West Yorkshire Major Trauma Network

NHS Calderdale and Huddersfield NHS Foundation Trust

Calderdale and Huddersfield Major Trauma Unit

Information for patients, relatives, and carers

The Major Trauma Service

A trauma unit is a special part of the hospital that helps people who have been in serious accidents or have bad injuries. In West Yorkshire, the biggest trauma hospital is Leeds General Infirmary. Some people stay in their local hospital, while others might go to Leeds first and then come back to Calderdale or Huddersfield for more care.

The five regional trauma units are:

- Airedale General Hospital
- Bradford Royal Infirmary
- Huddersfield Royal Infirmary
- Harrogate District Hospital
- Pinderfields General Hospital, Wakefield

At Calderdale and Huddersfield, doctors and nurses are trained to help with serious injuries. Some people are treated here, while others are stabilised and sent to the bigger trauma hospital if they need more care.

Calderdale and Huddersfield Hospitals has many teams who help trauma patients, including:

- **Trauma and orthopaedics** (helping with broken bones)
- **General surgery** (Operations for Injuries)
- **Head injuries and neurology** (brain care)
- **Hand therapy**
- **Emergency department** (helping people as soon as they arrive to hospital)
- **Radiology** (X-ray and other scans)
- **Anaesthetics and intensive care** (for very sick patients)
- **Paediatrics** (Children's Doctors)
- **Acute medical and elderly medical specialties**
- **Therapy / rehabilitation services.**

Many people come here after first getting treatment at the Leeds Major Trauma Centre.

The patient pathway – What Happens when you arrive?

- A doctor will check your injuries and decide what treatment you need.
- You may have X-rays or scans to see inside your body.
- Pain medicine will be given if needed.
- Some injuries may need stitches, splints, or bandages.
- If you need an operation, the team will prepare you for surgery.
- If your injuries are very serious, you may be sent to Leeds for specialist care.

Care on the ward

Whilst you are on the ward:

- Nurses will check on you often to make sure you are okay.
- You may need oxygen to help you breathe.
- You might have a drip (a small tube in your hand) for medicine and fluids.
- You may need a tube into your bladder called a catheter which will help the doctors and nurses to check how much urine your body is making. This may also be used if you have problems going to the toilet.

Pain and Medicine

- It's normal to feel pain after an injury, but doctors will help manage it.
- If your pain is too strong, tell a nurse or doctor.
- Pain medicine can sometimes cause constipation, but nurses will give you medicine to help.

Operations and Surgery

- If you need an operation, you won't be able to eat or drink for a few hours before.
- Some medicines may need to be stopped before surgery.
- After the operation, you will recover with the help of the Doctors, Nurses, and Therapy teams.

Rehabilitation – Getting Better.

Rehabilitation means getting stronger and learning how to do things again after an injury. The hospital team will help with:

- Walking and moving around
- Getting dressed and taking care of yourself
- Pain control
- Returning to normal life (school, family time, hobbies)
- Talking and swallowing if you have trouble
- Emotional support if you feel sad or worried
- You will have rehabilitation goals to help you get better step by step.

Discharge Planning and What to Expect

- Before you leave, the doctors, nurses and therapy teams will make sure **you are safe and ready**.
- You will get a **letter** explaining your treatment and any medicines you need.
- If you need a follow-up, **the team will ask for this for you**.
- **Wait for hospital staff to say you are ready before arranging a lift home**.

Follow-Up Care at the Major Trauma Centre

After you move to a new place for care, the team at the Major Trauma Centre will still help when needed. You might need to come back for check-ups to see how you are doing. These check-ups will be planned ahead of time.

We know that moving to a new place or home can feel a little scary, but don't worry! This is part of you getting better after your injuries. We want to make sure you get the best care in the right place.

How to contact us:

The main hospital telephone numbers are: **Calderdale: 01422 357171**

Huddersfield: 01484 342000

Our telephone lines are always busy. We politely request that only one member of your family telephones for information then passes this on to other relatives or friends, Thank you.

Where to find us:

Calderdale Royal Hospital, Halifax, HX3 OPW

Huddersfield Royal Infirmary, Acre Street, Lindley, Huddersfield, HD3 3EA

Visiting the ward

Please contact the ward for information regarding date visiting times.

Open visiting – Visiting times are open on most wards to enable relatives and carers to be more involved in care, depending on the patient's preferences. Speak to the ward manager about this.

On the children's ward one parent/carer can stay for all the child's admission.

Translation Services

If English is not your first language, the team can contact interpreters to provide face-to-face translation, or can arrange telephone interpretation.

On-site Facilities

- Free WiFi is available for patients (NHS-WiFi) – Please ask a member of staff for support to access this.
- Post box

- Cash machine
- Canteen & shops
- EV charging

Car Parking

Many patients, relatives and visitors are regular users of the hospital services, and the Trust has introduced discounted car parking rates for these people. Please speak to a member of staff about how to access these.

Discharge

We help patients leave the hospital every day. Some patients may go to a special room called the discharge lounge, where staff will help them get ready to go home.

If you are worried about going home, please talk to the hospital team. We want you to feel safe and happy when you leave.

When you go home, you will get a letter that explains the care you received and any medicine you need. Please read it carefully.

Please wait until the hospital staff say you are ready to go before asking someone to pick you up. They need to make sure you have all your papers and medicine first.

After you leave, you might need to come back for another check-up. If you do, we will send you an appointment.

Patient Prompts

Discharge Letter ☐

Prescriptions ☐

Plan to get home ☐

Outpatient reviews: Physiotherapy/Occupational therapist/Follow up Clinic ☐

Support

Day One Trauma Support is a national charity supporting lives affected by major trauma. The charity provides practical and emotional support, alongside NHS clinical care, for patients and their loved ones. We have a dedicated outreach worker who covers the whole of the West Yorkshire Major Trauma Network.

Contact: Amanda Booth

07482 142389

0300 303 5648

amanda.booth@dayonetrauma.org

You can self-refer to Day One Trauma Support using the form on the website www.dayonetrauma.org which can be accessed by scanning the QR code below:

Day One Trauma Support

Useful websites

https://www.wymtn.com/patients-and-carers.html – West Yorkshire Trauma Network

https://www.wymtn.com/psychological-trauma.html - West Yorkshire Trauma network guidance

https://www.nice.org.uk/guidance/ng39 -Major trauma: assessment and initial management

https://www.nice.org.uk/guidance/ng211 - Rehabilitation after traumatic injury

https://dayonetrauma.org/supporting-you/ineedsupport - Day One Trauma Support

https://www.cht.nhs.uk – Calderdale and Huddersfield NHS Foundation Trust Website

Questions/Concerns to ask: