

The Trust is committed to reducing/preventing healthcare acquired infections. We will endeavour to ensure that the environment, during your stay, will be clean and there are sufficient hygiene facilities. Staff are aware of Infection Control policies. All wards have a designated Infection Control Champion who link to the Trust Infection Control Team for help and advice.

Looking after your physical health



Patient information leaflet

If you need help to understand this leaflet or would like it in a different language or format (such as large print, Braille or audio) please ask a member of staff.

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Your physical wellbeing contributes to your mental wellbeing, so as part of your admission to the ward (or soon after), a doctor or nurse will carry out a physical examination to assess your physical health. The doctor or nurse may check:

- your temperature
- your pulse
- your respiratory rate
- your blood pressure
- your height and weight
- the levels of oxygen in your blood (this is done by placing a device called a pulse oximeter on your finger)
- your reflexes

Other checks may be necessary to monitor your physical health and this may include blood tests.

During this examination, the doctor or nurse will ask about your medical history and if there is any family history of certain conditions such as diabetes or heart disease.

The doctor or nurse will ask about your lifestyle. This will include questions about whether you smoke, drink or take any unprescribed substances.

The doctor or nurse may want to carry out further tests to complete your assessment and your care plan will reflect any physical health needs you may have.

Throughout your stay, the nursing staff will ask you if they can carry out a weekly wellbeing check to monitor your physical health. How well you are physically will determine how often these checks need to be done, but this will be explained to you. As a minimum, all patients will be offered a weekly wellbeing check.

If you would like to make any changes to your lifestyle to improve your health (for example giving up smoking), please talk to a member of the ward staff who can provide advice and arrange specialist support for you.

Would you like to kick the smoking habit?

You are FOUR times more likely to quit with the help of the NHS Stop Smoking Service.

The Stop smoking service can provide you with:

- a full range of **FREE Nicotine Replacement Therapy** (if you are exempt from prescription charges)
- a recommendation letter for **Champix**
- **free, confidential and personalised support**
- **weekly support sessions with trained Stop Smoking advisors**

We also welcome people who use the e-cigarette but would like to stop depending on nicotine completely.

**If you live or work in Leicester City contact Stop
Tel: 0116 454 4000 or Email: stop@leicester.gov.uk**

**If you live or work in Leicestershire County or Rutland, stop smoking support is provided by
Quit51 Tel: 0800 622 6968 or
Email: contact.quit51@nhs.net**

Or visit our website at: www.nhs.uk/smokefree