



Southport and  
Ormskirk Hospital  
NHS Trust



**Your discharge  
from hospital**



Welcome to our hospitals. You are here because you need treatment that can only be provided in a hospital

## **We aim to discharge you from hospital as soon as you are well enough.**

It's important for us to work together to make sure you're not in hospital any longer than you need to be.

Staying in hospital once you are well enough to leave has an impact on your health.

- Research has found that for every ten days of bed rest in hospital, patients aged over 80 suffer the equivalent of ten years of muscle ageing – this can make a big difference in how independent you are after leaving hospital
- Older people are more likely to become confused when in hospital. This confusion can have a lot of side effects, including making dementia worse. It can mean the difference between going home or going into a nursing home. We're not sure why being in hospital has this impact, but it's probably due to being in an unfamiliar and stressful place, away from a normal routine
- These unfamiliar surroundings and confusion make it more likely that patients will fall whilst they are in hospital. We do all we can to prevent this from happening but there are around 250,000 inpatient falls every year in the UK. Falling can cause injuries and means that patients will spend even longer in hospital. Many of these patients wouldn't have fallen if they had been at home.

That's why we want to discharge you from our hospitals as soon as we can, so you can recover at home or in another place more suitable for your needs and get back to your normal routine as soon as possible.

## What happens now



There will be a lot of different people involved in your care – all of them will have the aim of getting you back home as quickly as possible. They will talk to you and your relatives about your discharge, They will let you know when we think you are ready to be discharged and what needs to happen to get you out of hospital.

Hopefully you will be able to go straight home, or it may be that you need more care, or further assessment in another hospital, or a place closer to home. This will be delivered by another NHS or social care provider and we will work with them to ensure a smooth transfer of your care. We will work with these teams to make sure you have any help and support you need.

During your stay, we may move you to a different ward either at Southport or Ormskirk hospitals – this is to make sure you are receiving the most appropriate care for your needs.

It's really important that you talk to your relatives, carer or friend and to the teams looking after you about your discharge. Don't be afraid to ask what's happening – the teams looking after you know how important it is that we get you home. Make sure you let us know of any support you already have – such as equipment or carers.

We will involve you in planning your discharge along with a relative, carer, or friend of your choice. Where a patient is unable to make their own decisions and does not have anyone to support them, we can arrange for an independent representative (patient advocate) to support them in discussions about their future care. Please let us know if you think this may be needed.

## Did you know?



Getting out of your nightclothes and into normal clothes can help you to start feeling better



Try to stay mobile if you can – it can help your recovery – make sure you ask if you can get up and out of bed



Not smoking whilst in hospital can help you recover faster – nicotine replacement therapy can help and is available free of charge

## How you can support your discharge

If you or your family or carers have any concerns, or are aware of any circumstances that will impact on your discharge arrangements, please let a member of staff know as soon as possible. Should your preferred family member or carer not be available to help to plan and support your discharge from hospital, we ask you ensure other suitable arrangements are in place so your discharge is not delayed.



As discharges can often be arranged within a matter of hours, please ensure you and your family or carers give consideration to how you will access your home, ensure you have suitable clothes to go home in, and ensure you have food and heating available at home.

In most circumstances it can be easier for you to arrange transport with family or friends unless ambulance transport is needed due to your medical condition.

## What we will do

### What are the options when you leave hospital?

- Most patients can return to their own home when leaving the hospital and this will always be the first option to be considered in planning for your discharge
- You may require additional support such as care, therapy or equipment in order to return home. We will arrange this with you
- If you cannot return home immediately, you will be transferred to the next available bed that can meet your care needs. These beds are in community care settings. This is to give you some short-term help to get you ready for going home
- If you cannot return home immediately and your future care or treatment needs are unclear, you will be transferred to a suitable community bed for assessment of your longer term needs. We will require you to choose an available option within 72 hours. When you have chosen we will aim to move you to one of these within 24 hours
- If your preferred choice is not immediately available, you will not be able to remain in an acute hospital bed. As choice must be made between the available options, in some cases there will only be one available option.
- During your stay in a community bed, you will receive the necessary treatment, care or assessment to help you return home or to find an appropriate long term residential or nursing home. This will give you and your family the time to make important decisions whilst you are looked after in an appropriate environment.

## Leaving the hospital

On the day of your discharge, you may be transferred to our discharge area or to a comfortable seated area of the ward, where you will be looked after until you leave the hospital.

We will aim to get you home before lunchtime wherever possible, so you are not kept waiting in the hospital and have time to settle in at home or in the place you are transferred to.

You may be provided with a small supply of medication on discharge. Staff will ensure you have clear instructions on how to take your medication and any possible side effects. If you are unclear, please ask staff for assistance.

Upon leaving the hospital if you have any questions about your medication you should contact your local pharmacy or family doctor (GP), or the hospital ward if you have been advised to do so.



When you are discharged from hospital you will return to the care of your GP who will receive a summary of your treatment from the hospital.

**If you have any concerns or questions about your health following your discharge from hospital you should:** Call NHS 111 if you urgently need medical help or advice but it's not a life-threatening situation. You can also call NHS 111 if you're not sure which NHS service you need. You can also speak to your GP and appointments are now available at weekends and evenings. Only attend A&E or ring 999 if it's an emergency.

## Help and support

You can get lots of help and advice about your health at [www.nhs.uk](http://www.nhs.uk)

There is lots of support and advice about community groups, help and support on the internet. Having some support at home or making sure you don't spend lots of time alone, can really help you to stay out of hospital.



Take a look at the following websites who all offer lots of support for older people

**Living Well Sefton - [www.livingwellsefton.org.uk](http://www.livingwellsefton.org.uk) - 01704 517818**

**Lancashire Age UK - [www.ageuklancs.org.uk](http://www.ageuklancs.org.uk) - 0300 303 1234**

**Age Concern Liverpool and Sefton - [info@seftonadvocacy.org](mailto:info@seftonadvocacy.org)  
- 01704 542 993**

**Sefton Advocacy - 01704 500 500**

**University of the Third Age (at Ormskirk, Formby, Burscough, Birkdale and Ainsdale) - [www.u3a.org.uk](http://www.u3a.org.uk)**

## Further information

For further information, please ask to speak to the ward manager or matron.

For comments, compliments or complaints you can contact the our Patient Experience and Complaints Team on 01704 704958 (10am to 4pm Monday to Friday; outside these hours and at weekends and on public holidays please leave a message) or email [soh-tr.complaints@nhs.net](mailto:soh-tr.complaints@nhs.net)