

My Planned Care Patient Information Platform



Introduction

In Barnsley lots is being done to reduce waiting times for those needing surgery. Like the rest of the UK, we are working to tackle long waits following the COVID-19 pandemic when surgery was put on hold to help prevent the spread of the virus.

The following information is provided to offer some general guidance while you wait for your treatment. Please use this time to help maximise your health prior to treatment. Maximising your health can reduce the risk complications following treatment and support your recovery, whilst also benefiting your long-term health.

The following information provides advice and guidance to best support you prepare for your treatment. Further information can be found on our website here: www.barnsleyhospital.nhs.uk/patients/get-fitter-for-surgery/

Take Your Medication

Please continue to take your prescribed medications and only stop following consultation with your General Practitioner (GP).

Keep Moving

Undergoing surgery or spending time in hospital can be demanding for any person, but being physically active before coming to hospital can improve your ability to recover. Regular exercise can also improve your long-term health and wellbeing.

Any physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. If you have any concerns about starting exercising, ask the healthcare team or your GP for advice.

Online information and support can be found at nhs.uk/better-health/get-active.

If you want to find out about things you can do in Barnsley to help become more physically active please visit [What's Your Move Barnsley](#).

While in hospital, if you would like to discuss being more active and what your options for support are in Barnsley, please ask your healthcare team to refer you to our Healthy Lives Team.

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Improve Your Health

Stopping smoking is one of the best things you can do for your health. Stopping smoking before you come into hospital has been shown to:

- reduce the time needed to stay in hospital
- reduce the likelihood of being admitted or re-admitted to hospital
- reduce the chance of complications during and after surgery or anaesthesia
- increase the rate of healing and decrease scarring

Online information and support can be found at [nhs.uk/better-health/quit-smoking](https://www.nhs.uk/better-health/quit-smoking).

Many people try to quit smoking with willpower alone, but the most successful way to quit is with a combination of support from specialist services and medication, such as nicotine replacement therapy.

When not in hospital, [Yorkshire Smokefree](#) offer free support and medication, available to all residents living in Barnsley. You can self-refer through the website or by calling 0800 612 0011 (FREE from landlines) or 0330 660 1166 (FREE from most mobiles). Yorkshire Smokefree offer telephone support, face to face sessions, and our online quit program.

While you are in hospital every patient that smokes will be:

- Offered nicotine replacement therapy to reduce cravings while in hospital
- Visited by a Tobacco Treatment Advisor to discuss your smoking and to offer to support you in making a quit attempt
- Offered referral to Yorkshire Smokefree to start a quit attempt at home or to continue support for a quit attempt started in hospital.

Patients and visitors are also reminded that our grounds and surrounding roads are Smokefree.

Weight Management

If you are overweight or significantly underweight, you are at higher risk of developing medical and surgical conditions, and also of complications during or after surgery. If you are not sure if you fall into one of these categories, check how to measure your BMI [here](#).

Overweight

If you're overweight, 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.

Online information and support can be found at [nhs.uk/better-health/lose-weight](https://www.nhs.uk/better-health/lose-weight).

When not in hospital, if you would like FREE face to face support in Barnsley you can either access Barnsley Premier Leisure (BPL) Weight Management Programme if you have a BMI over 25, or ask your GP about the Health and Wellbeing Coach (HWB Coach) service.

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HWB Coaches will support you to increase motivation, build confidence and helps you put their goals into practice.

The [Barnsley Premier Leisure Weight Management Programme](#) is a 12-week programme where you will be supported by your own Advisor and a personalised plan to help you achieve your goals. The programme includes support with diet, nutrition and physical activity, along with opportunities to attend education sessions and unlimited access to gym, swim and group exercise sessions at any BPL venue in Barnsley.

While in hospital, if you would like to discuss losing weight and what your options for support are in Barnsley, please ask your healthcare team to refer you to our Healthy Lives Team.

Underweight

Being underweight is not good for your health. Weighing too little can contribute to a weakened immune system, fragile bones, feeling tired and also complications from surgery.

Online information and support can be found at <https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/advice-for-underweight-adults/>

Alcohol

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

Online information and support can be found at [nhs.uk/better-health/drink-less](https://www.nhs.uk/better-health/drink-less)

The best place often to start is to understand more about your drinking, you can take a test [here](#).

If you need support [The DrinkCoach App](#) is a free confidential online app which encourages self-assessment and behaviour changes relating to alcohol use.

[Recovery Steps in Barnsley](#) also provide free and confidential support regarding drug or alcohol use. Give them a call, 01226 779066, and they will be able to advise and work with you to you manage, reduce or stop your drug or alcohol use.

While in hospital, if you would like to discuss your drinking and what your options for support are in Barnsley, please ask your healthcare team to refer you to our Healthy Lives or Alcohol Care Teams.

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Good Mental Health

Coming to hospital can affect people mental health in a number of ways, it is important that you will consider how your mental health may be impacted.

There is good evidence that the [5 ways to wellbeing](#) can help to improve people mental health and wellbeing, so remember to make an effort to:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

If you're concerned about your mental health, or the mental health of a family member or friend, you can ask for help from the Mental Health Service. You can refer yourself or ask your GP. Find out some of your options [here](#).

If you have not had the COVID-19 vaccine, you may be at an increased risk of serious illness related to COVID-19 while you recover. For further information see below:

- **Getting vaccinated** locally please follow this [link](#).
- **Barnsley Hospital** information regarding Coronavirus please follow this [link](#).
- **NHS** information regarding Coronavirus please follow this [link](#).

Disclaimer

Please note this is a generic information sheet relating to care at Barnsley Hospital. The details in this resource may not necessarily reflect treatment or care at other hospitals. This information is not intended as a substitute for professional medical care. Always follow your healthcare professionals' instructions. If you have specific questions about how this resource relates to your care or condition, please ask your GP or healthcare team.

If you are currently under the care of any healthcare practitioner e.g. GP, Physiotherapist, Speech and Language therapist etc. it is important that you maintain your appointments with them and continue with any specific procedural related advice and exercise regimes unless told otherwise by your healthcare practitioner.

While you are waiting for your operation or procedure it is important that you seek advice from your GP if your symptoms worsen or if you have any concerns.

In an emergency you should contact:

- NHS 111 or
- Attend your local Emergency Department (ED)

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If you need this information in an alternative format, please contact the Patient Experience and Engagement Team on 01226 434922.

Nëse ju nevojitet ky informacion në një format të ndryshëm, ju lutemi të kontaktoni ekipin e Eksperiencës së Pacientit dhe të Angazhimit në: 01226 434922

Если вам нужна эта информация в другом формате, пожалуйста, свяжитесь с отделом по работе с пациентами и взаимодействию с ними по тел: 01226 434922.

Jeśli te informacje są wymagane w innej formie, prosimy skontaktować się z Zespołem ds. doświadczenia i zaangażowania pacjenta na numer: 01226 434922.

Dacă aveți nevoie de aceste informații într-un format alternativ, vă rugăm să contactați echipa care se ocupă de experiențele și angajamentul pacientului la nr.: 01226 434922.

Ha erre az információra alternatív formátumban van szüksége, kérjük, lépjen kapcsolatba a Patient Experience and Engagement Teammel (Betegélmény és elkötelezettség csoport) a következő telefonszámon: 01226 434922