

Morning Discharge Planning Meeting

This is the morning planning meeting, you're not about to discharge Sally right away. At this meeting you need to:

- **Investigate the problems Sally is having**
- **Find out what options are available**
- **Talk to the people involved**
- **Find out what other support might be available**



You are hoping to discharge Sally this afternoon after your second meeting.

There are a number of issues that need to be considered:

- **This is the third fall that Sally has had this year** – she's had to come to hospital each time and mentioned that they have all happened when she is walking up and down the stairs
- **Sally has a pain in the side of her chest** – it's been there for a few months which she is worried about it
- **Sally says she is very lonely** – her family live a long way from home and haven't visited yet. She doesn't leave the house often or see anyone
- **Sally has been putting on a lot of weight** – her diet isn't very good and she's not very active. She spends most days indoors, not moving about.
- **Sally could be discharged to a local care home** – this could help with her recovery but you are not sure if there is a place available for her

Discuss with your team what you will do today before your next meeting in order to plan for Sally's discharge. Think about what you might need to do, what plans might need to be made and who you might need to talk to?

Look closely at job descriptions for clues as to how each member of the team might contribute but also be creative about your approach!

Afternoon Meeting

You and the team are meeting again to discuss Sally's discharge and make a final plan of action. At this meeting you need to:

- Adjust your plans based on any new information
- Make sure that you've addressed all the issues
- Come up with a final plan for Sally's discharge
- Sign off your plan together



Since this morning a number of things have happened which might affect your plans:

- **There's been a major road traffic accident** – lots of new patients are coming through A&E and the manager says they need to free up beds across the hospital urgently
- **The housing association have offered £500** – this budget is available to make modifications to Sally's house
- **Sally's family are asking to talk to the ward manager** – they are worried about her living alone and would like her to be discharged to a care home
- **You've been informed of a meals on wheels service** – operates in the area where Sally lives offering healthy options at a cost of £20 per week
- **Blood tests have revealed that Sally has a problem with her liver** – this is likely due to drinking large amounts of alcohol; the issue does need attention but is not life threatening at the moment

You now need to write out your final discharge plan for Sally, when discussing this you need to think about:

- What are your plans for Sally longer term, particularly around her diet and lack of activity?
- Where is she going to be discharged to? (her home or a care setting)
- Do Sally and family understand what is going on and what your reasons are for the decision?
- Have you addressed all the issues?



Final Discharge Plan

Patient Forename:	Sally	Patient Surname:	Ford
NHS Number:	12345678	Date of Birth:	01/05/1947
Reason for Admission:	Fall Observation required	Next of kin:	Son – Henry 0161 543 9222 0782 282 2526

Objective (What are you going to do?)	Reason (What do you hope to get out of it?)	Staff Required (Who is going to do it?)

Ward Manager Signature	Consultant Signature	Operational Manager Signature	Discharging to (home/care):

Role Profile: Geriatric Consultant

Doctors in geriatric medicine focus on the treatment of illness in older people. They play a key role in supporting older patients both in acute and primary care settings (and sometimes both). They provide compassionate patient care and as well as treating the immediate issues patients present with they also focus on their long term recovery and rehabilitation.

Geriatric consultants in acute settings will often be the key decision makers regarding a patient's care, specifically performing the following roles:

- **Undertaking daily ward rounds to examine patient's conditions and discuss their care**
- **Ordering tests and biopsies to investigate the reasons people are unwell**
- **Prescribing medications and forms of treatment**
- **Providing sign-off as to whether a patient can be discharged or transferred**



Additional Information – For you to look at later

Pay & Conditions

As a consultant you'll earn a basic salary of £76,001 to £102,465 per year, depending on the length of your service. You may apply for local and national clinical excellence awards. This is a competitive process which takes into account work that you do over and above delivering your basic job requirements. In addition if you take on extra responsibilities, for example in management or education, you may expect to be paid more. Consultants can also supplement their salary by working in private practice if they wish. The opportunities available will depend on their specialty areas and the time they wish to spend on this outside of their NHS contracted hours.

Entry Criteria

Becoming a doctor typically requires a 4-6 year degree course followed by 2 years of Foundation Training. Places on medical courses are highly competitive and normally require AAB+ at A2 level with a least two of those being science courses. Alongside the sciences you would also need good GCSE passes in English and Mathematics.

There are numerous paths to becoming a doctor which you can find out more about by visiting:

www.bma.org.uk/howtobecomeadoctor

Role Profile: Occupational Therapist

Occupational Therapists (OTs) help people of all ages to carry out everyday activities which are essential for health and wellbeing. They play a key role in the recovery and rehabilitation of patients after they've been in hospital; often helping people to maintain an active lifestyle or to cope with mental health problems. OTs help people find ways to continue with activities that are important to them. This might involve learning new ways to do things, or making changes to their environment to make things easier or safer.

Some key tasks that OTs may be involved in could be:

- **Encouraging a more active lifestyle and develop plans for daily activities**
- **Supporting people suffering to get back into everyday activities such as work or volunteering**
- **Helping elderly people stay in their own homes by providing adaptation such as level access showers, handrails or stairlifts**
- **Recommend social activities such as gardening clubs, reading groups or coffee mornings**



Additional Information – For you to look at later

Pay & Conditions

An occupational therapist working in the NHS would normally start on a band 5 rate (£21,909). With experience, further qualifications and training, you could apply for more specialist and senior posts at bands 6 (£26,302) and 7 (£31,383). Occupational therapists working at consultant level will typically be on Band 8A (£40,028) or 8B (£46,625).

Entry Criteria

To practise as an occupational therapist, you must be registered with the Health and Care Professions Council (HCPC). To register with the HCPC, you first need to successfully complete an approved degree in occupational therapy. Courses take three or four years full-time.

To get onto a full-time occupational therapy degree course you usually need two or three A levels, along with five GCSEs (grades A-C), including English language, maths and science.

If you'd like to find out more about the role and your options for becoming an OT you can visit:

www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/occupational-therapist

Role Profile: Dietitian

Dietitians translate the science of nutrition into everyday information about food. They advise people and help them make informed and practical choices about their food and nutrition. Dietitians assess, diagnose and treat dietary and nutritional problems. They also teach and inform the public and health professionals about diet and nutrition. Their aim is to promote good health and prevent disease in individuals and communities. They work in hospitals or in the community.

Some key tasks that dietitians may be involved with are:

- **Educating and advising patients on the practical ways in which they can improve their health by adopting healthier eating habits**
- **Prepare information packs, flyers and other promotional materials for patients**
- **Help patients to develop diet plans**
- **Advise hospital catering departments about the specific dietary requirements of patients**
- **Run clinics in hospital outpatients departments or GP surgeries**



Additional Information – For you to look at later

Pay and conditions

Starting salaries for qualified dietitians (band 5) range from £21,478 to £27,901, dietitians at specialist level (band 6) can earn between £25,783 and £34,530, at advanced level (band 7), you can earn between £30,764 and £40,558.

Entry Criteria

To practise as a dietitian, you must be registered with the Health and Care Professions Council (HCPC). In order to register with the HCPC, you must first successfully complete an approved degree in dietetics. For an undergraduate degree, you would typically need two or three A levels, including chemistry, maths or biology, along with five GCSEs (grades A-C), including English language and maths.

You can find out more about the role here:

www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/occupational-therapist

Role Profile: Ward Manager

A ward manager is a senior Adult Nurse who oversees a ward area. They manage staff in the department as well as having responsibility for the care of the patients on the ward. As well as their clinical duties the role involves extensive planning and monitoring of the ward environment to make sure it is running efficiently and safe from infections. Ward managers play a key role in provide expert evidence-based clinical advice relating to their patients.

Some key tasks a ward manager may be involved in are:

- **Referring patients to specialist teams throughout the hospital such as alcohol specialist nurses for input in their care**
- **Overseeing discharge planning by talking to other teams and professionals working in the community such as social workers or care homes**
- **Talking to patients and relatives about their care and any concerns they may have**
- **Directing clinical staff from different professions in their department**



Additional Information – For you to look at later

Pay and conditions

Adult nurses in the NHS will usually start at Band 5 (£21,909) and work a standard 37.5 hours per week. With further experience, training and qualifications they can apply for posts up to band 9 in the most senior roles.

A ward manager typically earns a Band 7 (£31,383) salary.

Entry Criteria

Currently to become an adult nurse a 3 year degree course is required although this is set to change in the near future with vocational and work based routes being made available.

Academic entry requirements for an adult nursing degree are set by individual universities. Typically you will need a minimum of five GCSEs at grade C or above (possibly in English language or literature and a science subject), plus two A levels or equivalent level 3 qualifications. Some universities may ask for three A levels or equivalent.

You can find more information relating to becoming a nurse here:

www.healthcareers.nhs.uk/i-am/considering-or-university/studying-nursing

Role Profile: Operational Manager

Operational managers are responsible for the day-to-day organising and coordinating of services and resources, communicating with clinical staff and other professionals, dealing with the public and managing complaints, and anticipating and resolving service delivery issues. They are also required to plan and implement change.

Operational managers are heavily involved with the financial planning for the Trust as well as coordinating how staff and resources are used. They are often called upon to deal with unusual or urgent issues but are also required to devise plans and help to implement strategies throughout the organisation such as cost reduction plans.

For the purposes of today's exercise your role will focus on:

- **Coordinating your colleagues to lay out a plan for the patient's discharge**
- **Making notes on the key decisions and actions you'll each be taking**
- **Presenting your plan to the other groups**



Additional Information – For you to look at later

Pay and conditions

Operational managers pay varies greatly depending on the nature of the role, typically they will start at a Band 5 (£21,909) rate but many earn Band 7 (£31,383) or higher. With training and experience there is a lot of scope to progress into more senior level positions, even as high as an Executive Director (£100,000+).

Entry Requirements

Where as many of the other job roles involved in the exercise today have a set entry criteria this is not necessarily the case for operational managers. A degree can be very useful in gaining a position, particularly in traditionally academic subjects such as Economics, Business Management or a Social Science but many operational managers have risen through NHS organisations from a starting in entry level administrative roles such as filing clerks or typists.

If you'd like to find out more about operational management you can find some information here:

<https://www.healthcareers.nhs.uk/explore-roles/operational-management>