

Enhanced recovery in medicine

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

If you have been given this leaflet, you may be part of our enhanced recovery programme.

Enhanced recovery is designed to ensure that you, your family and your carers are involved in the decisions about your care.

The programme hopes that you will have a better experience of being in hospital and that when you are discharged from the hospital, you do so safely and at the right time.

This leaflet shows you the key principle of enhanced recovery. For more information, please ask a member of staff.

Get dressed

We expect all patients to get dressed into their day clothes each morning.

Please ask a friend or family member to bring in some clothes for your hospital stay.



Get out of bed and stretch your legs

If you feel able, it is important to sit out in the chair and walk to the toilet.

If you don't feel able to do this on your own, please ask a member of staff to accompany you.



Keep drinking

It is important to stay hydrated by drinking plenty of fluids during your hospital stay. If you would like another drink, please ask a member of staff.



Going home

When you know the date of your discharge, please arrange with a family member or friend to pick you up from hospital.

We expect our patients to be discharged before midday on their day of discharge.

Hospital transport is only available for patients who are not safe to travel with a family member in a car.

Please speak to a member of staff if you have problems organising transport.

Please be prepared to wait on the ward until your medications have been dispensed from the pharmacy.



Be involved

We encourage you and your family members to be actively involved in the decision making about your care and discharge plans. If you would like a family member or carer present when the doctor sees you, please speak to a member of staff to arrange this for you.

Unfortunately the senior doctors are not always available on the wards and therefore it is important to prearrange an appointment to meet with them.



Feedback

We actively encourage feedback from the patients on the ward and their family/carers through our Friends and Family Test card.

You will be given this form when you are on the ward before you are discharged. Please ask a member of staff if you have not been given one.



Your ward is
(It is possible that you may be moved to a different ward during your stay)

Your discharge coordinator is

Contact

“No decision about me without me”

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the ward staff or the PALS team in the first instance.

'Patient Opinion' comments forms are on all wards or online at www.patientopinion.org.uk.

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