NHS
Calderdale and Huddersfield
NHS Foundation Trust

Discharge Leaflet

Your Discharge Explained

Hospitals are the right place to be when you are ill and require help from the acute care team, however, spending more time in hospital than you need to can do more harm.

Staying in hospital increases the risk of becoming unwell from other infections and losing strength and independence (becoming deconditioned).

During your hospital stay, we will do our best to make you feel comfortable and ensure you receive the very best care and treatment.

Our main priority is to support you in a safe recovery so that you can return home as soon as you are medically well. As this may not mean a full physical recovery, we can continue to support you in the community if required.

Planning Your Discharge Together

It is important that, *together*, we plan your discharge. *Together* involves you, the care team and any family, carers or friends you wish to be included.

Next of Kin / Family and Friends

With your consent, we often talk with Next of Kin, unpaid carers, family and friends when supporting you with your discharge.

We appreciate it is a difficult time for everyone involved when a loved one is unwell, therefore we want to work as a team to arrange a well-planned and safe discharge.

It's useful if you can provide:

- A lead contact / Next of Kin and contact details
- Next of Kin availability
- Lasting Power of Attorney Documentation

compassionate care

How You Can Support Your Discharge:

Please scan the QR code for our detailed Discharge Information Leaflet and Discharge Checklist or ask the team if you would like one provided.

Additional Support / Further Health and Social Care Assessments:

If you require additional support, or it is not safe to return home, a team of health and social care professionals will support you. A Discharge Co-Ordinator, Therapist and member of the Social Care Team may be involved.

Initial conversations / assessments will take place in hospital, though some assessments may be completed after you leave the hospital.

What to Expect on the Day of Discharge

We will always aim to get you home early on your day of discharge rather than keep you in hospital for longer than necessary.

Transport: In most circumstances it is easier for you to arrange transport with your Next of Kin. Hospital transport is only available for people who meet a very strict criteria, something your care team will be happy to discuss if necessary.

Medication: We will ensure you have a minimum of a 2-week supply of all your medicines prior to discharge, including supplying any new or changed doses. A member of the care team will discuss your hospital stay and explain your medication to you. Your GP will be informed electronically of these changes and can therefore prescribe more when required, just submit a request to them as you usually would for your medicines.
We advise that you contact your GP in good time to arrange a repeat prescription for ongoing medication.

District Nurses / Community Nurses: For patients who are housebound, a District Nurse referral may be needed.

Further support: If you feel you need further support once you are home you can self-refer to community / social services, see contact details below.

Useful Contacts

Calderdale Royal Hospital:

Telephone 01422 261399

Huddersfield Royal Infirmary:

Telephone: 01484 342000

Medication Helpline

Telephone: 01422 224356

Calderdale Equipment Loan Stores

Telephone: 01422 357171

Kirklees Equipment - Medequip

Telephone: 01484 728970

Calderdale District Nursing Single Point of Access: Telephone: 01422 652291

Kirklees District Nursing Community Health and Social Care Hub: Telephone: 0300 304 5555

Social Services / Health and Social Care Needs

- Calderdale Gateway to Care: Telephone: 01422 393000
- Calderdale Out of Hours Emergency: Telephone: 01422 288000
- Kirklees Community Health and Social Care Hub: Telephone: 0300 304 5555
- Kirklees Out of Hours Emergency: Telephone: 01484 414933

Age UK, Calderdale and Kirklees:

- Telephone: 01422 252040
- Telephone: 01484 535994

Support with Lasting Power of Attorney:

- Where to start - Lasting power of attorney - Your Voice, Your Decision
- Age Uk (as above)

Compliments and Concerns:

We hope you are happy with the care provided and have a safe and pleasant discharge. If you have any concerns, complaints, compliments, or feedback please raise them with the Ward Nurse in Charge/ Co-Ordinator, or contact: **patientadvice@cht.nhs.uk**,
Tel: 01484 343800

If you have any comments about this leaflet or the service you have received you can contact :

Hospital Discharge Team

Telephone: 07769300408

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਵ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"