

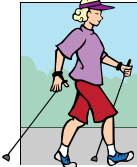



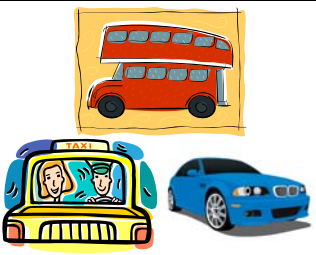



## Patient Pictorial Pathway for Discharge

	Before or On Admission	During Your Stay	Discharge from Hospital
<b>Diet</b>	Please inform the nursing team if you have any special dietary requirements	 <p>You will be encouraged to eat a healthy diet within any dietary restrictions</p>	
<b>Activity</b>	On arrival to the ward, you will be introduced to the staff and ward routine	You will be actively encouraged to be independent within your capabilities. You will be encouraged to perform light physiotherapy exercises whilst in bed. You may be required to wear compression stockings. Please let us know before the day of discharge if you require a Medical (Sick) Certificate	
<b>Tests</b>	You will have tests  <b>X-Ray</b> 	You may require further tests. Your team will explain the reason for these tests and their results to you	We will discuss with you if you require further tests after discharge
<b>Medication</b>	If you take regular medication, please discuss with the nursing team before taking them	 <p>Any new medication will be discussed with you</p>	A supply of medication may be given to you to take home, and this will be discussed with you
<b>Education</b>	If you have any concerns, questions or queries then please ask the medical and nursing team	We will discuss your diagnosis with you and explain the best way for you to look after yourself at home. You will be given contact numbers to use if symptoms return	On the day of discharge we will aim to discharge you before 11:00am. You may discharge direct from the ward or from the discharge lounge
<b>Travelling to &amp; from Hospital</b>	You are expected to arrange your own transport to and from hospital. Hospital transport is for people with medical need only. If you are unsure if you have a medical need then speak to your nursing team	 <p>Please consider how you are going to get home and return to any follow-up appointments. Make sure you start sending any belongings home with relatives/carers so you have the minimum amount of luggage on the day you go home</p>	Please discuss collection arrangements with your relatives/carers. Arrange with the nursing team for discharge from the ward or discharge lounge
<b>Discharge Planning</b>	So you can start making plans for home, your team will discuss your anticipated length of stay with you before or on admission. On admission, your estimated date of discharge will be discussed with you. We expect you to be fully involved in planning your own discharge	If you require help at home, you will be seen by the health and social care professionals who will assess your needs and arrange support services on discharge	 <p>HOME</p>

Variations may occur based on your individual situation