

Position Statement on the Prescribing of Orthotics Equipment

The Ipswich and East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) **DO NOT** support the prescribing of orthotics equipment without assessment by a competent clinician. The following information provides accurate guidance on the correct process for obtaining this equipment.

Orthopedic Orthotic Devices

If a patient requires one of the following:

- Knee brace
- Insole

AND is:

- Recovering from an injury
- Living with a lifelong condition

They must be referred to the Orthotics Department for assessment, measuring and fitting. Following referral, a trained member of the team will assess the patient and determine the most appropriate product and/or course of action to be taken.

Any patient who DOES NOT fit the above criteria must be asked to purchase the recommended product(s).

Referral Routes

- **East Suffolk:** A GP can refer to the department directly by emailing lh-tr.orthotics@nhs.net
- **West Suffolk Orthotics department:** GPs are unable to refer into the orthotic service directly. Referrals should be made to Allied Health Professionals, who will triage these referrals before sending to orthopedics who assess the need for orthotics. Direct referrals to the orthotic department can only be made by hospital doctors or consultants.

The East England Priorities Advisory Committee May 2021
Thuasne ActionReliever Off-Loading Knee Brace for Osteoarthritis
NOT for Prescribing in Primary Care

- Routine use of the Thuasne ActionReliever Off-Loading Knee Brace is **NOT** recommended due to little evidence of its efficacy and effectiveness in comparison to other brands or types of orthoses. It is the only knee pressure offloading device available on drug tariff.
- Fitting and support from a trained orthotist or other specialist healthcare professional is essential to ensure maximum benefit is achieved. Where knee braces are required or recommended by specialists, they should be supplied as part of the secondary care services.
- All patients requiring a knee brace with osteoarthritis should be referred to orthotics via the referral routes outlined in this document.

Hernia Support Belts

- The Orthotics Department also fits **non-stoma-related** hernia belts. The Orthotist will complete an assessment, to include measuring, fitting, and review.
- Support garments can be off the shelf or custom made.

*For patients who are housebound and/or receiving palliative care and require the hernia support belt for symptom control only, please contact the CCG Appliance Nurses via the email addresses below. *

- **East Suffolk:** iesccg.medsmanagement@nhs.net
- **West Suffolk:** wscg.medsmanteam@nhs.net

Stoma-Related Hernia Support Belts

- The Stoma Nurse will assess and oversee any patient who suffers from hernias related to their stoma.
- Where a clinical need for this garment is identified, the Stoma Nurse will request the hernia belt on prescription via the GP practice or a garment fitting service.

Referral Routes

- **East Suffolk:** A GP can refer to the department directly by emailing lh-tr.orthotics@nhs.net
- **West Suffolk Orthotics department:** GPs are unable to refer into the orthotic service directly. Referrals are only accepted via E-Care <https://www.wsh.nhs.uk/CMS-Documents/Patient-leaflets/SurgicalServices/6212-1-Orthotic-Services-guidance-on-provision-of-orthotic-services.pdf>