



Royal Berkshire NHS Foundation Trust
Berkshire Healthcare NHS Foundation Trust

Discharge from Emmer Green Hip Fracture Unit

Information for patients,
relatives and carers

This leaflet outlines the discharge procedure

The plans for your discharge will begin on the day that you come into hospital. You and/or your family will be asked about your home circumstances. This helps us understand how you may need to improve so that you can manage when you leave hospital, and whether you may need any extra support. If you have any worries about your discharge please ask the staff caring for you.

Towards independence

Following your hospital admission, you might need some more help to reach your best level of fitness. You may be offered rehabilitation at home with an intermediate care service, or your ward team may discuss with you the option to go to a community hospital for a short period of time to allow you to gain more independence.

There are community hospitals throughout the West of Berkshire and also outside the area, and you may be offered a place in any of these depending on what vacancies they have. Hospitals in this area include Oakwood in Reading, Wokingham Community Hospital and West Berkshire Community Hospital in Newbury (Donnington and Highclere wards). Bridgewell is an alternative for Bracknell patients and Oxfordshire has several community hospitals, including Townlands and Wallingford.

It is possible that while waiting for a place in a community hospital that you reach a level of fitness that means you can be supported at home, and your referral will then be changed to allow you to go home with a period of support from therapists or other services.

If you are going to be discharged to a community hospital or to intermediate care, you will be asked to help with planning the goals for you to meet during this period of treatment, and you will be asked to agree to participate in the therapy that is offered.

It might be agreed that you will not be able to improve any more, but will still need some help at home. If this happens, we will ask you for permission to refer you to social services, who may be able to help you find a care package – which is when professional people come into your home and look after you on a regular basis.

Moving to a care home

During your assessment, it may become clear that you will no longer be able to manage at home, and you may need to go to a care home. This will be discussed with you and your family. We may ask to refer you to social services who can help with these arrangements. It might be that you need to go to a home that is not your first choice while you wait for a place in your chosen home (interim placement). You could then move to your chosen home when there is a space available.

Wound care

You may have a wound with clips or sutures in place. The ward will ask you to go to the practice nurse for further wound care, or the district nurse to visit you at home to remove these 12 days after your operation.

Anticoagulant injections

You may need to go home with a supply of injections to complete a 28-day course following your operation. The ward will ask you if you would like to administer them yourself following guidance, or a district nurse will be organised to visit your home daily to administer the injection until the course is complete.

Medicines to take home

When you go home, you will be given medication for two weeks, which will be explained to you. If you have a measured dose box from your chemist, please let the ward teams know so that this can be restarted in plenty of time. Information about your hospital stay will be sent to your GP and any further medications that you need will be given to you by your GP.

Equipment

You may need equipment to go home with, such as a walking frame, elbow crutches or toilet frames. The ward therapist will organise this.

Follow-up appointment

If you need an outpatient appointment, we will arrange this and let you know the details of the appointment, either before you leave hospital, or by post once you are home.

If you need a sick certificate, please tell the ward staff the day before your discharge.

Getting home

Please let the ward nurses know who will be taking you home, and if they are able to make sure that you have warmth and food at home for when you get there. If there is no one at home to help you, speak to the ward team as it may be possible for the Red Cross or Age UK to help you for a short while once you get home.

On the day that you go home, you will be taken to the Discharge Lounge to wait for your relatives, and for your medications, if required.

If you have a clinical need for hospital transport, for example, you are unable to walk, let the ward nurses know and they may be able to arrange hospital transport for you.

The nurses in the Discharge Lounge will look after you and explain your tablets, if necessary. There is TV and radio in the Discharge Lounge as well as a range of magazines and newspapers, and you will be offered snacks and drinks during your stay.

Notes:

Emmer Green Hip Fracture Unit
L3 Battle Block
Royal Berkshire Hospital
London Road
Reading RG1 5AN
Tel: **0118 322 6901** or **0118 322 8272**

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Emmer Green Ward, February 2023
Next review due: February 2025