

My Planned Care Patient Information Platform

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 procedure level guidance appropriate for your condition.

Take Your Medication

You should continue to take your prescribed medications and only stop after consultation with your GP.

Keep Moving

Maintaining your fitness – it is recommended that you take regular exercise (20 minutes per day until you are short of breath, increasing a bit at a time). Take a brisk walk or consider an exercise bike.

See below for support from

Improve Your Health

Improving your general health is important, particularly if your referral may end in a surgical intervention.

- **Smoking cessation** – access support to stop smoking
- **Weight control and nutrition** – achieve a healthy weight
- **Blood pressure** – needs to be well controlled
- **Diabetes** - blood sugars need to be well controlled
- **Alcohol consumption** – should be within accepted limits

Support is available at get healthy Rotherham to help you with:

- Weight management
- Healthy eating
- Physical activity
- Stopping smoking

Contact them on:

- Telephone – 01709 718720
- Email – PARKWOOD.gethealthyrotherham@nhs.net
- Website www.gethealthyrotherham.co.uk

Good Mental Health

One in four of us will experience a mental health issue every year, depression can occur at any age during adulthood.

Everyone has mental health and we need to take good care of it so that we can think, feel and react in ways that we need and want in our lives.

Below is a list of useful contacts that offer free and confidential support

www.healthrotherham.co.uk or call 01709 44 77 55

www.rotherhive.co.uk

Rotherham 24/7 crisis helpline - 0800 652 95 71 Supporting those who need urgent assistance.

www.iapt.rdash.nhs.uk or call 01709 44 77 55

www.iesohealth.com or call 0800 0745 560