

## Planning for discharge from hospital Canadian Wing

This leaflet is intended to help you and your relatives understand how patients are discharged from hospital, who is involved and what options are available to you.

### Introduction

Hospitals are the right place to be when you are in need of specific medical or surgical treatment. However, when your treatment has been completed, it is important that your stay is not delayed. Some people find it harder to adjust back into their pre-admission lifestyle the longer the stay in hospital. Research has shown that the sooner you return home, the quicker you get better.

When you are ready to go home we will need to prepare your bed for the next person who may be unwell and who may be waiting in our trauma clinics. People awaiting surgery (urgent and non-urgent) may have their operation cancelled if a bed is unavailable.

We hope that we can work together so that this happens as efficiently and smoothly as possible.

### When should I start planning for discharge?

As soon as possible! It is a good idea to plan discharge almost immediately after admission, or if you are having a planned admission, arrangements can be made before you come in. You may have an appointment to be seen in the pre-assessment clinic. If so, this is a good time to ask any questions you have about your discharge and help to make sure all the necessary arrangements are put in place.

### What arrangements will I need to make?

- transport home (patients are normally expected to arrange their own transport)
- suitable clothing and footwear, if you are not already using them in the hospital
- adequate food in your home
- adequate support for you, your carer or family members, if needed

### Who can help me plan my discharge?

- nursing staff
- discharge coordinators
- physiotherapist/occupational therapist

All staff will work with you and your carer or relatives, as a team, in order to discuss your discharge with you.

We need you to raise any concerns you have at the earliest opportunity, e.g. your safety at home, managing personal care or domestic arrangements, your ability to move around and any additional equipment you may need.

### **What is the next stage?**

On the day you are admitted to the ward, you will be given an Estimated Date of Discharge (EDD).

We will start working towards this date as soon as possible and in the meantime we would like you also to begin making arrangements for your discharge. However, please be aware that the EDD may change depending on the progress you make while in hospital. If you or your family have concerns, please bring them to our attention as soon as possible.

The discharge nurse will come and speak to you, at least 24 hours before you are expected to go home, to make the necessary arrangements for your discharge.

The doctors or nursing team will confirm your discharge date and follow-up arrangements with you.

### **What time of the day will I be discharged?**

Our aim is to discharge you by mid-morning. If you are being collected at a later time, it is likely that you will move to the day room while waiting to be collected. This enables us to prepare the bed for the next patient, who may be in theatres having their operation or on their way from home to be admitted that day.

### **The day of discharge**

Doctors will see you on the ward rounds in the morning to confirm you are fit to go home. If needed, a member of staff on the ward will change your dressing before you go home.

You will be given a letter to take to your GP and also a date for any follow-up appointments that you may require. We will try to arrange these with you before you leave. If this is not possible, we will send them to you by post. Please ask if you need a sick certificate for your employer.

You will receive verbal advice on discharge and, where necessary, written information. Any medications you need to continue taking when you are at home will be given to you, along with an explanation for you or your carer.

We strive to meet any special needs you may have on discharge and will inform you of any arrangements made for continued care, e.g. district nurse visits or any other services.

We advise you to avoid smoking and smoky atmospheres until your wounds have healed, as this may affect the healing process.

**Further questions**

Should you have any further questions or concerns, please do not hesitate to contact us:

Discharge Coordinator	Tel: 01342 306609
Margaret Duncombe Ward	Tel: 01342 414450
Ross Tilley Ward	Tel: 01342 414451

**Please ask if you would like this leaflet in larger print or an alternative format.**

Canadian Wing  
Issue 2 – Ref. No: 0224  
Approved by the Patient Information Group  
Print May 2017 – Review May 2020