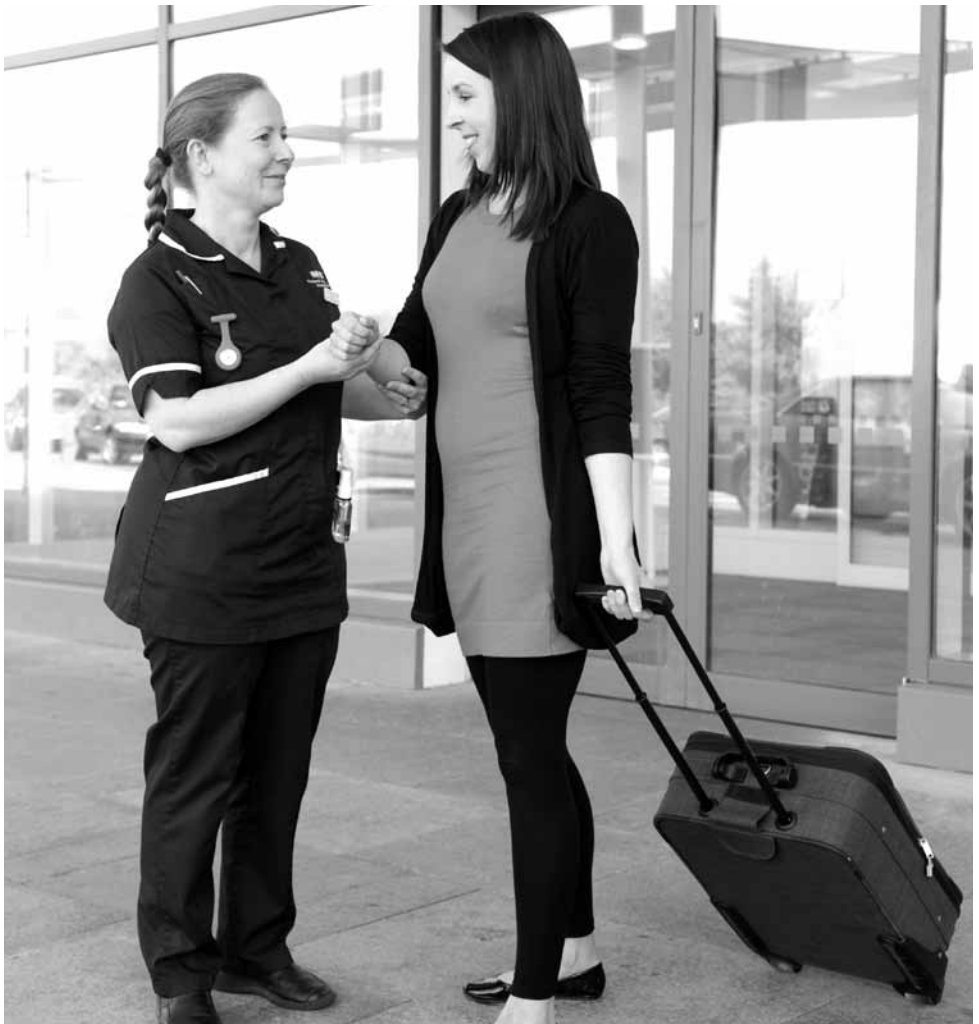


Leaving Hospital

Information for patients leaving hospital



Leaving the Oxford Radcliffe Hospitals NHS Trust

We hope we have made your stay as comfortable as possible. Our aim is to get you home as soon as you are well enough. If you need further treatment this can be done in the comfort of your own home or a community hospital, this then helps us to free up beds for the most seriously ill patients.



Time and date of leaving

We will aim to get you 'Home for Lunch' on your day of discharge.

What we will do

- Planning for your discharge will start on or before admission where possible. We will discuss your estimated date of discharge, your needs, and together agree a plan.
- Most patients go back home when they leave hospital; if you need community support services these can be arranged.
- If your care needs can best be met in a community hospital, we will find and transfer you to the first available bed. There are nine community hospitals in Oxfordshire, so the first available bed may not be the one closest to where you live.
- Our aim is to get you well as soon as possible.

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.
- Make sure you have all your belongings, including any valuables from the hospital safe.
- Make sure you have outdoor clothing and your house keys.
- Make sure you have food and drink available at home, and if necessary ask someone to turn on your heating.
- Make arrangements for adults or children you normally care for.
- Please let us know the day before discharge if you require a medical (sick) certificate.

Transport



We expect you to arrange your own transport home. However, make sure you speak to ward staff about when your relative and/or carer should arrive, as often the hospital will need to organise medication and appointments etc. Hospital transport is for people with a medical need only.

Medication



Medication which you brought into hospital, and still need, will be returned to you. If you have started new medication, you will be given a supply to take home. Your GP will then prescribe more if required. We will explain your medication before discharge. There are also written instructions on the packaging and an information sheet will be provided.

For further information about your medication, contact:

- Patient Medications Helpline: 01865 228906
(Monday to Friday 9am - 1pm)

Day of Discharge



We will aim to get you *'Home for Lunch'* on your day of discharge wherever possible. We will ask you to move from your bed space to the Transfer Lounge or day room early in the day. This way we will be able to admit another patient and begin their treatment. The Transfer Lounge is staffed by qualified nurses and will provide drinks and meals; here you can wait in comfort for your medication and your transport home.

We will give you:

- a discharge letter detailing your hospital stay and further treatment
- medication or equipment as required.

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

Follow-up appointment

If you need a follow-up appointment or further investigations, we will arrange this before you leave, or you will receive a letter after discharge from hospital.

Help at home and equipment

If you and your team agree you need help at home, a discharge letter detailing support services will be sent to your GP. The support services will be arranged before your discharge. If you require equipment at home, arrangements will be agreed with you.

If you have any concerns once you are at home, please either contact your GP, or the County Council Access Team on 0845 050 7666.

General information

Date of estimated discharge:

(please fill in for your own information)

If you haven't received your date of discharge or need more information, please ask the ward staff.

Patient Advice and Liaison Service (PALS): PALS offers support, information and assistance to patients, relatives and visitors.

John Radcliffe or Churchill: 01865 221473 / 740868

Horton General Hospital: 01295 229259

Further information: www.oxfordradcliffe.nhs.uk/leavinghospital

Supporting someone at home? We can help.

Carers Oxfordshire: 0845 0500 7666 / www.carersoxfordshire.org.uk

Support your hospital charity

Tel: 01865 743444 or www.orhcharitablefunds.nhs.uk

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