

PLANNING YOUR DISCHARGE

**MAKING PREPARATIONS
FOR YOUR RETURN HOME**

My to do list

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

PLANNING WELL WILL HELP YOU PREPARE FOR YOUR DISCHARGE

When you are well enough, the best place to be is in the comfort of your own home. Therefore, on the day of your discharge, our aim is to get you home in time for lunch.

WHEN CAN I GO HOME?

You will be able to go home when the doctors say you no longer need medical care in hospital. If you need further support, the team caring for you will choose the most appropriate environment for the next stage of your ongoing care. The benefits are that you can go home sooner and we can then use your bed to treat more seriously ill patients requiring hospitalisation.

It is also important that our clinical teams plan with you the arrangements for getting you back home (hopefully in time for lunch) or on to the next stage of your care.

This means that we will discuss your estimated date of discharge and agree a suitable plan, together with you and if appropriate, your carer or relatives.

On *page 3* of this leaflet, you will see the date we think you will be discharged (your estimated discharge date).

WHAT HAPPENS WHEN I GET DISCHARGED?

- Most patients go back home and recover well without any further support.
- If you need community support services or equipment, this will be arranged before your discharge.
- Before you are discharged the team caring for you will make an assessment of your ongoing care needs. We will discuss this with you and choose the most appropriate environment for the next stage of your ongoing care.
- You may need social care support after discharge and the team caring for you will assess your needs and make recommendations based on your eligibility.



YOUR MEDICATION

We ask all patients to bring their medicines from home into hospital. This is so we can check what medicines you were taking prior to your admission.

We will use your medicines where appropriate during your stay and return them to you at discharge, along with any newly prescribed medicines from the hospital pharmacy. Let the pharmacist know if you already have supplies of your medicine at home.

We will give you a *Green Medicines Bag* on discharge to keep your medicines in. You will also be given a Discharge Letter detailing any medicines you are going home with. (This bag is useful as a reminder to bring in your medicines should you need to come into hospital in the future.)

We will explain your medicines before discharge. There are written instructions on the packaging which also includes a manufacturer's information leaflet. There are also details about your medicines in the discharge letter.

If you require more information about your medicines before you leave hospital, ask the hospital pharmacist who visits your ward, or your nurse or doctor.

When you are back home and your medicines are running low, you should contact your GP and ask them to prescribe the medicines you need to take. Please only order supplies of the medicines you need.

Your local pharmacy can help you understand and manage your medication once you have left hospital. If you would like your local pharmacy to do this, please tell the hospital pharmacist, before you are discharged, and they will organise this for you. (This is known as *Transfer of Care* service.)

IF YOU NEED MORE INFORMATION ONCE YOU GO HOME

- Call our **Medicines Helpline** on **01865 228 906** (*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*)

BLOOD CLOT – BE ALERT

Anyone staying in hospital is at risk of developing a blood clot. See a doctor immediately **if you have ANY of the following symptoms** after you return home:

- redness, pain or swelling in your legs
- difficulty breathing, feeling faint
- coughing up blood
- chest pain.

If you develop a blood clot within 90 days of being in hospital we will investigate whether you received good clot prevention measures. This may take several months. We will contact you if the investigation shows any failing in your care.

Useful source of information: www.thrombosis-charity.org.uk/home.php

GETTING YOU HOME FOR LUNCH

Whenever possible we will try to discharge you so that you are home by lunchtime, although this may not always be possible.

You will be fully involved in planning your own discharge, together with a relative, carer or friend as appropriate.

Once you are home...

If you have any concerns, please either contact your GP, or the County Council Social and Health Care Team on 0845 050 7666.

Contacting your GP:

Make a note of your GP's telephone number here:

PLANNING AHEAD

Here is a checklist to help you plan your discharge well.

- ❑ **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, because often the hospital will need to organise things related to your discharge – for instance, medication, equipment or documentation.
- ❑ **Check your home is warm enough.** The main living area should be around 21°C (70°F) and bedrooms should be 18°C (65°F).
- ❑ **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** on the day of your discharge.
- ❑ **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 certificate** (*Fit Note*).

DAY OF DISCHARGE

We will 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.

On your day of discharge we will give you:

- a discharge letter detailing your hospital stay and further treatment
- medication or equipment as needed
- leaflets which you may find useful relating to your hospital stay.

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

YOUR ESTIMATED DATE OF DISCHARGE

When you come into hospital we will give you an estimated date of discharge (*but this may be subject to change*). This should help you plan transport arrangements. Wherever possible we aim to complete the discharge process in time to get you home for lunch. (*Please note that the hospital does not provide transport – this is only arranged in the most exceptional circumstances.*)

Your individual Discharge Plan:

Your name:

Confirmed discharge date:

Ward name and telephone no:

Discharge to (*name / address / telephone no*):

If a Care Agency is providing you with support at home, please write the name of the agency and their contact details here:

If you have a Social Worker helping you with your care, please write their name and contact details here:

Remember to show your relatives/carers your confirmed discharge date because this will also help them make their arrangements to pick you up.

What do I need to know about my further care?

What symptoms should I look out for?

What do I need to know about my medication?

Will I have follow-up appointments, if so, when?

How and when will I receive my results?

ADDITIONAL QUESTIONS? Make a note of them here:


USEFUL WEBSITES AND CONTACTS

- **For further information**
visit our website:
www.ouh.nhs.uk/leaving-hospital
- **Supporting someone at home?**
We can help. Carers Oxfordshire:
www.carersoxfordshire.org.uk
 0845 050 7666
- **Oxfordshire County Council, Social and Health Care Team**
www.oxfordshire.gov.uk
 0845 050 7666


Advice on OUH hospital-based services

Patient Advice and Liaison Service
(PALS) Information and assistance to patients, relatives and visitors:


JOHN RADCLIFFE HOSPITAL

 01865 221 473


CHURCHILL HOSPITAL

 01865 235 855

NUFFIELD ORTHOPAEDIC CENTRE

 01865 738 126


HORTON GENERAL HOSPITAL

 01295 229 259

PALS opening times are:
9am - 5pm (Monday - Friday)

Main switchboard

(John Radcliffe Hospital, Churchill Hospital, Nuffield Orthopaedic Centre and Horton General Hospital)

 **0300 304 7777**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221473 or email **PALSJR@ouh.nhs.uk****
