

My Planned Care Patient Information Platform

Upper Gastrointestinal Service – Repair of Diaphragmatic Hernia

Introduction

The Covid-19 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. We know that it can be very difficult for many people who are waiting.

The NHS is working hard to see people as quickly as possible, but it is going to take a while before waiting times are back down to where there were before the Covid-19 pandemic began in the UK in early 2020.

This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. I would advise avoiding spicy foods and avoid intra-abdominal pressure or strenuous exercise.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments. GP surgeries are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate

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clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Related Symptoms

If you are having difficulty swallowing I would advise you can contact the specialty administration team (contact details below) Monday to Friday 08.30-17.00 who will then be able to discuss your symptoms with the relevant Consultant to see if the relevant changes require your operation to be brought forward. Outside of these hours if your health has significantly deteriorated or you are suffering from chest pain, I would suggest you seek GP advice or attend a local A&E if necessary.

Contact Us

Upper GI Specialty Administration Teams: -

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| Grimsby – | SAT 1 | email: nlg-tr.SAT1@nhs.net |
| | telephone number: | 03033 306529 |
| Scunthorpe – | SAT 4 | email: nlg-tr.SAT4@nhs.net |
| | telephone number: | 03033 306532 |