Calderdale and Huddersfield
NHS Foundation Trust

Discharge Leaflet

Your Hospital Journey 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 developing 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.

Throughout your hospital stay, there may be occasions where you will be transferred between wards. For example, you may move from the Accident and Emergency Department to an assessment ward, then to a specialty ward following your clinical diagnosis. As your condition improves or if you require support on discharge, you may move to a less acute ward.

Our main priority is to support you in a safe recovery so that you can return home as soon as you are medically well enough to leave hospital. This may not mean a full physical recovery as 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. Soon after you arrive in hospital, we will discuss and begin planning your discharge. this helps to avoid any potential discharge delays and to address any concerns.

The evidence tells you will recover far better at home, or in your usual community setting.
Staying in hospital longer than necessary can also delay access to hospital beds for other patients who need urgent care.

Next of Kin / Family and Friends

With consent, we often talk with Next of Kin, unpaid carers, family and friends. This is because 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.

compassionate care

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

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. This may include a Discharge Co-Ordinator, Therapist and member of the Social Care Team.

Initial conversations/assessments will take place in hospital, though some assessments may be completed outside of the hospital setting, including Continuing Health Care Assessments. If we can't assess you at home, your assessment may take place in one of our temporary bed-based settings across Calderdale or Kirklees.

What to Expect on the Day of Discharge

On the day of discharge, you may move to the Discharge Lounge to support with your transition home, including a discharge discussion, discharge summary, medication and to wait for your pre-arranged transport.

We will always aim to get you home early on your day of discharge rather than keep you in hospital for longer than necessary. However, we need to ensure your discharge is safe, and that we have provided the correct advice, onward referrals and medication before leaving. At times, this may cause a delay.



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. If a specific medication isn't available upon discharge, we will discuss the plan with you. A member of the care team will discuss your hospital stay and explain your medication to you and common side effects. You can ask questions about your medication and treatment. 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 on next page.

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 Single Point of Access: 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)

Carers Count

- Telephone: 0300 012 0231, 01422 39 101
- **info@carerscount.org.uk**

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: PALS - **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

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ 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"