

# Planning your Discharge from Hospital

- It is important that you and your family/carers are involved in your discharge planning as soon as you are admitted.
- As soon as your treatment plan has been decided, you will be given an estimated date of discharge
- Please consider how will you get home from hospital, who will come to collect you and any equipment you may require.
- On the day of your discharge you may be transferred to the Discharge Lounge to wait to be collected.
- The nurses will supply you with any new medication for 7 days and will give you a discharge letter including a copy for your GP.
- You may require an outpatient appointment, this will be sent to you following your discharge.



## Useful Links/Resources

**Social Care Direct**  
0131-200-2324  
[www.edinburgh.gov.uk/socialcaredirect](http://www.edinburgh.gov.uk/socialcaredirect)

**Carer Support**  
Edinburgh 0808 196 6666  
Midlothian 0131 663 6869  
[www.vocal.org.uk](http://www.vocal.org.uk)

**Edinburgh Dementia Resource Centre**  
0131 551 9350  
[www.alzscot.org](http://www.alzscot.org)

**Patient Experience Team - NHS Lothian - your feedback is important to us**  
[www.nhslothian.scot/YourRights/PatientExperienceAndFeedback](http://www.nhslothian.scot/YourRights/PatientExperienceAndFeedback)

## Get in Touch

**Ward 108** - 0131 242 1081  
**Ward 109** - 0131 242 1091  
**Ward 209** - 0131 242 2091

**Rehab Coordinators** -  
07816 257441 or 07816 257442

# NHS Lothian

## Trauma Orthopaedics

### Your Journey





## Orthopaedics

The Orthopaedic trauma department at the Royal Infirmary of Edinburgh consists of four wards caring for patients with musculoskeletal injuries.

Patients admitted to an acute orthopaedic ward will be looked after by a multidisciplinary team. This team includes nurses, doctors, physiotherapists, occupational therapists, pharmacists and dietitians. Your injuries will determine which teams are involved in your care.

The rehabilitation coordinator is responsible for facilitating your care in hospital and supporting your discharge. They can provide advice and support to you and your relatives throughout your stay. Please do not hesitate to ask staff if you have any questions regarding your care.



## Rehabilitation

Starting your rehabilitation early after an orthopaedic injury is very important to ensure a good recovery.

The orthopaedic team will discuss your goals and agree a plan tailored to your needs with you and your family. We will work together to enable you to be as independent as possible.

When you are ready to leave hospital, your rehabilitation can continue at home. The therapy team will decide if you require any support services.

If you require further in-patient rehabilitation you will be transferred to one of our step down hospitals across Lothian.

## Visiting Information

Please nominate one family member who can contact the ward and circulate information to other family and friends. After 11am is the most suitable time to call.

Ward visiting times are between **11am - 8pm**. Please avoid visiting during meal times where possible (12-1pm and 5-6pm). Please speak to staff as exceptions to these times can be made.

## What you will need for your stay

Please bring day clothes and footwear as well as night wear, slippers, toiletries and any continence products you use at home. Remember to bring in glasses, dentures and hearing aids, including batteries. Any valuables that you may bring will remain your responsibility throughout your stay.

## What to expect during your stay

- You will be encouraged to dress in your day clothes where possible.
- You are encouraged to be up and out of bed doing as much as possible, aiming to return to your normal levels of health.
- You will be reviewed daily by members of the ward team.
- You may be asked to move bed spaces or wards if appropriate and necessary.
- Please keep your bed space clean and clutter free, this is for infection control purposes and in case of emergencies.
- Please let us know if you plan to leave the ward as it may cause unnecessary delays to your treatment.

