Plan well...

Planning your discharge from hospital

When you are well enough the best place to be is in the comfort of your own home. By planning with you we can make sure you get home sooner.

My to do list

- arrange transport
- remember house keys
- switch on the heating
- groceries

Let’s get you back home sooner
Planning your discharge

We hope we have made your stay as comfortable as possible. Our aim is to get you well and back home as soon as possible. If you need further treatment this can be done in the comfort of your own home or a community hospital; this then helps us to free up beds for the most seriously ill patients. It is also important that our clinical teams plan with you the arrangements for getting you back home or on to the next stage of your care. We will discuss your estimated date of discharge and agree a suitable plan together with you and your carer or relatives.

- Most patients go back home and recover well without any further support.
- If you need community support services or equipment, these will be arranged before your discharge.
- Before discharge, the team caring for you will make an assessment of your ongoing care needs. This may best be met in a community hospital and we will find and transfer you to the first available bed in any of the nine across Oxfordshire. This may not be the one closest to where you live.
- You may need social care support after discharge and the team caring for you will assess your needs and make a referral based on your eligibility.

Don’t forget...

You may be the main carer for another person, or you may have a pet at home. If you need assistance in making arrangements for their care while you are in hospital, please inform your nurse.
Medication

We encourage patients to bring medicines from home into hospital so we can check exactly what you were taking prior to your admission and by using your own medicines we can reduce disruption to your daily medication routine.

We will give you a Green Medicines Bag on discharge to keep your medication in; this bag is useful as a reminder to bring in your medicines should you need to come to hospital in the future.

We will return your medicines to you at discharge along with any newly prescribed medication from the hospital pharmacy. Let the pharmacist know if you already have supplies of your medicines at home. When you are back home and your medicines are running low, you should contact your GP to prescribe the medicines you need to take. Only order supplies of the medicines you need.

We will explain your medication before discharge. There are written instructions on the packaging which also contains a manufacturer's information leaflet. If you require more information about your medication before you leave hospital, ask the hospital pharmacist who visits your ward, or your nurse or doctor.

If you need more information once you go home you can contact:

- our Medicines Helpline on 01865 228906 (Monday to Friday, 9am to 5pm);
- or speak to your Community Pharmacist about a free New Medicines Service or a Medicines Use Review (also known as a Medicines Check-up).
Getting you home – checklist

You will be fully involved in planning your own discharge, together with a relative, carer or friend as appropriate. We have provided the checklist below to assist you in managing this:

- You will need to arrange your own transport home – hospital transport is for people who meet specific eligibility criteria only. Make sure you speak to ward staff about when your relative and/or carer should arrive, as often the hospital will need to organise things related to your discharge such as medication, equipment or documentation.

- Make sure you take all your belongings with you on discharge. We strongly advise you not to bring valuables into hospital.

- Make sure you have outdoor clothing and your house keys.

- Make sure you have food and drink available at home, and if necessary ask someone to turn on your heating.

- Please let us know in advance if you require a medical (sick) certificate.

- If you need support at home after discharge, please inform your nurse at the earliest opportunity.

Remember…

The team caring for you will include nurses, therapists, pharmacists and doctors. Any one of the team will be happy to talk to you should you have any questions.
On your day of discharge

We may ask you to move from your ward to a transfer area/lounge or day room. Here you can wait in comfort for your relative/carer/transport and medication. There will be nurses and support workers who will help ensure that all arrangements are in place to get you home. This enables the Ward team to begin treating another patient.

We will give you:

- a discharge letter detailing your hospital stay and further treatment
- medication or equipment as required
- any specific leaflets relating to your hospital stay

We will send a discharge letter to your GP explaining the reason for your hospital stay and giving details of your medication.

As a reminder to you and your relatives or carers, please fill in your estimated date of discharge (this is the date we anticipate you will be leaving hospital but may be subject to change):

**Estimated Date of Discharge:** .................................................................

*(If you haven’t received your date of discharge or need more information, please ask the ward staff)*

If you have any concerns once you are at home, please either contact your GP, or the County Council Social and Healthcare Team on 0845 050 7666.
Useful contacts:

- **Patient Advice and Liaison Service (PALS):** Information and assistance to patients, relatives and visitors
  
  John Radcliffe: 01865 221473  
  Churchill Hospitals: 01865 740868  
  Nuffield Orthopaedic Centre: 01865 738126  
  Horton General Hospital: 01295 229259

- **For further information** visit our website:  
  www.ouh.nhs.uk/leavinghospital

- **Supporting someone at home?** We can help.  
  Carers Oxfordshire: 0845 050 7666 or  
  www.carersoxfordshire.org.uk

- **Oxfordshire County Council Social and Health Care Team**  
  www.oxfordshire.gov.uk  
  Tel: 0845 050 7666.

If you need an interpreter or need a document in another language, large print, easy read, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk