

## GP Information Leaflet: Haringey and Islington MSK Service

**Haringey and Islington Musculoskeletal (MSK) Service** provides a single point of access for all MSK referrals for all patients aged 18 and over with a Haringey or Islington GP. Prior to referral, please explore supported self-management with your patient [here](#). Patients can self-refer into MSK physiotherapy via a self-referral form [here](#). For helpful information, follow us on Twitter – contact details below.

### Referring into the MSK service

1. Please complete the Haringey and Islington MSK referral form in EMIS entitled “HI MSK SPoA referral” form ensuring you tick the service you think your patient is most appropriate for and if required their choice of secondary care provider
2. Please then book on e-RS to the corresponding MSK Triage Service appointment as detailed below.
  - MSK Triage Service (Physiotherapy)
  - MSK Triage Service (Podiatry)
  - MSK Triage Service (CATS) - Clinical Assessment and Treatment Service
  - MSK Triage Service (Orthopaedics)
  - MSK Triage Service (Pain management) - Secondary care
  - MSK Triage Service (Rheumatology) - including urgent referral for early RA service

Please ensure the referral form is **fully completed** to help our clinicians ensure your patient is seen in the most appropriate service. All referral forms will be clinically triaged by senior clinicians with consultant oversight and booked into the service most appropriate for their presentation. Please note, this could be different to the service you had envisaged and ticked on the form. All services can refer within the MSK service should further opinion be required eg. Orthopaedic opinion following MSK CATS assessment. Patients will be contacted by text/phone/letter to book their appointment. For any queries or comments, **please contact us** as below.

### Inclusion criteria for the MSK service

Any patient presenting with an MSK condition inclusive of acute or chronic MSK pain who has NOT adequately responded to self-help and primary care management – see **GP & patient resources** [here](#).

### Who not to refer? (exclusion criteria)

1. **Patients with Cancer & non MSK pain:**
  - Pain related to cancer - patients being treated for cancer with MSK pain should be referred to their cancer team
  - Non MSK lumps and bumps
2. **Children aged under 18 years:** please refer to community paediatric MSK services
3. **Post-surgical problems:** Where a patient has recently had an operation and has developed a complication related to that surgery they should be referred back to the department that performed the surgery.
4. **Acute trauma:** Any acute MSK trauma such as suspected fracture, dislocation or major soft tissue rupture should be referred to A&E or fracture clinic.

### Direct referral into secondary care from GP is required for:

#### Red flags – urgent:

- Suspicion of serious pathology (malignancy, infection) i.e. General malaise, weight loss, night sweats, loss of appetite - **refer to Secondary Care e.g. 2 week wait**
- Signs of cord compression/cauda equine syndrome i.e. Saddle anaesthesia, bladder retention, loss of bowels control, gait disturbance, bilateral leg pain/pins and needles/numbness - **refer to A&E**
- Suspicion of recent fracture - **refer to A&E or fracture clinic**

**Post-surgical problems:** Where a patient has recently had an operation and has developed a surgery related complication - **refer back to the department that performed the surgery**

**What is MSK CATS?** A community based service for complex MSK conditions comprising of Advance Practice Physiotherapists and GPwSI's. The CATS team can request diagnostic investigations including x-rays, ultrasound, ultrasound guided injections, MRI, EMG, bloods tests, nerve root blocks and hydrodilatation (via interventional radiology). The CATS team assess for and deliver corticosteroid injections.

### What is the community chronic pain service? A

multidisciplinary community pain management service comprising of specialist pain Physiotherapists, Psychologists, CBT Therapists and Pharmacists. The team can, as appropriate: transfer patients into the hospital pain service or refer into an 8-week pain management programme or 1:1 care.

### To contact us:

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