

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 Smokefree Lancashire on Freephone **08081962638**.

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

In meeting infection prevention and control standards, the nominated essential carer / carers must inform the ward if they develop any infectious disease symptoms

If the patient is identified as positive for Covid or any other infectious diseases whilst in hospital the essential carer arrangement will be suspended until such time as the patient is clear of all infections.

## The Essential Carer

### Ward contact details

**Telephone:**

**Email:**

**Department:** Patient Experience  
**Division:** Corporate  
**Production date:** November 2025  
**Review date:** November 2028  
**JR 1391 v1**



## How an essential carer can support?

The essential carer/carers will have permission to visit the patient and support with the agreed aspects of fundamental 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
- Supplying fresh clothing, and personal hygiene items
- Help the patient take their oral medication
- To prevent deconditioning support the patient in bed/chair exercises and mobility as directed by the physio/occupational therapist assigned to the patient
- Communicating with staff and offering emotional support to the patient
- Support with discharge planning if appropriate

The above are examples of tasks an essential carer may perform however those tasks completed for the patient while in hospital must be agreed with the ward manager.

The nominated essential carer/carers must be named when the patient is admitted. We may consider alterations to the nominated essential carer however this must be agreed with the patient and ward manager.

We will issue nominated essential carers with a lanyard identification, and ward contact details and this will be documented in the patient's health care record.

The lanyard and identification **must be** returned to the ward manager when the patient is discharged.

The support of an essential carer is believed to have a positive and therapeutic impact on the patients' overall experience whilst in hospital.

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

If the essential carer is intending to stay over night with the patient, the ward can provide folding beds but this must be agreed in advance with the ward manager.



**For the right to stay with people with dementia**

**For the right of people with dementia to be supported by their family or carers**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.accessable.co.uk](http://www.accessable.co.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.whatmatterstoyou.scot](http://www.whatmatterstoyou.scot)  
[www.johnscampaign.org.uk](http://www.johnscampaign.org.uk)  
[www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service](http://www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service)  
[Barnardos](http://Barnardos)

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

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

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)



Telephone: **0345 6887113**