

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 specialty level guidance appropriate for your condition.

The Mid Yorkshire Hospital NHS Trust will aim to provide you with a date for your procedure as soon as possible. We are committed to making your experience before, during and after your procedure as pleasant and safe as we can.

In turn we would like patients on our waiting lists to help themselves to ensure they have the best possible outcome and that means preparing your mind and body by using lifestyle changes, where necessary.

You can find lots of useful information on our Trust website on how you can make some lifestyle changes to support you as well as access some tools that will help you.

Click on the following link to be taken to the relevant page:

- [Trust Website My Planned Care](#)

Take Your Medication

If you take regular medication, please follow the instructions you were given when it was prescribed to ensure that you stay well. Your doctor or pharmacist will be happy to answer any questions you have about your medication.

If you have been given specific advice during or after your pre-operative assessment to stop any medications before you attend hospital for your procedure, please follow this advice. The pre-op team will be happy to answer any questions you have about specific advice you may have been given during your pre-operative assessment. Information on how to contact the team is available at the following link:

- [Trust Pre-Operative Care](#)

Keep Moving

Getting yourself in shape before your procedure is important, as it will positively impact on how well your surgery goes and your recovery afterwards.

A really good way to keep moving is taking regular walks. There are walking activities taking place across our region and you can easily sign up online at the following sites to try some:

- [Kirklees area](#)
- [Wakefield area](#)

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You can even try Nordic walking using poles to help provide more support. It is an enjoyable fitness session for all ages and abilities and is one of the best cardiovascular and toning exercises there is. Here are the links:

- [Kirklees area](#)
- [Wakefield area](#)

Improve Your Health

There are many changes you can make to reduce the risks of a procedure. Even small changes can make a big difference.

Before your procedure, you can make a big difference to your health and wellbeing in four different ways depending on your age. Why not take this time to commit to some of the following changes.

Everyone can:

1. Set time daily for physical exercise to get the blood and oxygen flowing around your body. Getting fitter before your procedure will help you recover quicker.
2. Eat a healthy balanced diet to help to give your body the energy it needs after an operation.
3. Take time to relax, your mental wellbeing is just as important as your physical side.

4. Adults can:

Drink less alcohol and improve your health by stopping smoking, this will reduce your risk of infection and make a big difference to your body before surgery.

4. Children can:

Cut down on foods and drinks that lead to tooth decay. Healthy teeth are important when having a procedure, to keep you safe

Further support for Patients from Kirklees

In the Kirklees area there are free services available to help you improve your health and wellbeing. You may benefit from a KAL Wellbeing - Fitness for Health & Live Well Programme to access specialist teams who will provide expert advice tailored to your needs. This could include a 12-week fitness programme if you are prepared to commit to the programme.

To find out more including how to seek a health professional to refer you onwards, please go to the following link:

- [KAL Wellbeing - Fitness for Health & Live Well Programme](#)

Further support for Patients from Wakefield

In the Wakefield area there are free services available to help you improve your health and wellbeing. You may benefit from an Aspire Health Referral to access specialist teams who will provide expert advice tailored to your needs. This could include a 12-week fitness programme with access to a local gym if you are prepared to commit to the programme.

To find out more including how to ask any health professional to refer you onwards, please go to the following link:

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- [Aspire Health Referral](#)

Good Mental Health

Waiting for hospital treatment can be a worrying time, so please don't delay asking for help if you are struggling with your mental health.

If you've been feeling low or very anxious and this is affecting your day-to-day life, you should consider going to see your GP (doctor).

Depending on where you live there are some other services that can support you to help you understand and manage problems like anxiety, stress, and low moods. Below are links to both Wakefield and North Kirklees services to try:

- [Wakefield](#)
- [North Kirklees](#)