

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. 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.

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.

Take Your Medication

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being.

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 your 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;

[Medicines - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Keep Moving

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

Exercise more and eat a healthy diet to help your body manage the demands of surgery and aid recovery. For tips on helping you to start healthier eating habits, be more active and start losing weight, [download the free NHS Weight Loss Plan](#).

My Planned Care Patient Information Platform

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;

[Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Stop smoking to improve your body's ability to heal and to improve your lung function. Guidance on the support available to help you stop smoking [can be found on the NICE website](#).

Reduce your alcohol intake. Ensure you are drinking within (or preferably below) the recommended limits. This will improve your ability to heal after surgery.

Good Mental Health

Mental health is integral to living a healthy, balanced life. There are steps you can take to improve your mental health everyday. Small things like exercising, eating balanced and healthy meals, opening up to other people in your life, taking a break when you need to, remembering something you are grateful for and getting a good night's sleep, can be helpful in boosting your emotional health.

If you feel you are having a mental health crisis. In general, it is a good idea to speak to your GP in the first instance about your mental health.

To learn more about how to maintain good mental health follow the link below:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

There are free listening services, these services offer confidential support from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call 116 123 to talk to the Samaritans, or email: jo@samaritans.org for a reply in 24 hours

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line or text "YM" if you're under 19.

If you are under 19, you can also call 0800 1111 to talk to Childline

In an emergency, if your doctor's surgery is closed, you can contact Mental Health Matters, 365 days a year, 7 days a week, 24 hours a day on 0800 616 171