

# Brachial Plexus Injury Newsletter

Welcome to the first edition of the Brachial Plexus Injury Newsletter. We hope you enjoy reading it and would love to hear your comments and views. Any contributions that you would like to make to the newsletter would be most welcome.

The newsletter will be published 3-4 times a year and is also available at: [www.brachialplexus.scot.nhs.uk](http://www.brachialplexus.scot.nhs.uk)

## Competition

See inside for your chance to win £50 worth of gift vouchers in the Name this Newsletter competition!

## About the Service

The Brachial Plexus Injury (BPI) Service is designated a National Service for Scotland and the clinical team are based in South Glasgow at the Victoria Infirmary, Glasgow.



*The Victoria Infirmary, Glasgow*

### Aim of the service

The aim of the service is to provide specialist multidisciplinary integrated management for assessment, surgery and rehabilitation for patients with brachial plexus injury

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### Contact the News Team

Beverley Wellington  
Clinical Nurse Specialist in Orthopaedics  
Victoria Infirmary, Langside, Glasgow, G42 9TY  
or email [Beverley.Wellington@gvic.scot.nhs.uk](mailto:Beverley.Wellington@gvic.scot.nhs.uk)

## Introduction to the Brachial Plexus Injury Team

The Brachial Plexus Injury team consists of a number of specialists with experience of this complex injury. The team is there to support you during your treatment and recovery and can be contacted directly to answer your questions.

### Consultant

Mr Timothy Hems

### Clinical Nurse Specialist

Beverley Wellington

### Clinical Specialist Physiotherapist

Jane Green

### Occupational Therapist

Debbie Clyde

We are also aided and abetted by:

Outpatient Clinic Sister, Margaret Kerr

BPI Service Administrator, David McKay

Orthotist, Brian McLaughlin

Here's a little bit about the team and your chance to see them in all their photographic glory!



**Mr Tim Hems** has been a Consultant based at the Victoria Infirmary since 1997. He has a long - term interest in surgery for nerve injuries. He trained in Trauma and Orthopaedic Surgery specialising in Hand and Upper Limb disorders

with training in Peripheral Nerve and Brachial Plexus surgery.



### Beverley Wellington

has over 25 years nursing experience of working at a senior grade with trauma and orthopaedic patients. She is able to offer specialist skills and knowledge whilst supporting patients and families affected

by brachial plexus injuries. Informal and formal counselling is available and she also provides a telephone advice line from Mon – Fri. 08.00-16.00. She can provide information on a variety of subjects including patient care plans, employment issues and benefits, driving assessments, relationships and family/home life.

Tel. 0141 201 5394 direct advice line/ 0141 201 6000 page 5134

Beverley.Wellington@gvic.scot.nhs.uk

### Jane Green

has over 20 years physiotherapy experience, working with musculo-skeletal conditions and with an interest in hand injuries. She is able to offer specialist skills and knowledge in the rehabilitation of brachial plexus injury patients. She

is available Mon – Thurs 08.30-15.00

Tel. 0141 201 5541

jane.green@gvic.scot.nhs.uk





**Debbie Clyde** has been an Occupational Therapist since 1990, specialising in orthopaedics for over 10 years. She is also a hand therapist and can advise on suitable adaptations around the house and help with maximising function for the patient

with a brachial plexus injury. She is also able to offer advice on employment and benefits. She is available Mon, Tues and Thurs 08.30 –16.30

Tel. 0141 201 1500

Deborah.clyde@sgh.scot.nhs.uk

**David McKay** previously worked at the Victoria Infirmary as secretary to Mr Hems but has now been appointed as the full time administrator for the BPI service.

Tel. 0141 201 5436

david.mckay@gvic.scot.nhs.uk



**Margaret Kerr** has many years experience in orthopaedic outpatients/clinics and plaster room. She facilitates the BPI clinic and welcomes any comments about the outpatient experience that may benefit the service.

**Brian McLaughlin** works at the University of Strathclyde where orthoses (appliances/splints/braces to support joints) are manufactured and he sees patients for assessment and fitting at Westmarc, Southern General Hospital, Glasgow.

## About the clinic

The BPI clinic is usually held once a month on a Monday afternoon at the Victoria Infirmary, Glasgow.

This can be a rather lengthy clinic as all members of the team are involved in the patient consultation.

There may also be other Doctors or students at the clinic as the Victoria Infirmary is a teaching hospital.

At present, due to a high number of patients from the North of Scotland, we are also holding satellite clinics in Aberdeen, approximately twice a year. These satellite clinics may change location according to the numbers of patients in any area.

### Are eligible for benefits?

You may be eligible to claim travel costs for coming to the clinic. Whilst the BPI team do not deal with this we can direct you to the claims office in the hospital. You may claim travel costs if you receive any of the following benefits:

- Working families credit
- Income support
- Disability working allowance
- Low income (HC2 cert.)
- Income based job seekers allowance

You must bring proof of your entitlement, travel ticket, or mileage (whichever is applicable).

Think of a name for your newsletter and win £50 worth of gift vouchers in our competition! See page 4 for details.



## WIN GIFT VOUCHERS

We are running a competition to 'Name this Newsletter'. You are invited to come up with a title that can be used to identify this newsletter and make it stand out from everything else that drops onto your doormat!

(The only reason for this competition is that the team were useless in their imagination and came up with nothing catchy to use!). This is your chance to make your mark and go down in history!

The judging panel (basically that's the four of us – Tim, Beverley, Jane and Debbie) will make the final decision and the winner of the 'Name this Newsletter' competition will be awarded a £50 gift voucher.

Entries must be submitted (e-mail or postal) to Beverley before 1st December.

### Your input is valuable

We want to make this a newsletter that is of interest to you, so we need your input.

Here are some ideas for future newsletters that may interest you:

**Advice section** – We'll do our best to answer any relevant queries you send into us (don't mistake this for an agony aunt's problem page!) and would like you to send in any information that you have found useful to share with others

**Anatomy** - Would you like diagrams or information on brachial plexus or more general anatomy? Let us know.

**Helping hands and hobbies** – This section will provide information on gadgets that we know could be of use to you or you can tell us if you have adapted something or purchased equipment that was useful. This includes aids for dressing, washing, cooking, gardening, fishing, golf, other

hobbies, sport, work, driving...the list is endless!

**Useful websites** - We have included some websites in this newsletter but you must have more (legal!) sites you can tell others about so drop us a line.

## And finally...

Do you have a story or joke to tell, poetry you've written, photos you want to share or pictures you have drawn then send them in but be warned  
\*\*No x-rated material will be printed!\*\*

All items submitted for the newsletter will be reviewed by the team before being accepted for print. We hope to also run features with competitions/crosswords/puzzles etc with gift voucher prizes!

If you would like to see any other issues or other useful information presented here, or would just like to use this newsletter for getting in touch with others then please contact Beverley. (Take note - this is neither a replacement for Friends Reunited or an NHS dating agency!)

### Useful websites

#### [www.dwp.gov.uk](http://www.dwp.gov.uk)

The Department for Works and Pensions. Advice on benefits and services including attendance allowance, carers allowance, disability living allowance, incapacity benefit and statutory sick pay.

#### [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

Jobcentre Plus. Part of the DWP, supporting people of working age from welfare into work, and helping employers to fill their vacancies.

#### [www.dvla.gov.uk](http://www.dvla.gov.uk)

Driver and Vehicle Licensing Agency. Information for drivers on subjects including fitness to drive and medical conditions, disabilities and adaptation to vehicles.