



NHS 111/Alternative Services messages.

Please share, like and post these messages. Our channels are: Twitter: @nottmhospitals. Facebook: Nottingham University Hospitals NHS Trust, Instagram: nottmhospitals

Message	Image
<p>If you need urgent care that isn't an emergency, please visit NHS 111 first</p> <p>You'll get the advice you need and if you need to be seen, they direct you to the right service for you. This ensures that you are being seen in the right place at the right time.</p>	
<p>Please share: If you have a health issue or injury which is urgent but not an emergency and you need help with it, you must visit NHS 111 online first so specialist trained advisors can tell you where the best place is to be seen.</p>	

We have many different teams in our hospitals who care for our patients from when they arrive, through to when they are ready to go home. Here's a video about the Discharge Lounge at the QMC and what to expect if you visit it before you leave hospital.

<https://bit.ly/3HV9NIE>



No one enjoys having to stay in hospital and you'll likely want to know when you'll be discharged. It's important for your recovery to leave hospital when you no longer need hospital care. If you need ongoing support, this will be discussed with you.

<https://t.co/o0Mo9AfKmD>



Did you know that as well as an Urgent Treatment Unit on London Road in Nottingham, there is also one in Ilkeston - DE7 8LN? The one on London Road is a walk-in Centre and in Ilkeston you should book

via NHS 111 first Both can treat you for minor

illnesses and injuries

If you have a minor illness such as a cough, cold, tummy trouble, sore throat, aches + pains, your nearest pharmacy can help you. You don't need to book or to wait to be seen. If your symptoms suggest that it's something more serious, a pharmacist can tell you what to do next



Broken bones, strains and sprains, Minor burns or scalds, Skin infections or bites, Eye infections or minor eye injuries, Minor head injuries

These can ALL be treated at the Urgent Treatment Unit on London Road- NG2 4LA. No need to book and you can get sorted quicker.

Video about urgent treatment centres:
https://www.youtube.com/watch?v=4dCr_RoZEIs

Hospital isn't the best place once you no longer need hospital care.

The longer an older person stays in hospital, the more likely they are to experience reduced mobility, falls and a reduction in mental wellbeing.

@age_uk useful info & resources here:
<https://www.ageuk.org.uk/information-advice/health-wellbeing/health-services/leaving-hospital/>

If you need support after leaving hospital, this will be arranged with you.

If you no longer need hospital care, you will be asked to move to a temporary place or back home if family can support you there whilst you wait for your package of care.



<https://bit.ly/Gettinghomefromhospital>

Healthier Communities,
Outstanding Care

Mid-Nottinghamshire
Integrated Care Partnership
Creating happier, healthier communities together



There's *no place like home*




Hospital is the best place for you when you are very unwell, but it isn't the best place to recover.

50% of patients leaving hospital will need some support to recover at home. If you are offered a care package once you no longer need hospital care, please take it. It can be revised after you leave hospital.

NHS 


<https://www.nhs.uk/.../care-after-illness-or-hospital.../>

@age_uk 

<https://www.ageuk.org.uk/.../health.../leaving-hospital/>



Quiz poll on twitter: By downloading the NHS App you can get health advice, find out what to do when you need help using NHS 111 and register as an organ donor.

Have you downloaded the free app? Let us know 

You can find it by searching "NHS App" on Google Play or Apple app stores.

Jon, a Charge Nurse in the Emergency Department, explains how to contact NHS 111 when you need urgent medical help but it is not an emergency.

NHS 111 can help with minor injuries and illnesses. Urgent Treatment Centres can also help with this, alongside treating you for things such as cuts, sprains, broken bones, eye infections or minor eye injuries and minor burns.

<https://www.youtube.com/watch?v=S1hnYKeNbTE>

Urgent Treatment Centres can be found in areas such as:

Nottingham, London Road, NG2 4LA. Open 7am-9pm. No booking needed. For under 2s, please contact NHS 111 first.

Newark, Boundary Road, NG24 4DE. Open 9am-9.30pm. No booking needed. Open to all ages.

Video: DR Jo Ollerton, a Consultant in Emergency Medicine, is reminding people to think 111 first. If you need medical help, NHS 111 can direct you to the most appropriate service for your care. <https://111.nhs.uk/>

<https://www.youtube.com/watch?v=3FvUxY0fU6Q>