

My Planned Care Patient Information Platform

Keeping well

Introduction

The Royal Papworth Hospital NHS Foundation Trust is here for you, and we will do all we can to get you the care you need as soon as possible. We know that, because of the impact of the Covid pandemic, sometimes patients are waiting longer than we would like and it is not always possible to identify when treatment will take place.

While you are waiting, it is important that you keep healthy and well. This can also help you to recover better after you have had your procedure.

This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the specialty level guidance appropriate for your condition.

Take your medication

If you have been given medications, it is important you continue to take them as prescribed.

This is because you have been prescribed your medication for a specific reason, and missing a dose could make your health worse.

It's important that you understand why you are taking medications and what they are for, so if you have any questions about your medications please contact your GP or your hospital team. There are some common medicine Q&As on the [NHS website](#) which you might also find helpful.

Top tips:

- Know how to order a repeat prescription – don't leave it too late to order fresh supplies.
- Getting into a routine is one of the best ways to ensure you don't forget your medications. Alarms, reminder notes, using dosette boxes, or asking friends and family to help remind you can be really useful.
- If you have any problems taking your medication, it is better to ask for help sooner rather than later. Contact your GP or hospital team to support you.

Keep moving

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day.

The [NHS website has lots of free tools and support](#) for getting and keeping active. Keeping active is good for your health generally, but if you are due to have an operation, it can also help you to recover more quickly from it.

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Improve your health

Healthy changes start with little changes.

Whether you want to lose weight, do more activity or quit smoking, the [NHS Better Health website](#) has lots of free tools and support.

- [Lose weight](#): If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.
- [Quit smoking](#): Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.
- [Drink less](#): Cutting back on alcohol can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

Good mental health

People sometimes feel worried or anxious before a hospital appointment or treatment. This is perfectly normal. Some people might also find that an existing mental health condition gets worse.

You can find helpful links for mental health support on the NHS website:

- [Information and support for your mental health](#)
- Every Mind Matters: [advice and practical tips to help you look after your mental health and wellbeing](#)
- If you are finding that your feelings are becoming too intense or difficult to cope with, you live in England and are aged 18 or over, you can access [NHS psychological therapies \(IAPT\) services](#). A GP can refer you, or you can refer yourself directly. [Find an NHS psychological therapies service](#).
- [Social prescribing](#) link workers can help you to improve your mental and physical health and wellbeing while you are waiting for an appointment or treatment. They do this by connecting you to activities, groups and services local to you that help you to get practical support, like welfare and benefits advice services, or social activities, that help you to do things you enjoy with others to support your health and wellbeing.

Your GP practice should be able to connect you to a social prescribing service. This might be a social prescribing link worker who works in your GP practice, or someone who works in a local voluntary or charity organisation.

- Some people find it helpful to meet other people who have the same health condition as them. There are lots of support groups – if there are several support groups in your local area, you might want to try out a few before deciding which one suits you best. Many national charities also have a helpline, and some have support groups and online forums too.