

The South East Trauma Network

The **Scottish Trauma Network** helps ensure patients who experience major trauma can get access to the right care, in the right place, at the right time.

The **Major Trauma Centre** at the Royal Infirmary of Edinburgh is part of the wider **South East Trauma Network**, which provides care to people living in the Lothians, Borders, Forth Valley and Fife. Fife residents may also be cared for in the near-by **Major Trauma Centre** at Ninewells Hospital, Dundee. Ninewells Hospital is part of the East of Scotland Trauma Network.

The Victoria Hospital, Kirkcaldy, is classed as a **Trauma Unit**. If you are a Fife resident, and need acute care, but not **Major Trauma Centre** care, you will be admitted to an appropriate ward within the hospital, depending on your injuries.

If you require ongoing inpatient rehabilitation, you may be transferred to an NHS Fife community hospital.



After Trauma

The team will also provide you with options for practical support, if needed. This may involve supporting you to access social work services e.g benefits you are entitled to and support to help you with home adaptations.

Useful Links/Resources

www.aftertrauma.org

<https://www.icusteps.org/>

www.backuptrust.org.uk (Spinal Injury)

Spinal Injuries Association: www.spinal.co.uk

www.headway.org.uk (Brain Injury)

www.scottishheadinjuryforum.org

<https://www.sabin.scot.nhs.uk/> (Brain Injury)

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats. NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact: fife.EqualityandHumanRights@nhs.scot or phone 01592 729130



Your
Journey
In Fife



What is Major Trauma?

Major Trauma is considered to be a serious injury or multiple injuries, which are potentially life-threatening, and can sometimes result in long-term disability.

Early identification and treatment of major trauma can save lives, prevent complications, speed recovery and allow an earlier return to active life.

Who will be looking after me?

Following major trauma, patients in Fife will be looked after by a multi-disciplinary team. This team can include nurses, doctors, allied health professionals and mental health professionals. The type and severity of your injuries will determine which health care professionals are involved in your care. The NHS Fife Major Trauma Co-ordinator will also be involved.

The Major Trauma Co-ordinator is responsible for co-ordinating your care in hospital and supporting your discharge. They will also provide a link between different services involved in your care, both within the hospital and following discharge. They will support you and your family/relatives throughout your stay and following discharge.

Your Journey

Pre-hospital

You likely arrived at hospital by ambulance. The ambulance service will have provided you with some care en route.

Acute Care

You will have received emergency care from the team in the Major Trauma Centre or in your local Trauma Unit.

Ongoing care

You will receive ongoing care for the treatment of your injuries. You may be discharged from the Major Trauma Centre or Trauma Unit and transferred to another hospital for ongoing care.

Rehabilitation

You will begin rehabilitation early in your patient journey. Your rehabilitation will be centred around your goals and what matters to you.

Trauma Rehabilitation

Rehabilitation plays a crucial role in supporting your recovery and aims to limit the impact your injuries may have on your everyday life. This will involve treatment for physical injuries and may also include psychological support.

The Major Trauma Co-ordinator will provide you with information to help you better understand your injuries and how they may affect you.

Rehabilitation will begin early in your patient journey and whilst you are still in hospital. The rehabilitation team will assess you, and the type and amount of therapy you require will be based on your individual needs, injuries and what matters to you. A **Rehabilitation Plan** will outline the type of rehabilitation you require and your goals.

Rehabilitation can continue at home. If necessary, you will be referred for outpatient services or rehabilitation within your home.

