

# Children's Services

## Patient Information

# Discharge Planning

### Document history

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## Introduction

For all children admitted on to any of the children's wards at Addenbrooke's Hospital we are aiming to begin discharge planning at the earliest possible opportunity. This means that within 24 hours of admission your child will be given an expected date of discharge. This is a date that has been discussed with the medical or surgical team caring for your child, taking into account the length of stay that your child may expect as well as any care packages that need to be introduced in order for you to care for your child once you return home.

The expected date of discharge will be reviewed on a regular basis to ensure the discharge date will be met. The expected date of discharge may be adjusted during your child's admission depending on developments in the care they are receiving. You will be informed of any developments as they happen.

## What you can expect

- To be given an expected date of discharge within 24 hours of admission.
- To be kept up to date with all developments in discharge planning as they become apparent.
- Early referral to the multi disciplinary team.
- To have follow up arrangements in place prior to discharge.
- To be given any training or information to enable you to care for your child once discharged.
- If necessary, to have a care package in place at discharge to enable you to care for your child within the home environment.
- Transport to be arranged, if necessary, 24 hours prior to discharge.



## General Information

### Date of discharge

If you haven't received your date of discharge yet, please ask the ward staff.

### Patient Advice and Liaison Service (PALS)

is here to provide help, advice, support and information and to listen to your suggestions and concerns.

**01223 216756**

### Need someone to talk to?

We are here to help you. Please call Chaplaincy  
**01223 217769**

## Help with this leaflet



Audio, easy read,  
large print or other languages



Please contact Patient Information

**01223 216032**

or go to

[www.cuh.org.uk/patientinformation](http://www.cuh.org.uk/patientinformation)



### Wi-Fi and Mobiles

For details of free Wi-Fi availability and the use of mobile phones, please ask the ward staff.



### No Smoking Policy

We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking Helpline on  
**0800 0224 332**



**You can view a more detailed map online.**

## Nurse Facilitated Discharge

There are occasions when it is appropriate for your child to be discharged by an experienced nurse who has undergone additional training and using set guidelines. This means that the nursing staff caring for your child may be able to discharge your child home if there is no longer a need for medical intervention for this admission. Prior to discharge the nurse will obtain results of all the tests or procedures carried out and inform medical staff if there are any outstanding results. They will be able to inform you of any follow up your child requires and of the cares you may need to give your child once they return home.

## Transfer to another hospital or ward:

There are instances where it is appropriate for your child to be transferred to another hospital for further care, for instance to a hospital local to your home. In these cases the intention is to begin discharge discussions and planning with the other hospital as soon as possible to check bed availability and begin planning for transfer. The hospital or ward receiving your child will be given detailed advice of any discharge planning undertaken at Addenbrooke's hospital.

## Time and date of leaving

We aim to have you ready to leave hospital before lunch on your day of discharge.

## What do I need to do?

When you leave please ensure you have all of your belongings including any valuables from the hospital safe.

Have a bag and suitable outdoor wear ready to go home.

## Medicines

We will confirm whether you need any medications to take home and provide supplies if needed.

We will discuss with you how to obtain any further medicines.

## On the day of discharge

We will give you:

- A discharge letter detailing your care and treatment.
- Medications or equipment as required.

We may ask you to vacate your bed so that it can be prepared for another patient. Patients can wait in the play room/ teenage room of the ward they are admitted until ready to leave.

## Follow-up appointments

If you need a follow-up appointment we will make this before you leave or write to you with the details of the appointment.

## Transport

It is the parent or carer's responsibility to arrange transport home for your child, as the hospital will only provide transport in special circumstances. Therefore, once you are aware of your discharge date you will need to organise transport for that day.

We can help with wheelchairs to the main exit.

'Park and Ride' run buses to the hospital bus station from Babraham Road and Trumpington.

The free patient courtesy bus runs every 20 minutes on site. It has wheelchair access and stops at the main car parks, the Addenbrooke's Treatment Centre, the Rosie Hospital, Oncology and Outpatients.

Disabled parking is available in bays close to the hospital entrances and in the car parks. Please display a valid badge. Please note that parking for registered disabled badge holders is not free in standard car parking spaces.

## Discount Parking

Outpatients, Day Surgery and A&E	A £3.00 ticket is available for any length of stay up to 24 hours
Treatment Ticket	For patients receiving treatment for more than two consecutive days, a seven-day ticket is available for £3.00
Regular Visitors	Regular visitors can buy a £25.00 ticket, valid for up to 14 days

To obtain discount parking, please take your parking ticket and proof of admission to reception at either the main hospital, the Addenbrooke's Treatment Centre, the Rosie Hospital or the main car park.

For help and advice with travel please call:

**Travel Helpline 01223 586655**

## Further Information

If you require any information regarding your child's discharge plan contact the nurse caring for your child or the nurse in charge of the ward. They should be able to give an update on the discharge plan for your child and your expected date of discharge.