

Criteria Led Discharge

To improve our service to patients we have established a discharge process that is led by your recovery. This is called 'Criteria Led Discharge'. It means that your discharge is dependent on a set of clinical criteria (milestones) you must meet before going home.

What is Criteria Led Discharge?

Criteria Led Discharge is a process in which you will work with your care team. The care team may be made of different healthcare professionals such as nurses, junior doctors, physiotherapists, and occupational therapists. This is to make sure your discharge from hospital is not delayed and that you can safely transition home or to another care setting as soon as you are well enough.

It has many benefits:

- It clearly outlines how your healthcare team will be involved in your recovery planning during your hospital stay.
- You spend less time in hospital because decisions about your discharge are made earlier in your stay.
- You will know what needs to happen before you leave.
- You can plan ahead for leaving the hospital.

What will happen under Criteria Led Discharge?

Your healthcare team agree on a set of criteria (milestones) for you to meet before you can be discharged.

Your milestones might include a combination of clinical goals such as having a reduction in symptoms, improving your wellbeing and recovery



Patient Information

planning. For example, having somewhere safe to go after your discharge from hospital.

The multi-disciplinary team will work with you to meet these milestones so that you can go home as quickly and safely as possible.

How will you know you have met the milestones?

An experienced healthcare professional such as a nurse or therapist will confirm that you have met all the agreed milestones. If there are no outstanding issues, you will be able to leave the hospital without seeing a doctor for a final time.

If there are any concerns at any point during your hospital stay the team will contact the doctor to review you before going home.

Does this mean I won't see a doctor at all?

No. Your hospital doctor or a member of their team will continue to see you throughout your hospital stay. Criteria Led Discharge means that you and the team, including your senior doctor, have agreed on a set of goals before your discharge. An experienced staff member will work with you to confirm the agreed milestones you will be working towards. You will be discharged once your agreed milestones have been reached.

The Criteria Led Discharge Process

- Your doctor or a member of their team will discuss Criteria Led Discharge with you to make sure you are aware of the process.
- Your team will agree on a set of criteria (milestones) to achieve before your discharge.
- An experienced healthcare professional monitors that the agreed milestones have been met.
- You can leave the hospital without having to wait to see a doctor.

Patient Information

Before you leave hospital, please make sure you/your next of kin:

- Understand the plan for you to manage after discharge (including medications, outpatient appointments and home-based or community services)
- Ask about medical certificates and letters for discharge.
- Make sure you have your keys to your property, or someone is there to let you in.

On the day of discharge, you may be taken to our Discharge Lounge (a safe waiting area that is staffed by nurses) where your family or hospital transport can collect you.

Who should I contact if I have a problem or question?

Please speak to the Ward Manager or the Nurse in Charge.

You can make a complaint or appeal at any stage of the discharge process by contacting our PALS department.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the Ward Manager or Nurse in Charge and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History	
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Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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