
You have been given this leaflet because you have been assessed as appropriate for ‘criteria-led discharge’. It will explain what this means and what to expect next.

What is criteria-led discharge?

At the Royal Berkshire Hospital we work hard to ensure your discharge from hospital is both safe and efficient. ‘Criteria-led discharge’ involves meeting specific personalised goals prior to your discharge. The medical team will explain the process and clearly communicate your specific goals, as these will vary from person to person. Once your unique goals have been met, you will have met the ‘criteria’ set out and therefore are ready to leave hospital.

Who is involved in the process?

- **Doctors:** Who will outline and agree the specific criteria goals for your discharge.
- **Allied health professionals (such as physiotherapists and occupational therapists):** Who will help inform the doctors and nurses in making decisions regarding your discharge.
- **Nursing team:** Who will use the criteria outlined by your doctors to assess whether you have met your goals and are ready to leave hospital.

- **You, the patient:** Who will work with the ward team to meet your individual goals so you are ready to leave hospital.

Common examples of criteria-led discharge goals

These include but are not limited to:

- No or very little pain
- Blood pressure within a normal range
- Blood results within a normal range
- Able to get up and move about safely (transfer and mobilise)
- Temperature within a normal range.

Benefits of criteria-led discharge

- Criteria-led discharge clearly sets out the goals you need to meet in order to leave hospital
- Less time needed to make decisions regarding your discharge, as this will already be clearly outlined and communicated with you
- You can forward plan for leaving the hospital, involving the support of your family, if appropriate.

How will I know that I have met my discharge goals?

We will update you of your progress towards your goals throughout your stay.

Before leaving hospital

Please ensure that you:

- Are aware of and understand your care needs after discharge. This includes your ongoing medication, treatment or follow up appointment arrangements.
- Have a copy of your discharge paperwork and understand what it means.
- Ensure you have safe means of getting into your accommodation after discharge (including keys if appropriate) or have someone who can help you.

Contacts

If you have any questions regarding the criteria-led discharge process, please ask to speak to the ward manager or nurse in charge.

If you do not agree with the criteria goals that have been identified for your discharge, please discuss this with your medical team.