

My planned care patient information

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise across Yeovil District Hospital NHS Foundation Trust 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 on how you can support yourself while waiting to attend the hospital. As an organisation we are working to support the major national effort to restart healthcare services suspended during COVID-19, and deciding how to tackle the backlog safely. Although many areas have started to some extent, it will take time for services to fully re-start. One of the biggest challenges is reducing the risk of COVID-19 infection occurring in hospitals and other healthcare settings. We will need new ways of working including social distancing, increased cleaning, testing of staff and people coming for treatment and new working practices for staff. All this is vital to protect the safety and well-being of people having surgery and NHS staff. We need to start cautiously. We know how hard it can be during the period you are waiting for surgery and the current uncertainty is making that difficult.

Guidance for Patients

Getting prepared to have surgery or a procedure is all about good preparation for your body and mind. During this time, you can take simple steps to improve your physical and mental health.

Benefits of this include:

- Enhance recovery following treatment.
- Reduce post-op complications.
- Reduce length of stay in hospital.
- Provide an opportunity to stop smoking and drinking alcohol.
- Improve fitness.
- Improve nutritional health.
- Enhance quality of life.

My Planned Care Patient Information Platform

Take Your Medication

Continue to take your medication while waiting for your surgery, as directed by your GP and hospital specialist. Remember to bring a list of all medicines, vitamins, herbal remedies and supplements you take, with you when you attend the pre- op assessment clinic. During this appointment you will be given clear information on whether you should stop taking your usual medicines before going into hospital.

Diabetes – Click on the link for advice to help you to control your diabetes as you prepare for surgery. If you are unsure about what you should do, please speak to your diabetes nurse or ask the pre-assessment team and they will be happy to help.

[Pre operative advice for diabetic patients on insulin - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](https://www.yeovilhospital.co.uk/pre-operative-advice-for-diabetic-patients-on-insulin)

Keep Moving

Healthy eating and being active

People who exercise regularly have a lower risk of developing many long term (chronic) conditions, such as heart disease, type 2 diabetes, stroke and some cancers. Research show that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing stress and clinical depression. [Benefits of exercise - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthyliving/exercise/)

Whatever your age, being physically active can help you lead a healthier and happier life.

Information and advice on healthy eating and becoming more active is available from:

- **One You Eat Better** (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- **Better Health - Get Active** (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- [Somerset Activity and Sports Partnership](https://www.somerset.gov.uk/active) (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

Improve Your Health

Regular exercise is important for your health and wellbeing. Being active has a long-term positive impact on your health and immediate mental and social benefits.

[Somerset Activity and Sports Partnership](https://www.somerset.gov.uk/active) (SASP) have lots of information for adults and children and young people on how you can be active.

SASP also have tips on how you can [be active at home](https://www.somerset.gov.uk/active).

My Planned Care Patient Information Platform

Age UK also offer a range of activities and exercise classes. You can find out about any classes in your local area on the [Age UK website](#).

[Smokefreelife Somerset – Smokefreelife Somerset \(healthysomerset.co.uk\)](#) Free stop smoking service supporting Somerset residents to become smoke free.

NHS health checks

A free check for anyone over 40 with no prior diagnosed health conditions. Check your cholesterol, blood pressure, HbA1c by [clicking here](#).

[Lose weight - Better Health - NHS \(www.nhs.uk\)](#) 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. [BMI calculator](#)

Arthritis is a common condition which causes joint pain and inflammation. Living with arthritis is not easy and carrying out simple, everyday tasks can often be painful and difficult. However, there are many things you can do to make life easier, and there is support available.

[Arthritis information and support | Age UK](#)

[Arthritis - Living with arthritis - NHS \(www.nhs.uk\)](#)

For those awaiting hip and knee surgery, the Escape Pain App (for Android only) or online tool provides support to help you stay active at home. Access the support tools [here](#): [Escape-pain - Self management for Arthritic pain using exercise](#)

For anyone seeking help to managing bone, joint or muscle pain at home, the Chartered Society of Physiotherapy has a collection of excellent resources to support you: [Managing your bone, joint or muscle pain | The Chartered Society of Physiotherapy \(csp.org.uk\)](#)

Versus Arthritis is the UK's largest charity dedicated to supporting people with arthritis [Versus Arthritis | All of us pushing to defy arthritis](#)

Good Mental Health

Looking after your mental health is just as important as your physical health. The coronavirus pandemic has caused uncertainty for everyone, and there has never been a more important time to take care of your mental health. Mental health and emotional wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's problems and making the most of life's opportunities.

My Planned Care Patient Information Platform

[Mental health and wellbeing \(somerset.gov.uk\)](https://www.somerset.gov.uk)

Mindline Somerset - Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.

Emotional support and mental health helpline is open 24 hours a day, 7 days a week.

01823 276 892

0800 138 1692

[Mindline - Mind in Somerset](#)

Somerset Mental Health Hub

[South Somerset | Somerset Mental Health \(somersetmentalhealthhub.org.uk\)](https://www.somersetmentalhealthhub.org.uk)

Patient Advice and Liaison Service (PALS) will provide confidential advice and support to patients, families and their carers, and can provide information on the NHS and health related matters. Our Patient Advice and Liaison Service (PALS) is here to help when you need advice, have concerns or don't know where to turn.

For queries regarding **Yeovil District Hospital**. Please contact pals@ydh.nhs.uk or telephone 01935 384706

For queries relating to **Somerset Foundation Trust** please contact pals@somersetft.nhs.uk or telephone 01823 343536.

[Young Somerset](#)

Young Somerset is the largest youth work charity in Somerset and our mission is to put young people first.

Our aim is to work with young people, encouraging them to take responsibility for themselves and become actively involved in shaping the communities in which they live. Young Somerset works to achieve social and economic outcomes with young people, through the delivery of measurable outputs and outcomes.

Young Somerset seeks to develop a youth work relationship that is open, honest, respectful, trusting and led by the young person.

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Since the pandemic, more young people than ever before are finding it hard to cope with how they're feeling. That's why access to early support can make a critical difference to young people who are struggling right now. Donate today to help young people gain better access to mental. We provide young people with tools to look after their mental health.

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The contents of this information has been reviewed and approved by the Patient Safety Committee of Yeovil District Hospital NHS Foundation Trust.

My Planned Care Patient Information Platform

[Somerset children & young people : Health & Wellbeing : Mht Ss Camhs \(cypsomersethealth.org\)](https://www.cypsomersethealth.org) Child and Adolescent Mental Health Services (CAMHS)

[Somerset CAMHS - CAMHS - Somerset NHS Foundation Trust \(somersetft.nhs.uk\)](https://www.somersetft.nhs.uk)

CAMHS provide a specialist mental health service for children and young people aged 0 – 18 (up to 19 for young people with additional needs), who may be experiencing a range of mental health problems. CAMHS is a multi-disciplinary service. The teams include consultant psychiatrists, psychologists, social workers, nurses, support workers, occupational therapists, psychological therapists including family therapists and art therapists, primary mental health link workers, and specialist substance misuse workers.

Childline – 0800 1111

What should I do if my health is deteriorating?

If you are struggling with your health (including both physical and mental health) while you wait for surgery, please consult your GP.

To contact your GP surgery:

- visit their website
- use the [NHS App](#)
- call them

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

General enquiries contact

Yeovil District Hospital Higher Kingston, Yeovil BA21 4AT

01935 475122 www.yeovilhospital.co.uk