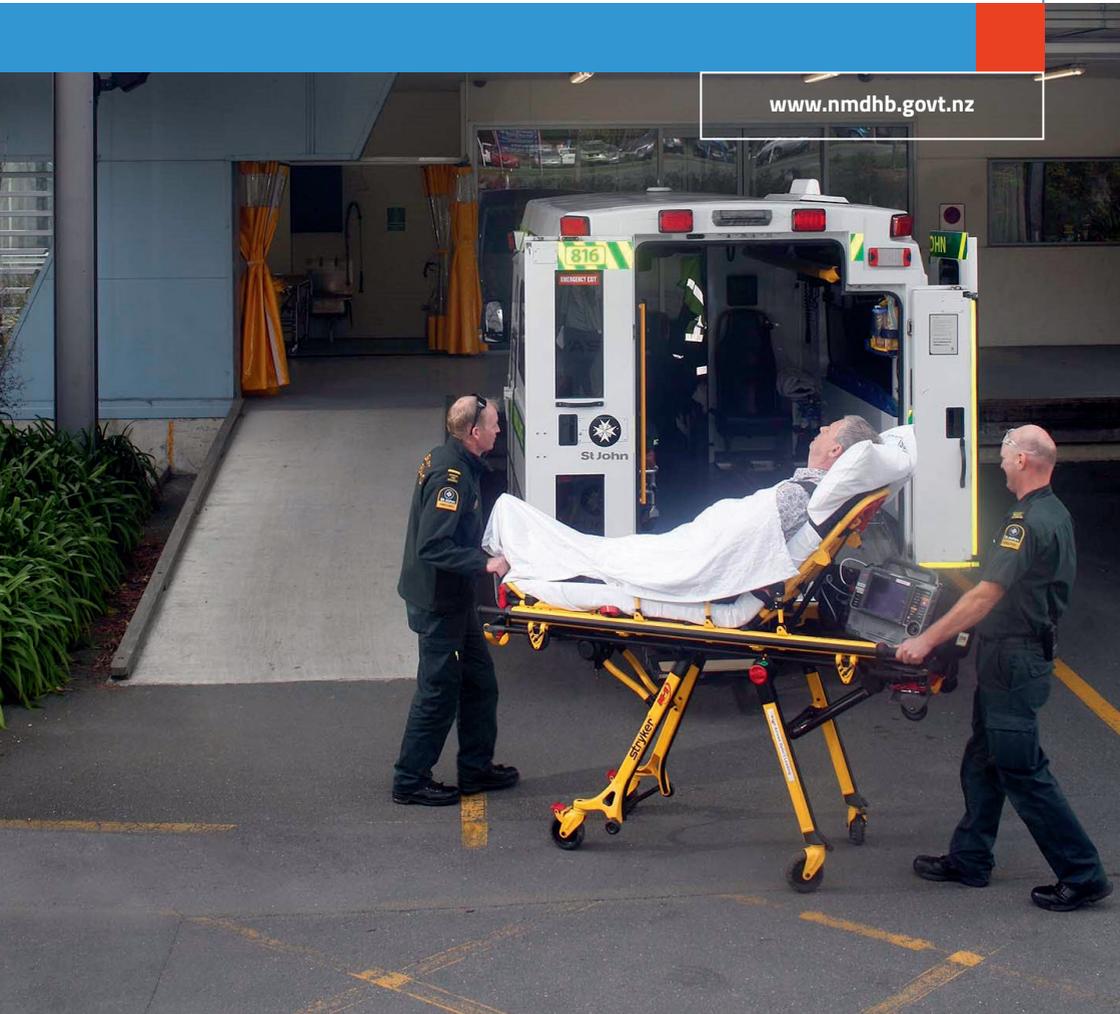


Managing an unexpected hospital stay

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Get up, get dressed, get active, return home

We encourage patients to get up and dressed.

Getting patients out of bed, dressed in their own clothes and walking helps them feel stronger, recover more quickly and less likely to fall.

Patients who stay in their pyjamas or hospital gowns for longer than they need lose fitness and muscle strength quickly, have a higher risk of infection, and ultimately stay in hospital longer.

Help your loved one feel better, more independent and mobile by bringing in a change of clothes, well-fitting walking shoes, sandals or slippers (which are easy to put on) and encourage them to get up, get dressed and, with support, back walking.

Delirium

Delirium is a common and serious medical problem that causes changes in the way people think and behave. It occurs more often among older people. When a person has delirium, they are confused and may be very agitated or quiet and drowsy. This occurs due to an underlying illness and usually improves over time with treatment for the underlying condition.

Family and whānau are more likely to notice changes much earlier so please let the nurses know if you notice a change in behaviour.

What to pack: advice for whānau

- Light fitting clothes for a couple of days and a bag for laundry. Arrange someone to do the laundry.
- Good fitting shoes, sandals, or slippers to help avoid a fall.
- Daily toiletries, moisturiser and lip balm to protect skin and lips.
- Glasses, hearing aids (and the case) with spare batteries.
- Pack all medicines in a container and include health aids: CPAP, inhalers, walking aids. Yellow medicine card if current.
- Keep jewellery and valuables at home (wedding ring or pounamu are okay). Small amount of cash only. The hospital does not accept responsibility for their security. Please ask ward staff to lock away items.
- Cell phone and charger to stay in touch. Ear buds or headphones in consideration of other patients.
- Reading material, iPad, tablet, laptop and charger.
- Please be aware there is limited storage space around the bed.

If you are following an ambulance in a car go to:

- Nelson Emergency Department, 98 Waimea Road, Nelson
- Wairau Emergency Department, Hospital Road, Blenheim

If visiting a patient go to the hospital main entrance:

- Nelson Hospital, Tipahi Street, Nelson, phone (03) 546 1800
- Wairau Hospital, Hospital Road, Blenheim, phone (03) 520 9999

Going home

Discharge is discussed throughout a hospital stay.

Once a discharge day is confirmed, transport home needs to be organised.

Our ideal time for discharge is 11 am. However, patients with more complex conditions may take longer to coordinate.

A discharge advice sheet and follow up arrangements will be provided.

A medical certificate and prescription will also be given where necessary.

Please ask your nurse or doctor if you have any questions about what happened in hospital or what to expect after going home.

Please note:

- Don't forget to pack up cell phone and charger.
- Remember to collect all medicines, walking aids and check the locker is empty.
- Consider someone staying with the patient for two or three nights.



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