  - o inflammatory arthritis
  - o post traumatic arthritis
  - o developmental dysplasia of the hip/hip deformity
  - o avascular necrosis
  - o soft tissue injuries in the knee including ligamentous and meniscal tears
  - o fracture management
  - o complex revision arthroplasty
  - o hip preservation surgery in young adults
- > Post-operative reviews
- > Virtual clinic for reviews from country areas and nursing homes
- > Inpatient consultations and admission

## Exclusions:

- > Second opinions for patients that have been previously assessed or treated by an orthopaedic specialist from an institution that has the ability to provide an in-house second opinion.
- > Service for compensable patients unless they have been admitted via the emergency department in an emergency situation e.g. motor vehicle accidents, work cover, department of veteran affairs, other third party or public liability claims.
- > Patients that are known to another institution for a particular problem\*\*
- > *\*\*transfer of care from another specialist may be accepted if the patients surgical requirements are too complex or the patient's medical condition means that the surgery would be safer performed in a tertiary institution.\*\**

## For admission or **URGENT** advice contact the Orthopaedic Registrar:

Royal Adelaide Hospital (RAH) Ph: (08) 7074 0000  
The Queen Elizabeth Hospital (TQEH) Ph: (08) 8222 6000

**Alternatively, if the problem is urgent and the patient is unstable, the patient should be sent directly to the Emergency Department of the nearest hospital for assessment.**

## For more information or to make a referral contact

Royal Adelaide Hospital (RAH) Fax: (08) 7074 6247 Ph: 1300 153 853  
The Queen Elizabeth Hospital (TQEH) Fax: (08) 8222 7188 Ph: (08) 8222 7030 / (08) 8222 7020



## Essential Referral Content:

### Demographic

- > Date of birth
- > Contact details (including mobile phone)
- > Referring GP details
- > Interpreter requirements
- > Medicate number

### Clinical

- > Reason for referral
- > Duration of symptoms
- > Relevant pathology and imaging reports
- > Past medical history
- > Current medications

## Adult Triage Criteria for referral

| Emergency<br>Direct to Emergency Department and phone the on call registrar.   | Category 1<br>Target within 4 weeks<br>Urgent cases must be discussed with the on call registrar  | Category 2<br>Target within 3 months  | Category 3<br>Greater than 3 months   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>&gt; Fracture (pelvic/femur/tibia/fibula/patella)</li> <li>&gt; Peri-prosthetic fracture</li> <li>&gt; Severed limbs</li> <li>&gt; Significant soft tissue injury</li> <li>&gt; Compartments syndrome</li> <li>&gt; Dislocation of the hip or knee</li> <li>&gt; Open or discharging wound post operatively</li> <li>&gt; Septic arthritis</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Suspicion of infected prosthesis – recent surgery</li> <li>&gt; Failed internal fixation</li> <li>&gt; Locked knee (inability to fully extend)</li> <li>&gt; Osteomyelitis</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Suspicion of prosthetic loosening or prosthesis associated pain, decrease in function</li> <li>&gt; Avascular necrosis of the femoral head</li> <li>&gt; Collapse of the femoral head</li> <li>&gt; Severe osteoarthritis of the hip with signs of protrusio</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Osteoarthritis of the hip or knee</li> <li>&gt; Post-traumatic arthritis</li> <li>&gt; Soft tissue injury of the knee including meniscal tear, cruciate ligament or collateral ligament injury or cartilage damage</li> <li>&gt; Developmental dysplasia of the hip</li> <li>&gt; Femoroacetabular impingement</li> <li>&gt; Perthes disease</li> <li>&gt; Slipped capital femoral epiphysis</li> <li>&gt; Trochanteric bursitis (if non-responsive to treatment after 3 months and symptomatic)</li> </ul> |

### For more information or to make a referral

Royal Adelaide Hospital: Level 3G, Wing 6  
 Referral Fax Number: (08) 7074 6247  
 Phone Number: 1300 153 853

The Queen Elizabeth Hospital: Ground Floor, Area 3  
 Referral Fax Number: (08) 8222 6233  
 Phone Number: (08) 8222 7020

Web: [www.sahealth.gov.au](http://www.sahealth.gov.au)

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 Orthopaedic Department

| Version    | Approved date | Review date | Amendment |
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