



Convalescence or Nursing Home Care: If you are unable to care for yourself or if you need continued therapies such as Physiotherapy following your hospital stay, a brief transition period to a nursing home or convalescence is a good choice to consider before returning home. The PPCN and Social Worker can provide you and your family with a list of facilities in the surrounding areas. **The hospital encourages all families to form their own individual opinions about the facilities listed, by visiting the facilities and asking questions about their services.**

Things To Consider Before You Return Home

- **Speak to at least one hospital team member** about how long it might be before you can expect to resume normal activities.
- If your physical mobility has changed as a result of your illness, **make sure you understand** what you will need to have at home to help you or what services you might require.
- **Ask staff questions** about what your treatments, test results and procedures mean in terms of your long-term health.
- **Know who to call after your discharge** should you have questions or concerns.

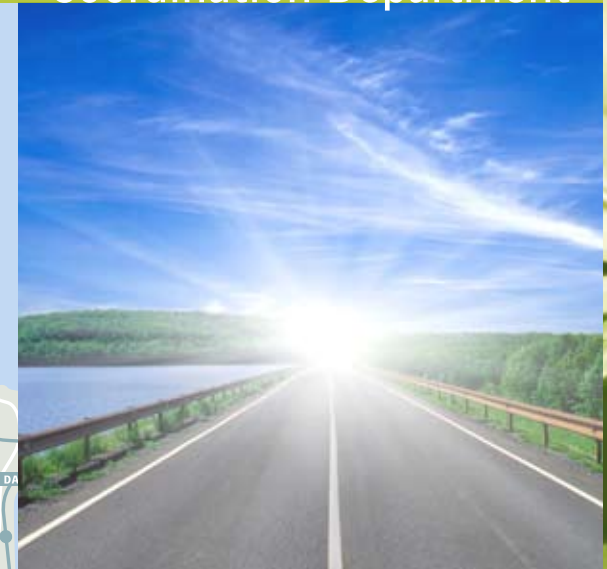
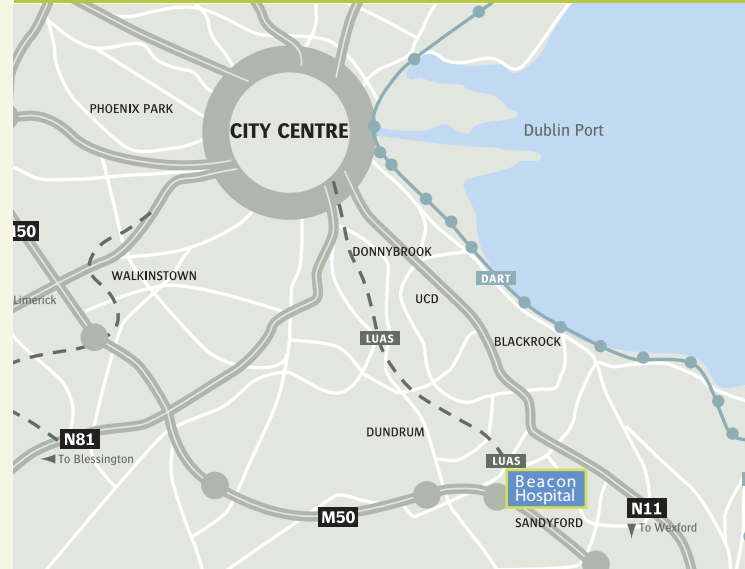
We hope the Patient Pathways Coordination Department can assist you on your road to recovery.

Please don't hesitate to ask any questions you have regarding your plan for care.



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**Patient Pathways
 Coordination Department**



Information leaflet

Introduction

The Patient Pathways Coordination Department at Beacon Hospital welcomes you and wants to show you how we can integrate all aspects of your care, from admission through to discharge in the most seamless way possible. The Patient Pathways Department employs a Senior Nurse who is trained in case management and holistic assessment. At the time of your admission the **Patient Pathways Coordination Nurse** or **PPCN** will be alerted to your needs should your diagnosis or treatment plan require any follow up. The PPCN will be happy to answer any questions you might have and will assist you in planning the resources you may need after you have been discharged. In addition, the PPCN works closely with your Consultant and ward nurse, as well as other departments eg. Physiotherapy, Occupational Therapy and Social Work to ensure the right care is available to you at the right time.

The PPCN is available Monday through Friday (excluding bank holidays and weekends) and is available during the day on 087 056 8208. Arranging a time to meet with the PPCN is a vital step in planning your return home from the hospital.

Many people do not require special services after they are discharged, but a few will need community health services, extended therapies or even a stay in convalescence before they can return back to their daily routine. **Anticipating your needs, being honest about your limits and resources and planning for your discharge early, are all part of being fully involved in your own care.**

Please take a moment to ask yourself (and your family) a few simple questions. If you think you need more information or wish to discuss any of the following with a staff member who can help, please mark the box next to the question and then ask your Consultant or ward nurse if you can see the PPCN as soon as possible.

The Questions To Ask When Planning Your Care

How long can I expect to be in the hospital? When can I resume my normal activities?

What can I expect to happen to me while I'm in hospital? Will I have tests, procedures, therapies?

What are my responsibilities in relation to my care that will help me get home safely and quickly? What is expected of me?

Will I need any special equipment at home?

Will I be able to walk, climb stairs, go to the bathroom, prepare meals or drive on my own?

Do I need to consider a rehabilitation or brief convalescent stay to help me to get stronger before returning home?

Do I have any questions about what my insurance will cover?

Do I need more education about my diagnosis or my treatments following my time in the hospital?

Will I require any follow-up appointments, tests or treatments? Do I need to schedule these?

Will I have new medicines or changes to my current medication when I leave the hospital?

Do I understand what all my medicines are for? Do I know how many to take and how often?

Do I need help talking to my family about my plans or wishes?

Who can I call if I have problems after leaving the hospital?

Do I live outside Dublin or in an area where I will need to consider the resources available to me?

A Few Terms You Might Hear While In The Hospital:

MDT (Multidisciplinary Team): The healthcare staff involved in your care while you are a patient at Beacon Hospital.

Anticipated or Estimated Length of Stay: How long your Consultant and care team think you will be in the hospital. This is based on a number of factors such as your diagnosis and procedures needed. Having a date in mind helps the doctors plan what services you might need and when. Frequently this date will be modified as you are assessed by your Consultant and team.

Discharge Day: The day you will be leaving the hospital to move to your next level of care. You may be transferred to a rehabilitation or nursing facility or perhaps you will be returning home. In all instances, **on the Day of Discharge, it is assumed that no other test or procedures need to be completed and that you are ready (with the planned resources in place) to be collected by 10.00am.** Being prepared to leave, and asking all the necessary questions prior to your discharge day, helps the staff to provide you with the most complete discharge and to aid the next patient awaiting treatment to receive the same high quality care that you have.

