

INFORMATION FOR PATIENTS/FAMILIES/CARERS

Fast track discharge information

The Fast Track pathway is for patients whose health is getting worse quickly and who may be very close to the end of their life. It helps them get NHS Continuing Care funding as fast as possible so they can have a 24-hour care placement or the support they need to go home safely.

A doctor on the ward should have explained to you why a Fast Track application for NHS Continuing Healthcare has been made. They should also have explained that your needs might be checked again later, and the type of funding you could get could change, depending on the results of that review when you are discharged back in the community.

After the Fast Track forms are filled out, the Integrated Discharge Advisory Team (IDAT) will help you get ready to leave hospital. They will talk with you and your family to help decide the best care for you and the best place to get that care.

Discharge options

When leaving the hospital, you will usually either go home with a package of care up to four times a day, or be moved to a nursing home for extra help.

Nursing home placement

We have a list of nursing homes that are approved by the Care Quality Commission (CQC) for patients with NHS Continuing Healthcare funding. We can share this list with you.

A specialist discharge nurse can help find local nursing homes that have space. Once a nursing home is chosen, the nurse will arrange for the home to check that they can meet your needs.

After the check, the nursing home will either agree to take you and set a date to move in, or say no. If they say no, another nursing home will need to be found. Sometimes, you may have to go to a nursing home that is not in your preferred area if no beds are available nearby within 48 hours of the funding being approved.

Home

If you decide to go home with a package of care, a specialist discharge nurse will check what kind of support you need.

They will also ask the Therapy Team to look at how you move around and if you need any special equipment, and they will help arrange delivery of the equipment if needed.

Once your care plan is ready, a date to leave the hospital will be set, and you will be told about the discharge plans.

If you first choose to go home but later decide you want to move to a nursing home, you should tell your care agency or call the Continuing Healthcare Team in your area.

Review process

Your care needs will be checked again within about 12 weeks, usually around eight weeks. This review will be done by NHS Continuing Healthcare, and the amount or type of funding you get might change based on what they find.

Contact numbers for local Continuing Healthcare teams:

- Nottinghamshire CHC – 01623 785450
- Nottingham CHC – 01158 834720
- Derbyshire CHC – 01332 401821.

Support services

There are special palliative care services in your area with trained nurses and healthcare assistants that can provide care to you and your carers to enable you to stay at home. They might visit during the day, at night, or even stay overnight. How much help you can get depends on what's available.

If you want to know more, please talk to a discharge nurse.

Anticipatory medication

When you leave the hospital, you will get “Just in Case” medicines, also called anticipatory medication. These are injectable medicines that help if you have symptoms like pain, restlessness, feeling or being sick, extra saliva, or trouble breathing.

If you have any of these symptoms at home, contact the District Nurse Team. They will check what you need and can give the right medicine. These injectable medicines can only be given by a trained nurse.

Oxygen

If you need oxygen when you leave the hospital, it can be arranged and delivered to your home or 24-hour care placement within four hours.

District nurse referral

If you decide to go home after leaving the hospital, the ward will contact your local District Nursing Team. They can help with end-of-life care, palliative support, and other medical needs like looking after wounds, catheters, or insulin if needed.

If you don't know their number, your GP practice can give it to you.

Contact numbers for local district nurse teams:

- Nottinghamshire Single Point of Access (SPA) – 01623 781891
- Derbyshire Single Point of Access (SPA) – 01332 564900
- Bassetlaw Single Point of Access (SPA) - 01777 274 422
- South Nottinghamshire Community Therapy Team Single Point of Access (SPA) - 0300 0830 100.

Hospice

You might be able to go to a hospice depending on your health. There are only a few beds, and they are usually for people who need help with symptoms that can't be controlled at home or who are in the last days of life.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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