

EAT...DRINK...MOVE...

To help you feel better in hospital

EAT... keep yourself nourished

Eating well in hospital is an important part of your recovery process.

There is a varied choice of meals available every day, including options for vegetarian diets, cultural needs and special dietary needs. Ask your nurse for more information.

You may also be referred to a Dietitian if you need advice or support with a special diet or if you are having difficulty eating enough. You may be referred to a Speech Therapist if you are having problems with swallowing.

If you are concerned about your diet or how you are eating, please ask!

Even if your appetite is poor:

Try to eat something at each mealtime; there is a wide choice on the menu;

If you don't feel like anything from the menu, we will offer you an alternative. Try some toast, soup or a milky drink and a pudding.

Eat 'little and often', try to have snacks and milky between meals – there are snacks available on all our wards.

If your visitors want to bring food in for you, the following snacks would be suitable to keep in your bedside locker:

Small quantities of fresh or dried fruit

Individual cartons of fruit juice (that do not need to be kept in the fridge);

Biscuits / individually wrapped cakes; Sweets, chocolate.

Your ward will have a copy of the guidelines on bringing food into hospital if you need more information

Wash your hands!

Good hygiene is very important.



Make sure you wash your hands before you eat;
If you can't get to the bathroom, ward staff will offer you hand wipes before meals.

DRINK... keep well hydrated

Why is it important to drink?

Not drinking enough makes you feel thirsty. You might also feel drowsy and confused and have a headache. Not drinking can increase your risk of developing urine infections and pressure ulcers and can make you more likely to fall if you are unsteady on your feet.



You might need more drinks in hospital than you usually have at home, for example if you are losing fluid or if you have a temperature.

What can you do?

Unless you are advised by ward staff to limit your fluid intake, **try to have 10 cups of fluid a day.**

Have tea, coffee, milk, soft drinks or water.

Try and have a drink every time you are offered one from the trolley and have water from the water jug too.

Make sure your drink is in reach and if you are not drinking well keep sipping drinks throughout the day.

Ask us to refill your water jug if you need more water.

Ask us to pass your drink if you can't reach it.

If your appetite is poor a milky drink will also give you protein and energy as well as fluid.

MOVE... Stay Active

Did you know.....?

Rest is important when you feel unwell, but did you know that many patients in hospital are active for only a few minutes each day?



This can lead to increased risk of.....

Blood clots, Pneumonia, Pressure sores

Falls, Spending longer in hospital

Hospital acquired infections

What is the Solution.....?

STAY ACTIVE as much as you can

What can you do?

Everyone is different, but try to keep active in whatever ways are safe for you:

Work with your Physiotherapist, Occupational Therapist and the ward staff to get yourself up and about

Get up and get dressed every day in your own clothes

Walk around the ward when safe to do so

Walk to the food trolley to choose your meals

Walk with your relatives when they visit

Ask your relatives to bring in your clothes, footwear and walking aids

What will we do?

Advise you how to be active and independent on the ward

Provide you with a walking aid and equipment if you need it.

Help you to be mobile if you need support or assistance

Benefits for all.....

Eating well, drinking fluids and being active can:

Help reduce your risk of complications

Help you to feel better sooner

Help you to be ready to leave hospital sooner

Remember to

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MOVE...

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