



Patient Support Admission Letter during COVID-19 Pandemic

Dear Patient,

I am writing to you to request your support during your admission to the ward/department in reducing the spread of COVID-19 infection. During these unprecedented and often challenging times our hospital staff are working hard to ensure patient and staff safety remains our priority. We are asking for your support in helping us to maintain this during your admission. As you will be aware there are certain measures that we can **all** take to help keep each other safe. This includes keeping yourself safe, other patients who may be vulnerable to infection, relatives/carers and our staff.

In order to do this we ask for your participation in following these basic steps:

1. **Wear a face mask** - please wear a surgical face mask (unless exempt) when moving around the ward area, for example when using the bathroom.
2. **Keep bedside curtains drawn** - please keep the curtains around your bedside drawn at the sides, this will ensure the curtains act as a barrier between you and the next patient.
3. **Social distancing** - please maintain social distancing when moving around the ward area. Patients should not move between bed spaces to interact with other patients.
4. **Minimise movement** - please minimise your movement around the hospital site. This includes patients who choose to smoke outside the hospital (see below). If you are required to leave the ward area, it is important to maintain social distancing and under no circumstances should you visit other patients on different wards/departments. See overleaf for some simple exercises you can undertake at the bedside to remain active.
5. **Good hand washing** - please maintain good hand washing during your admission. This includes washing your hands following the use of the bathroom, before eating, after blowing your nose, sneezing or coughing. You should ensure you wash your hands for at least 20 seconds.

Please note that Lancashire Teaching Hospitals is a smoke-free organisation and smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come into hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy. The World Health Organization (WHO) has found following recent studies that smokers are more likely to develop severe disease from COVID-19 than non-smokers, and in hospitalised patients with COVID-19, smoking was associated with increased severity of illness and death. If you want to stop smoking you can contact the Quit Squad on Freephone: 0800 328 6297.

We really do appreciate your understanding and participation in helping to reduce the spread of COVID-19 infection by keeping yourself and others safe during your admission. Please do not hesitate to talk to a member of the team if you are worried or have questions.

Yours sincerely,

The Ward Manager

During your stay in hospital it is also crucial to keep your activity levels up, where possible. Thirty minutes of moderate intensity physical activity a day can have many health benefits including improved mobility, strength and balance. All of these will help contribute to a timely discharge from hospital. Our physiotherapy team have created these simple chair based exercises for you to complete in your own time.

If you have any concerns with the exercises or would like some more advice, please speak to your ward based therapy team.

1. Seated Marching

- Sit tall in the chair and look forwards
- Remain seated and slowly begin to march on the spot, lifting alternate feet off the floor
- If you feel able, slowly begin to involve your arms. Try to swing opposite arm and opposite leg. Complete for approximately 2 minutes, resting if required



2. Seated Knee Extension

- Choose a chair of an appropriate height that has arms, sit forwards in the chair and maintain a tall posture.
- Straighten one leg in front of you and try to hold this for 5 seconds
- Slowly lower your leg and repeat on the other side



3. Calf Raise

- Choose a chair of an appropriate height that has arms, sit forwards in the chair and maintain a tall posture
- Remaining seated, lift your heels off the floor and then slowly lower back down. Attempt to complete this 10 times



4. Reaching

- Choose a chair of an appropriate height that has arms, sit forwards in the chair and maintain a tall posture
- Remain seated and begin to reach in all different directions, for example down to the floor and out to the side.



Exercises created by

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