

## My Planned Care Patient Information Platform

### Staying Health Guidance for Kettering General Hospital NHS Foundation Trust

#### 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

A better health outcome is the most significant benefit of using medication correctly as prescribed. Doctors prescribe medications to treat your symptoms and to help you manage or overcome certain health conditions. Failing to use medicines as prescribed can result in worsened health, longer recovery, unwanted side effects, substance use disorders, death, and other serious health conditions that require intensive treatment.

Before using a new medication, carefully read all the directions on the label and ask your doctor or pharmacist for help and clarification if you're confused or unsure about how to properly take the medication. This can prevent misunderstandings that could lead to accidentally doubling up on doses or using less than intended.

Make sure that your healthcare team knows about all the medication that you take and follow their advice. This includes all blood-thinning medication as well as herbal and complementary remedies, dietary supplements, and medications that you can buy over the counter.

#### **Finding a Pharmacy**

You can find a pharmacy near you by searching on NHS Choices (<https://www.nhs.uk/>) or alternatively see the local listings.

#### Keep Moving

Regular exercise should help you to prepare for your operation, help you to recover and improve your long-term health.

Before you start exercising ask your healthcare team or your GP for advice.

The NHS website link below has guides on fitness and exercise tips. **Error! Hyperlink reference not valid.**

#### Improve Your Health

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

The NHS website link has guides to help you plan your meals and how to make healthier food choices.

[Lose weight - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk)

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### Smoking

If you are coming into hospital for a procedure, and you are a smoker, we strongly advise you to stop smoking as soon as possible because this will help to improve wound healing, lung function and you will make the best possible recovery. Now is a better time than ever to stop smoking. Smoking before procedure puts you at a higher risk for post-operative heart attacks, stroke, blood clots, pneumonia and even death.

Please speak to your GP for advice on smoking cessation.

The NHS website link gives advice and support on this **Error! Hyperlink reference not valid.**

### Alcohol

Alcohol can have many effects on your body but importantly it can reduce your body's ability to heal. Make sure you are drinking within the recommended limits or lower to improve your body's ability to heal after your procedure.

The NHS website link gives advice and support on this <https://www.nhs.uk/live-well/alcohol-support/>

### Good Mental Health

The NHS website link provides guidance on the important of good mental health and how you can do to improve your mental health. [Mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/)

This may include talking therapies such as cognitive behavioural therapies (CBT) counselling, other therapies, and guided self-help.

The Child and Adolescent Mental Health (CAMHS) <https://www.nhft.nhs.uk/camhs> service provides a service to children and young people aged 0-18yrs and their families who are experiencing emotional health and wellbeing difficulties. Parents, children and young people can contact the service to discuss how they can access the service's support.

Young people (aged 13+) can speak to the team live and online Monday-Friday, 9am-7pm via [CAMHS Live](https://www.nhft.nhs.uk/camhs).

Parents, carers, young people, and professionals can call the CAMHS/CYPMHS Consultation Line, 0800 170 7055 (Monday-Friday, 9am-4pm).

If you are in a crisis (at risk of self-harm or suicide), the CAMHS/CYPMHS Crisis Team is open 24/7 and can be accessed by calling 0800 170 7055.

### Procedure specific information

If you require further information about your procedure, please use the following link to review the designated patient leaflet by putting the named procedure into the search box and clicking 'Search' – we offer leaflets for 270 procedures done at Kettering General Hospital, <https://www.kgh.nhs.uk/patient-information-leaflets>