

East Lothian Community Hospital Ward 5 Orthopaedic Rehabilitation Ward

4



VISITING EAST LOTHIAN COMMUNITY HOSPITAL

East Lothian Community Hospital Alderston Road, Haddington East Lothian, EH41 3PF

Getting to East Lothian Community Hospital



By car 🔒

East Lothian Community Hospital is located in the town of Haddington, East Lothian. It is located off the A1, approx 30-40mins drive from Edinburgh.

By public transport

East Coast	X6 (Edinburgh-Haddington)
Buses	X7 (Edinburgh-Dunbar)
Prentice	108(Fort Kinnaird-Haddington)
Coaches	111 (Royal Infirmary-Haddington)
Eve Coaches	121 (North Berwick-Haddington)
Border Buses	253 (Edinburgh-Berwick-Upon Tweed)

Royal Voluntary Service Patient Transport

RVS volunteers provide Patient Transport for essential appointments and visits to and from hospital where confidence or mobility issues can make it difficult; or if you live in a rural area. To arrange RVS Transport telephone 01875 811011, Mon to Fri 9am-3pm.



Infection prevention and control

Infection Prevention and Control guidance is in place in order to help protect:

- the person you are visiting today
- you and your family
- other patients and
- our staff

Please follow these precautions at all times in the hospital

- **Do not visit if you are unwell** especially if you have, or have had a temperature, cough/cold/flu like symptoms, or any nausea, diarrhoea or vomiting in the last 2 days.
- Please use the hand gel or wash your hands on the way in, and the way out, of the ward and in the hospital

Visitor Services

For the benefit of patients and visitors, East Lothian Community Hospital offers the following visitor services

- Free onsite parking
- Bicycle storage
- Outdoor shared use paths
- Sanctuary room and garden
- Cafeteria and vending machines with indoor and outdoor courtyard seating



No Smoking

In line with Scottish Government guidelines East Lothian Community Hospital and its grounds are smoke free. No smoking or vaping is permitted on the hospital campus.





WELCOME TO WARD 5 ORTHOPAEDIC REHAB

The Team

Patients in the orthopaedic ward receive care from a range of health and social care professionals.

The ward is managed by a multi-disciplinary team, who will be on hand to offer support and assistance. A specialist doctor oversees your medical needs. The Senior Charge Nurse is responsible for your safety and wellbeing on the ward.

On a daily basis, you will work with Physiotherapists, and Occupational Therapists as part of your rehabilitation recovery journey.

We want you to feel involved in decisions about your care. If you have any questions or concerns, please ask at any time

Visiting

Patients are welcome to receive visitors, including children at any time. The nursing team will advise if any restrictions need to be imposed, for example during physio or occupational therapy sessions.

Laundry

Your personal laundry will be left within your room for collection in a water soluble bag which can be put into a washing machine. Should you have any questions, please ask a member of the nursing team.

Contact us

You can contact Ward 5 by calling 01620 642985.









What is orthopaedic rehabilitation?

After your orthopaedic surgery, we will work with you to identify the things you need to do to return home.

The aim of rehabilitation is to:

- improve mobility
- develop strength and balance
- practice the daily activities you need to do to return home
- help build confidence
- give advice and information on how to stay active and independent in the future

What is our orthopaedic ward ethos?

All activities on the ward are an opportunity to help you or your loved one to regain independence.

Following arrival in the ward, our team work with you to identify the things that are most important to you. This will shape the range of activities we will do with you.

Our ethos is to support self-recovery.

For example:



- We will support you to take meals in the dining room rather than in your bedroom.
- We will actively encourage and support you to participate in your own personal care, dressing and meal preparation.
- In addition to daily therapy session, you will be expected to keep working on your goals throughout the day with all members of the team.





HOME FIRST: PLANNING FOR DISCHARGE ON ARRIVAL

From hospital ... to home

From the moment patients arrive on the ward, we will be begin planning their discharge home.

What is discharge planning?

Planning for discharge upon arrival at hospital is a proactive approach that aims



to ensure a smooth transition from hospital to home or a homely setting. This process involves assessing medical history, current condition, and anticipated needs to develop an individualised discharge plan.

It considers factors such as existing support networks, functional abilities, and potential post discharge challenges.

By identifying potential barriers early, we can address them promptly, reducing length of stay in hospital and preventing unnecessary readmissions.

We have found that by engaging with patients and their family/ support network in discussions about preferences and goals for recovery also enhances the effectiveness of the discharge plan.

This approach promotes patient-centred care, optimises resource utilisation, and contributes to improved patient outcomes and satisfaction.

During the discharge planning process, if you have any questions, please do not hesitate to ask for clarification.



Things to think about before going home

Planning your discharge

• When discussing your discharge home, please tell the team what is most important to you.

Personal belongings

 On leaving hospital you'll need outdoor clothing, shoes and your house keys. Decide if wish to have the heating on and arrange for some food to be in the house.

Medication

- If applicable, the medication that you brought into the hospital will be returned to you.
- You will be issued with a supply of any new medication from the hospital pharmacy. Your GP will be able to prescribe more as required.
- All medication will be explained to you. It will have written instructions on the packaging and an information leaflet.

On the day of discharge

- A letter will be written to the your GP explaining the reasons for your hospital care and any medication given.
- The team will discuss and advise if any further follow-up appointments are required e.g. as an out patient.

Help at home

- If help at home has been arranged, this will be clearly detailed in your discharge letter, explaining the support services that will visit you.
- If you require any equipment at home, this will be agreed in advance and training will be provided before you leave hospital.





FURTHER INFORMATION

Ward 5 video

Take a look around Ward 5, meet some members of the team and see examples of the types of rehabilitation activities you'll participate in during your rehab journey.



Scan the QR code to watch the video via YouTube.



Patient advice and support services

Patient Advice Scotland

Website: <u>www.patientadvicescotland.org.uk</u> Telephone : 01620 824471

Carers of East Lothian (COEL)

COEL office is situated in the main foyer of the hospital Website: <u>www.coel.org.uk</u> Telephone: 0131 665 0135

Compliments / complaints / feedback

If you would like to send a compliment, complaint or feedback, contact the NHS Lothian Patient Experience Team

Website: <u>www.nhslothian.scot.nhs.uk/YourRights/</u> <u>ComplimentsConcernsComplaints</u>

