

# Criteria Led Discharge: How we plan your discharge from hospital

## Information for patients

You have been given this leaflet because your ward supports discharges from hospital using the Criteria Led Discharge process. We will help you prepare to leave the hospital and it is important to us that we take you through the process and make sure you are happy with it.

## What is Criteria Led Discharge?

We use this term to describe a discharge process which is led by certain criteria that will enable you to be discharged safely. During your stay the doctors, nurses and other staff will work with you to observe and record your progress with certain "goals". The term 'goal' refers to what the healthcare team want you to achieve for your individual health needs. Discharge from hospital happens when you are medically ready to go and your healthcare team have confirmed you have met your goals as an inpatient.

## Criteria Led Discharge goals may include:

- Ability to transfer safely – this doesn't necessarily mean walking, but means you can safely transfer from bed to a chair etc. with any equipment assessed necessary for your needs.
- Your blood pressure and temperature are within the required range.
- Your discharge destination is ready, safe for you to return to and you have any required care packages/equipment in place.

When your goals are reached they will be documented in your medical notes.

## Benefits to You

- You can plan ahead for leaving the hospital, with the support of your family if appropriate.
- You will know what needs to happen before you leave.
- You won't stay in hospital any longer than is necessary.
- You will be discharged from hospital before midday.

## The Criteria Led Discharge Process

- The process clearly outlines the goals both you and your ward team need you to complete during your hospital stay.
- You will spend less time in hospital because decisions about your discharge are made early during your stay.
- You spend less time waiting for decisions to be made regarding your discharge as all required goals are outlined.

## Will my hospital doctor be involved in decisions about my care?

Yes, your hospital doctor will continue to see you regularly throughout your hospital stay.

### How will you know you have met the goals related to your care?

A senior staff member will confirm that you have met all the agreed goals for discharge. If there are no outstanding issues, you will be able to leave the hospital without seeing your doctor for a final time. If there are any concerns the team will contact the doctor to support the decision on your discharge.

### BEFORE you leave hospital, please make sure you or your next of kin:

- Understand the plan for you to manage after discharge (e.g. medications, dressing changes, outpatient appointments and home-based or community services/care packages). These should be outlined in your 'Working Together' leaflet prior to discharge.
- Ask about medical certificates and letters for discharge.
- Ensure you have your keys to your property or someone is there to let you in.

### Who should I contact if I have a problem or question?

Please ask to speak to the Ward Manager or the Nurse in Charge.

You are able to make a complaint or appeal at any stage of the discharge process by contacting our PALS on 01895279973 or email at [thh-tr.pals@nhs.net](mailto:thh-tr.pals@nhs.net).

### Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

### Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電 01895 279 973 查詢。

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