

Patient Information Leaflet:

Keeping Active in Hospital and Recovering at Home

Keeping Active in Hospital

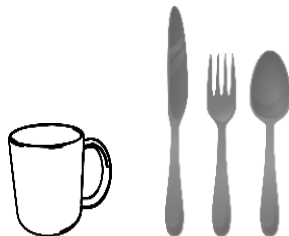
During your hospital admission it is important to keep active as much as possible. We understand that this might be more difficult than normal. Please let the staff looking after you know if you are having any difficulties sitting out of bed or moving around so that we can support you if needed.



Try to keep mobile. If you find this difficult we can recommend the **most appropriate walking aid** if needed.



Sit out of bed on a daily basis. If you find this difficult please let the staff know.



Eat or drink on your own if you can, and try to sit out of bed for meals.



Get yourself **washed and dressed** if you are able to.

Recovering at Home

You may need to adapt the way you carry out your day-to-day activities while you are recovering in order to reduce fatigue and improve your ability to carry out daily tasks. Try to keep eating and drinking as tolerated. Pacing yourself and changing your behaviour in small ways will be important in your recovery.

Plan – Plan your daily activities where possible. Try and alternate light and heavy tasks where possible to conserve your energy.

Prioritise – Prioritise your daily tasks and set realistic goals for each day.

Pace yourself – Balance periods of work and rest. Sit down to complete activities where possible. Break tasks down into stages and rest when needed.

What should I do in case of an emergency?

If you are concerned about your symptoms please contact your GP or NHS 111.

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**

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ
ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز و جچا ہی دی اے تے پتہ کرن لئی
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம்
தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973
இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

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。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط

صوتي، يرجى الاتصال بالرقم التالي 01895279973 .