

My stay in hospital



An Easy Read guide for patients during their stay in hospital



My stay in hospital

This booklet will help you during your stay in hospital. Your carers should read through this booklet with you.

Write some of the important information here

The ward you are staying on:



The ward phone number:



The ward visiting times are:



Things you need with you in hospital

If you have been admitted as an emergency, the following is a list of items which someone may bring in for you.



You should only have one small bag with you in hospital.



Nightclothes:



Pyjamas



Slippers



Dressing gown

Comfortable clothes:



Jumper



Trousers



T shirt

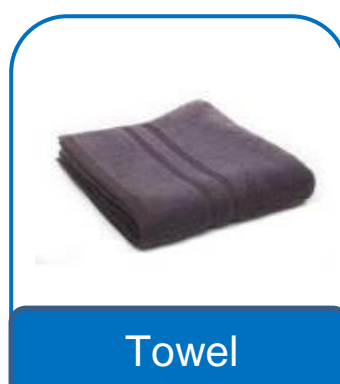
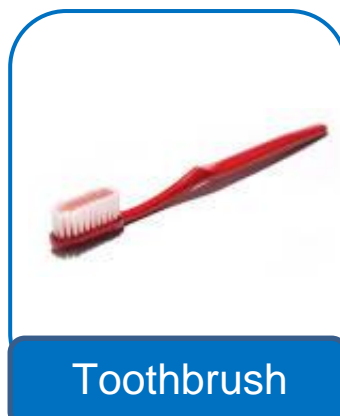
Underwear:



or



Toiletries:



Aids to help you:



Glasses



Hearing aid



False teeth



Special shoes



Frame



Stick

Your medication and care



A nurse will ask you some questions and fill in some forms.

Your carer can help you with the answers.



Hospital passport

If you have a hospital passport you should show it to the nurse.

It will tell them about your allergies and the help you need.

If you need one ask the nurse to help you get one.



Medication

Show the nurse your usual medication.

Don't forget to give them things you only need sometimes, like an inhaler.

My medication list:

1. _____
2. _____
3. _____

List

Show the nurse a list of the medicines you are taking.

This is a list of the medication you take, how often you take it and how much you take.

Looking after your things

There will be a locker next to your hospital bed.

There is not much room in the locker.



Don't bring anything very valuable to hospital.



Jewellery

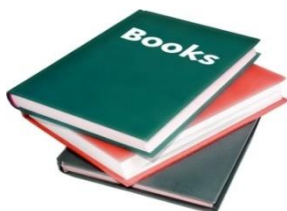


Lots of money



Bank cards

You can bring things to do like:



Reading



Music



Phone

Staying on a hospital ward

You may stay one night in hospital but sometimes you may stay for longer.

You spend a lot of time resting and waiting on the ward.



Having treatment

Sometimes you might need to go to a different part of the hospital to have a test or treatment, such as a scan or an x-ray.



If you need to go for a test or a scan you will be taken by a porter.

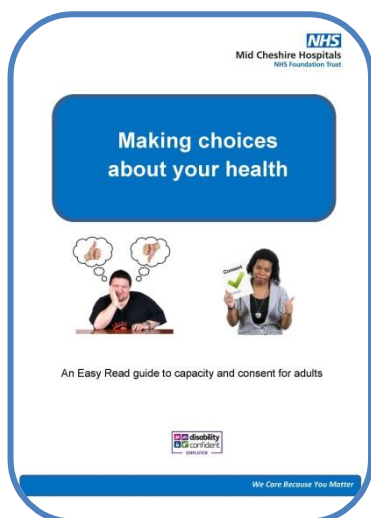
You will be taken in your bed, or in a wheelchair.

Consent



Consent is when you understand about the treatment and agree to have it.

Your treatment may not happen if consent is not agreed.



There is an easy read leaflet called **‘Making choices about your health’** explains about consent and is available on the ward.

The hospital staff

Lots of different staff work in the hospital.

The nurses are the people you will see the most.



The Trust has a Dignity Matron.

They can give you extra help. They help hospital staff understand your needs.



The nurses on your ward will help you. They will check you are okay.

They will bring your medication and help you wash.



There will be a call bell next to your bed.

Press this if you need to ask the nurse for pain relief or help with something.

Examination



A doctor will come to see you each day to check how well you are.

They will tell you about any help they will be giving you.



The doctor might need to examine you.

They might need to touch parts of your body that are poorly. You can have a carer or someone you trust there with you while this is being done.

Keeping mobile



Keep as active as you can whilst you are in hospital – unless the doctors tell you not to.

Staff uniforms



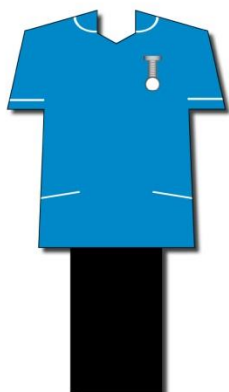
Matron
Navy blue with
lilac trim



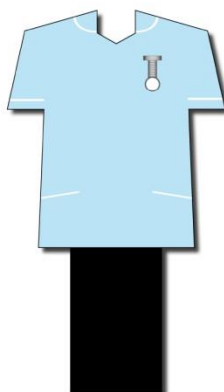
Ward Manager
Navy with
white spots



Ward Sister
Navy with
white trim



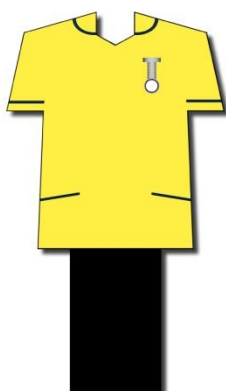
Staff Nurse
Hospital blue with
white trim



Healthcare Assistant
Pale blue with
white trim



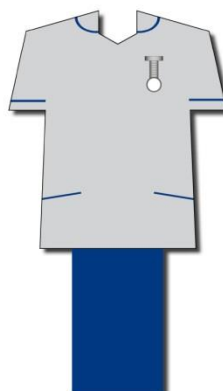
Nurse Specialist
Navy with pale blue
stripes and white trim



**Discharge
Coordinator**
Yellow with navy trim



Housekeeper
Magenta
tunic



Student
Grey with
navy trim



Ward Clerk
Maroon with
cream trim

TV and telephone



There may be a TV and telephone system with your bed.

You pay money to use this.



There are some areas where you are not allowed to use mobile phones.

Look out for these signs.

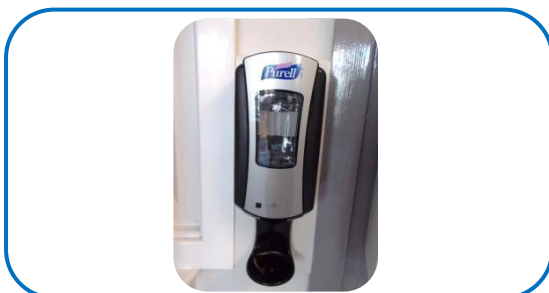
Smoking



You will not be allowed to smoke in hospital.

There may be places outside you can smoke.

Infection control



Wash your hands and use the hand gel when you go in and out of the ward.

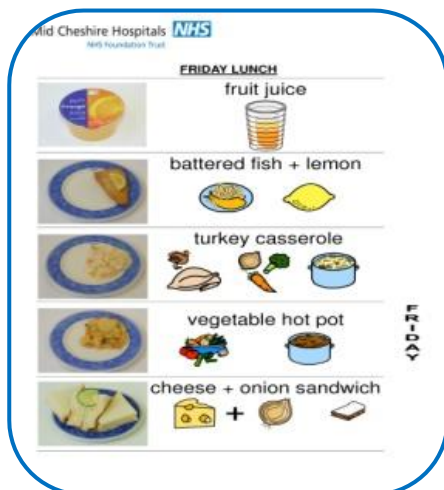
Your visitors must use it too.

Food and drink



You will have a breakfast, lunch and dinner each day unless you are having an operation.

Tell the nurse if you need help eating and drinking.



You can choose what to have from a menu.

Tell the nurse if you need help.



The hospital has a shop.

You can buy drinks, snacks and magazines there.

A trolley comes to the ward selling drinks and snacks.

Cares / visitors



Please ask the ward about when you can have visitors.

People who care for you should be allowed to visit more often.

They may need to help you to eat, to relax or to communicate.

They will be able to help the hospital staff understand your likes and dislikes.



Your carers may be able to get help to pay for car parking.

They can telephone 01270 612313 to find out more.

Carers' Charter



Make sure your carers have read our Carer's Charter and know how to access our Carer's Factsheet (see back of this booklet).

Feedback

We would like you to tell us what you think you thought about your stay on the ward. You will be given a card to fill in when you are going home.

Would you want your friends and family to come here if they were ill?



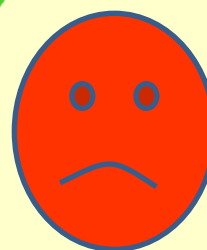
Please tick one box



Yes

☐

Maybe

☐

No

☐

?

Don't know

☐

Complaints

If you feel you have been treated badly or unfairly you can complain.



Talk to the nurse or the Customer Care Team at the hospital.

There is an easy read leaflet called 'Tell us what you think' which is available on your ward.



Going home



The doctors and nurses will tell you when you are well enough to go home.

You need to make sure your home is ready for you to go back to.



There is an easy read leaflet called **‘Getting ready to go home from hospital’** which is available on the ward.

Mid Cheshire Hospitals NHS Foundation Trust would like to thank The Clear Communication People Ltd for their permission to use the information in this booklet.