






# Patient Poster

Before you go home, have you thought about how we can help you?

What we will do	What we expect from you	Medication	Day of discharge and follow-up	Help at home and equipment
				
<p>We will discuss your diagnosis with you and explain the best way to look after yourself</p>	<p>We expect you to be fully involved in planning your own discharge, together with your relative(s) or carer(s), as appropriate</p>	<p>If applicable, the medication that you brought into hospital will be returned to you</p>	<p>On the day of discharge, we aim to discharge you before 11:00am. You may be discharged from the ward or the discharge lounge, and staff will be present to attend your needs</p>	<p>If you and your team have agreed you require help at home, you will be given a clear, legible discharge letter detailing the support services that will visit you. The support services will have been arranged prior to your discharge</p>
<p>Your discharge plan will start on or before admission, where possible. We will discuss your estimated date of discharge with you so you can start making plans</p>	<p>You will need to arrange transport home. Hospital transport is for those with medical needs only</p>	<p>If you have started new medication, you will be given a supply to take home with you. Your GP will then prescribe more as required</p>	<p>You will be given a letter to give to your GP on the way home or it will be sent by the hospital. This details the reason for your hospital care and your medication</p>	<p>If you require equipment at home, arrangements will be agreed with you. Training in the use of the equipment will be completed before you leave hospital. If appropriate, your carer will also be trained on how to use the equipment</p>
<p>Working with you, we will assess your needs, agree together the help you need at home and plan your discharge from hospital</p>	<p>You need to arrange outdoor clothes, your house keys, whether you have the heating on and any food at home. Please speak to your nurse if you have any problems</p>	<p>Your medication will be explained to you. There are also written instructions on the packaging and an information sheet will be provided</p>	<p>We will discuss with you if you require further follow-up, e.g. an out-patient appointment or other further investigations</p>	
<p>With your agreement, we will involve your relatives/carers in your discharge plan</p>	<p>Please let us know if you will require a medical (sick) certificate</p>			