

Early Supported Discharge for hip fracture Planning for discharge (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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This leaflet has been designed to help you and your family understand what is involved in planning for your discharge from hospital.

It is important that we work closely with your family and other people who are involved in your care to ensure that you are discharged without delay.

Going home from hospital after a fracture can be worrying - both for you and for those who live with you or care for you. A carefully planned, smooth discharge can go a long way towards reducing anxiety for you and your family.

Although it might seem daunting to start thinking of discharge in the early days of your admission, it is important to plan early to make sure that nothing will delay you going home as soon as you are ready.

Below are the key things that need to be considered when planning your discharge:

1. Discharge date

You will be given a planned discharge date. We will aim to get you home on, or before, this date. We will work out this date based on a variety of things, including:

- your mobility before you came into hospital
- your home
- who you live with and how much help they can offer you
- how well you are – any conditions or disabilities you have
- how old you are
- how good your memory is
- how many falls you have had recently
- how well you have been in the early days following your operation.

We will make sure that your family, carers and next of kin are aware of this date. This date may change if necessary but it helps you and your family to plan and mentally prepare if you know what target date you are working towards.

2. Your functional ability

In order to go home you will need to be able to:

- get in and out of bed

- get up from a chair
- walk short distances with a walking aid such as a Zimmer frame (this could be with the help of another person if you have somebody that can help you at home)
- manage going to the toilet, particularly at night.

We will work with the therapists on the ward to make sure that you can manage this by your planned discharge date.

3. Equipment at home

You may need some equipment to help you manage at home after discharge.

The OTs will ask you about your furniture at home to help us to work out what equipment you will need. Occasionally we may need to visit your house to help us work out exactly what you will need.

We will be asking you for the height of your bed, your toilets and your chairs at home. This information will help us to work out whether these will need raising in height so that you can manage to stand up from them. It is very important that we have this information back in the first few days of your admission. This is because we order equipment from external companies who can sometimes take some time to deliver.

When equipment is delivered to your home, somebody will need to be available there to receive the delivery. Due to the fact that external companies deliver equipment we are unable to give time slots and the delivery could occur in the day or the evening.

Raising beds can sometimes be difficult and the equipment technician may be at your home for some time.

4. Transport home

We need to plan how you will get home on the day of discharge. It is usually better for friends or family to pick you up if that is possible.

If it is not possible for someone to pick you up we can arrange hospital transport. Like the equipment service, hospital transport is provided by external companies. Hospital transport is always a very busy service and we are often only able to give you a 4-hour time slot for pick-up. This can mean that it is difficult to plan the exact time that you will arrive home.

Contact details for queries

Please feel free to call us with any questions about discharge planning for your relative or friend. If you leave a message we will try to get back to you as soon as possible.

<p>Early Supported Discharge Team: 01722 336262 extension 3108 Answer machine available</p>	<p>Inpatient Orthopaedic Therapy Team 01722 336262 extension 3111 Answer machine available</p>
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