My Planned Care Patient Information Platform

Introduction

We are reviewing patients who have been waiting a long time to help us prioritise those in most urgent need. Please be assured we are doing our utmost to ensure you and your families get the treatment you require as soon as possible. If you used the NHS e-Referral Service to book your appointment it will have given you an indicative appointment and treatment waiting time.

This document will provide you with information on how you can support yourself whilst waiting to attend the hospital.

Take Your Medication

When taking medication, you should always;

- Take it at the right time of day and at the dose recommended by your GP/Pharmacist.
- Check instructions to make sure you're taking it properly. Some medicines should only be taken before a meal or with water or food.
- Use your own supply and never take medication prescribed for someone else.

It is important to let you GP or pharmacist know if you experience any side effects as they may decide to change the dose or try a different medicine for you.

Please see the link below for further advice and guidance;
https://www.nhs.uk/common-health-questions/medicines/

Keep Moving

Physical activity is good for your body and mind. Adults should aim to be active every day. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day. Please visit https://www.nhs.uk/better-health/get-active/ for some useful tips on how to stay fit and healthy.

Improve Your Health

Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. The link below will help you get started;
https://www.nhs.uk/better-health/

Good Mental Health

For any urgent help with your mental health please follow the below links which contain useful information and contact numbers;
https://www.derbyshirehealthcareft.nhs.uk/getting-help/help-mental-health-crisis
https://www.nhs.uk/mental-health/self-help/

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To find a local NHS urgent mental health helpline (England) please follow the below link;
https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

To maintain a good mental health there is lots of things we can do to help. Some of them are listed below.
- Get good sleep
- Spending quality time with others
- Live a healthy life; be active, balanced diet.

To learn more about how to maintain a good mental health use the link below.
https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/