



Northumbria Healthcare
NHS Foundation Trust

North Tyneside Integrated Musculoskeletal Service

Issued by Northumbria Healthcare



About the service

North Tyneside Integrated Musculoskeletal Service (NTIMS) is a community based service developed to help patients with musculoskeletal problems manage their condition in the most effective way. The types of conditions treated in this service are spinal pain, joint and soft tissue problems. Practitioners within the service will identify the most appropriate care for your condition - this could be musculoskeletal physiotherapy or assessment by a specialist clinician (GP or Specialist Physiotherapist).

Your GP will refer you into the service if they feel it will be of benefit to you. You must be registered with a North Tyneside GP and aged 16 years or over and to access this service.

Your referral

When we receive your referral from your GP our clinicians will make a treatment decision based on the information received. We will contact you by letter and ask you to call the service to arrange an appointment. If your referral has been accepted you will be allocated an appointment with a designated clinician at the most appropriate clinic for your condition.

Your appointment

We offer an 'opt in' service whereby it is the patients responsibility to contact the service on receipt of their referral letter. We aim to offer you an appointment within 15 working days of contact. Our opt in service continues through your treatment where you will be required to contact the appointment line to book all subsequent review appointments also.

Who will you see, and where?

If it is felt appropriate you can be seen by one of our musculoskeletal physiotherapists at a clinic held at one of the GP surgeries from which the service runs. There are several surgeries which offer this service across North Tyneside, but this may not necessarily be at your own GP surgery.

If we feel that you need a more specialist assessment, or we need to carry out diagnostic tests, you may be asked to attend North Tyneside General Hospital, where you could be seen by a Specialist Physiotherapist or a General Practitioner with Special Interests. This will ensure that most routine investigations, e.g. x-ray or blood tests can be carried out in one visit.

What to bring with you for your appointment

If you take any regular medication it may be useful to bring a current list of medications and advise your clinician of any allergies you might have.

What to wear for an appointment

During your assessment we may need to carry out a physical examination and also ask you to carry out certain movements which will help us understand the cause of your problem. It would help if you wear loose, comfortable clothing during your appointment.

Cancelling an appointment

If you need to cancel your appointment please call us on 0191 293 4064.

You can contact the service Monday – Friday, 8:30am – 5pm.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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