

Making your stay with us safer

Information for patients

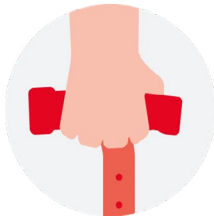


8 SIMPLE STEPS TO KEEP YOURSELF SAFE DURING YOUR STAY IN HOSPITAL

Preventing falls



- Wear the double-sided anti-slip socks provided by the hospital (available in various sizes), laced up or snug fitting shoes or slippers with rubber soles.
- Use your usual walking aids or the one issued to you.
- If you need any assistance, tell us.
- Have your glasses and hearing aids with you.



Preventing blood clots



- Keep moving around and do simple breathing, leg and ankle exercises. (Please ask for a 'Preventing blood clots while in hospital' leaflet).
- Drink plenty of fluids as recommended.
- Take clot prevention medication as advised.
- Take blood clot prevention medications such as heparin a small injection and/or inflatable compression sleeves around your legs as advised.

Let's Talk Clots App

Please download the free **'Let's Talk Clots'** app from the app store. It provides valuable information on blood clots and offers guidance on reducing the risk of developing one.

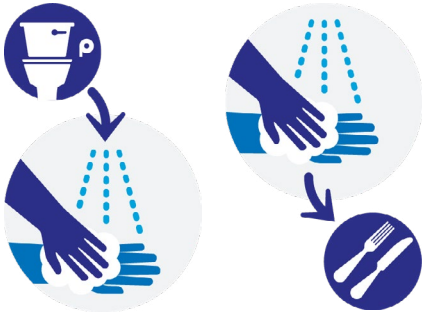


www.thrombosisuk.org/patient-information/lets-talk-clots-app/

Preventing infection



- Clean your hands before and after visiting the toilet, and before meals.
- Don't hesitate to ask our staff if they have cleaned their hands before any contact with you.
- Discourage your friends and relatives from visiting if they are unwell with symptoms of a new respiratory infection, have had diarrhoea/vomiting in the last 48 hours, or are concerned they are infectious for any other reason.



Your medicines



- Tell us if you have an allergy or if you do not understand what your medicines are for.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.
- Ask about possible side effects.



Preventing pressure ulcers



- If you can, try to keep moving, even in bed, and call us if you are uncomfortable.
- We are very happy to help you change position, and can provide a special mattress or cushion for support.
- Your nurse may ask to check your skin regularly.



Identification

- Tell us if any of your personal information is wrong (ID band, address, GP, next of kin).
- Tell us if you have any allergies.



Any concerns

We are here to help you - talk to us if you have any worries or concerns about your treatment or about what will happen when you leave hospital.



Leaving hospital

There is a daily multi-disciplinary team (MDT) board round where each patient's plan is discussed. If your plan is to be discharged and are able to leave the ward, you may be asked to sit in a different area of the ward while your discharge is facilitated.



Ensure you have arranged appropriate transport for when the time comes to be discharged.

Before you leave, make sure you:

- Have your discharge letter.
- Have your medicines and they have been explained to you.
- Know who to contact if you have any questions or concerns.
- Know when your next appointment is.

Once people no longer need hospital care, being at home or in a community setting is the best place to recover.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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