



2 Help plan your care

Each hospital ward has a Nurse or Midwife in Charge who is there to answer any questions you or your family/carer may have. Make certain that you know how to contact him or her.

During your stay, regular meetings with you about your care will involve the doctors, nurses and allied health staff (physiotherapists, social workers, occupational therapists, speech pathologists, dieticians and pharmacists). At these meetings you will be involved in discussing your treatment with the staff. Remember, you are an important member of the team, so don't be afraid to speak up and ask questions.

3 Going home

Staff will make sure everything is ready for you when you go home. Final preparations may be made the evening before you leave so you can go home the next morning.

The type of information you will be given includes:

- 1 Who to contact if you become unwell once you get home
- 2 Who you will go to see next to continue your care. This may be your GP or the Specialist who has been seeing you in hospital.
- 3 What medications you are going home with you and when to take them.
- 4 If we have organised other help for you at home, when they will come to see you. This may be the community nurse or someone to help with personal care or the housework.

For more information on planning for your hospital stay; please visit the NSW Health website:
<http://www.health.nsw.gov.au/>



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July 2011

Planning your Hospital Stay



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Welcome

When you come into hospital, there will be a variety of people who will be caring for you. Meeting so many people can be confusing, but everyone will be working together to provide you with the best care. You and your family can play an important part in making sure your stay in hospital is comfortable by asking questions and telling us how you are feeling about what is happening to you.

This brochure will tell you what you can expect from your stay in hospital.

“I really liked the way the staff showed you the test results every time before treatment. It gives you an opportunity to ask questions. My nurse put me at ease immediately... I felt like I was going to be ok.”



1 When you arrive

Your nurse will begin your stay by collecting some information from you and/or your family/carer in order to help plan the care you will need in hospital and later when you go home.

Some of the questions you will be asked are:

- 1 Do you live alone?
- 2 Are you worried about how things at home will be managed while you are in hospital?
- 3 Do you have any help at home now?
- 4 Do you think you will need any extra help after your stay in hospital?
- 5 What different types of medication do you take?

You will also be given an estimate of when you will be ready to go home. This will help you and your family/carer to prepare for your return home.