

Your discharge from hospital

Patient Information

Planning your discharge from hospital

This leaflet is intended to help you, your carer, your relatives and friends understand how your discharge or transfer from hospital will take place. We want to give you the support you need to get home as quickly as possible as we know this helps to prevent deconditioning. Deconditioning is when your muscle strength and mobility drops following an illness.

Most people who have been unwell and in hospital can be discharged back to their own home as soon as they have improved enough to be able to rest at home. However, some people may require care after their hospital stay, such as temporary care provided in their own home or longer-term care such as residential or nursing home 24 hour care. We will involve you in all the decisions about your care, treatment and discharge, and give you all the information and support you need to make the best decisions. If you want to discuss your discharge, please speak to a member of staff on the ward.

How will I know when I will be fit for discharge from Hospital?

We will inform you when your treatment is due to end and when you would be considered well enough to leave hospital (this is called an expected date of discharge). Your expected date of discharge is determined by the doctors, nurses and therapists who are familiar with your current illness. We aim to tell you your expected date of discharge within 48 hours of you being admitted to hospital and will discuss with you if this changes.

What can you expect from us?

We will start to plan for your discharge as soon as you arrive in hospital. We will discuss your needs and agree the help you require at home with the involvement of your family and/or carer with your permission. If you need to be transferred to a community hospital for rehabilitation we will discuss this with you and your family and/or carer.

What we expect from you

We will expect you to be fully involved in planning your own discharge, together with a relative, carer or friend as appropriate. Please note: We will always try to involve nominated members of your family or friends in your future care. The absence of family members due to holiday, work commitments etc. does not mean that decisions regarding your discharge out of hospital can or will be put on hold until your family is available. If an advocate is required to support you with future care provision the hospital will arrange this for you.

Your discharge out of hospital at the right time is important for the following reasons:

- It gives you the best opportunity to re-gain your independence
- Some people find it harder to return home the longer they stay in hospital
- There is a risk of acquiring infections in hospital. Leaving hospital as soon as you are medically fit means this is less likely and reduces the risk of any complications.

When you leave hospital

Remaining in a hospital bed when you no longer need this level of care is not an option and you will be discharged from hospital when your consultant and multidisciplinary team assesses that you are medically fit and ready to leave hospital. If you no longer require hospital care and there is a delay in the start of your package of care or preferred community based placement you cannot choose to remain in a hospital bed. If your preferred community placement/care home has no immediate vacancies then you will be expected to transfer to an interim placement as required by the Whole Discharge Policy.

Discharge lounge

On the day you are due to leave hospital you should expect to be discharged from the ward by 8.30am. You may be transferred to the discharge lounge whilst your transport and medication are being organised. You will be well cared for here by members of the hospital team. The facilities in the discharge lounge include comfortable chairs, toilet facilities, a television, snacks and drinks.

Transport

It is expected that people will make their own travel arrangements when they leave hospital. Please arrange for a relative or friend to collect you from hospital. Hospital transport is available only for those people who have a medical problem that prevents them from using a car, taxi or public transport.

Medicines to take home

You may be given medication when you go home and the nurses on the ward will explain the instructions to you. If you brought medications in with you, this will be returned provided it is safe and appropriate to do so.

If you have any further questions about your condition, treatment or procedure, then please telephone 01228 523444 and ask to be transferred to the ward you were treated on.

Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

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Telephone:

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Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Subject Access Coordinators
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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