

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.

Take Your Medication

It is important to continue to take prescribed medications as per the instructions given to you by your prescribing clinician.

Keep Moving

To stay healthy, the UK Chief Medical Officers' Physical Activity Guidelines, on GOV.UK, state that adults should try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities.

For most people, the easiest way to get moving is to make activity part of everyday life, like walking for health or cycling instead of using the car to get around.

Ensure you take regular exercise whilst waiting for your appointment.

Improve Your Health

There are several things you can do to improve your overall health. These include stopping smoking and maintaining a healthy weight. For help and advice please contact your GP or visit www.nhs.uk for more information and signposting.

Good Mental Health

It is important to make sure you maintain good mental health whilst waiting for your hospital appointment. If you feel you need support with your mental health, please seek advice from your GP or you may self- refer to an Improving Access to Psychological Therapies (IAPT) service through the NHS website www.nhs.uk.