

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 on how you can support yourself while waiting to attend the hospital.

Take your Medication

Whilst you are waiting for your surgery, it is important that you continue to take any medication prescribed to you by either your GP or another hospital doctor. This may include medication specific to the condition and medication for other conditions but importance for general health maintenance eg. pain medication for specific condition and statins for overall health. If you feel that you need a review of your medication, please contact your GP.

Keep Moving

Keeping active is great for not just your physical health – it can help with your emotional well-being too. If you are able to, a 20 minute walk each day can help protect your heart, support effective weight loss, keep your memory sharp, improve your mood and help you sleep better. Walking for Health is an NHS website that provides more information on how to exercise safely. You can find the website at www.nhs.uk/live-well/exercise/walking-for-health

Improve Your Health

Stop Smoking Stopping smoking is easier if people in your life support you. Let them know you are planning to quit smoking so they can help. There is a Smokefree National Helpline manned by expert advisors available between 9am and 8pm. You can call them on 0300 123 1044. For details of services available locally in Portsmouth visit: Portsmouth Wellbeing Service www.wellbeingportsmouth.co.uk

Weight Management Service The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in Portsmouth and your body mass index (BMI) is above average. Use this tool www.nhs.uk/live-well/healthy-weight/bmi-calculator to find your BMI. If it's too high, sign up for a programme that will help you lose weight BMI of 30+.

If your BMI is 30 or higher, you qualify for free support from www.portsmouth.gov.uk/services/health-and-care/health/weight-loss-and-weight-management/

My Planned Care Patient Information Platform

BMI of 28+

You can get free support from Healthy Lifestyles www.wellbeingportsmouth.co.uk if your BMI is 28 or over if at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome
- you have problems with your heart, circulation, hypertension or high blood pressure
- you have been diagnosed with anxiety/depression
- you need to lose weight before receiving another medical treatment or surgery
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- you're from a black or ethnic minority background.

BMI of 25+

If you have a Body Mass Index of 25 or higher Better Health Let's Do This – Lose Weight website www.nhs.uk/better-health/lose-weight/ provides online support to help you lose weight and includes access to the NHS 12 week weight loss plan.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Healthy eating and being active

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
- Sugar Smart is a campaign to raise awareness of hidden sugars, recommended levels and healthy alternatives by encouraging individuals, groups, businesses, schools, and organisation to join the campaign and make a pledge. To find out how you can join in, become sugar smart, and make good choices about what you, your family, colleagues eat, please visit our www.sugarsmartuk.org

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.

[Alcohol support - NHS \(www.nhs.uk\)](http://www.nhs.uk)

My Planned Care Patient Information Platform

Good Mental Health

It is normal to be anxious about having a procedure. Relaxation, mindfulness, and breathing exercises can all help. There is some further advice on the below website.

[Self-help - NHS \(www.nhs.uk\)](http://www.nhs.uk)

What should I do if my health is deteriorating?

If you feel that your health has deteriorated since you visited your GP, our advice is that you make an appointment to see your GP as soon as you are able. If the deterioration is linked to this referral, your GP is the person who can contact this hospital with a request to upgrade your referral, if this is appropriate.

Contact Us

If you have any concerns or questions that you need support with, our Patient Advice and Liaison Service (PALS) is a great place to start. You can call 02392 286000 ext 6309 for Portsmouth Hospitals University Trust. They will listen to you and advise you how they can help. If you would prefer to get in touch by email, please contact pht.pals@porthosp.nhs.uk