

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297 .

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફપફડરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵਿੱਚ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانون او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو سی چھپا یں یسے ایسی دست بو یسکت ہے برا ے مہر یساں بو یچھپی. معلومات

Arabic:

مطبوعه باحر ف كسير ء و بلغات اذا كنت تدر يد مسا عده فسي فهم هذه المعطو مات تر جي ان نكتليب آخرى يسكنن تو فسير هذه المعطو مات

Department: Nursing
Division: Corporate
Production date: 10/01/2023
Review date: 10/01/2026
JR 901 v1

In meeting infection prevention and control standards, the nominated essential carer / carers must inform the ward if they develop any Covid-19 symptoms and undertake a swab.

If the patient is identified as positive for Covid -19 or becomes positive whilst in hospital the Essential Carer arrangement will be suspended until such time the patient is deemed as Covid negative.

Contact details

Phone:

Email:



Lancashire Teaching
Hospitals

NHS Foundation Trust

Essential
Carer
Leaflet



What can an essential carer do?

The essential carer / carers would have permission to visit the patient and support with the agreed aspects of fundamentals of care which could include the following:

- Help with eating and drinking
- Help with personal grooming, shaving, brushing hair, washing face/hands
- Oral care – help to brush teeth/dentures
- Support with changing clothing
- Bringing fresh clothing and personal hygiene items
- Help to take oral medication
- Support to help prevent deconditioning of the patient by helping with bed/ chair exercises and mobility as directed by the Physio/Occupational Therapist assigned to the patient
- Communicating and offering emotional support
- Support with discharge planning if appropriate

All of the above is specific to each individual patient, and needs to be agreed with the ward nurses, particularly the administration of medications.

The role of nominated essential carer/carers would be with a 'named' individual/ individuals, and would not be transferable within a family/friendship group unless there is a clear reason to change the nominated essential carer in agreement with the patient and the nursing lead.

Once an identified carer's have been identified, the ward / area will be responsible for providing you with identification, ward contact details and layout of the ward.

What is an essential carer?

Hospitalisation is recognised as a time of increased anxiety for the individual patients, their families and significant others. For some patients the effects of being in hospital can lead to increased deconditioning and reduction in overall baseline function which affects the individuals overall well-being and recovery.

The support to identify an essential carer/ carers from the patients family or significant others is believed to have a positive and therapeutic impact on the patient's overall experience of being in hospital.

On admission the nurse caring for the patient would inform them about the option for an identified 'essential carer/carers'. If in agreement the patient will provide the name and contact details of their nominated essential carer/carers and this will be documented in the patient's health care record.

The registered nurse will discuss with the patient as part of their care plan what aspects of care they are able to undertake for themselves and what aspects of their care they believe an essential carer could support them with.

The nominated essential carer / carer's would need to confirm their availability and the aspects of identified support they would be happy to help with. This will be documented in the patient's healthcare record.

Essential carer visits will need to be 'booked / agreed' with the ward in advance.

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.