Benefits of CLD?

- **Clarity:** You can see exactly what needs to happen before you go home.
- **Fewer delays:** Planning early helps reduce waiting once you are medically ready.
- **Better planning at home:** Knowing the likely day of discharge makes it easier to arrange lifts, home keys, and support.

These reflect national best practice and our local CLD policy at King's.

Before you leave and who to contact?

Before you leave, please check you:

- Have **home keys** or someone to let you in.
- Understand your **medication**, written discharge summary, and any **appointments**.
- Know who to contact if you feel unwell after going home.

Questions while you're in hospital?

Please speak to your **nurse in charge** or the **ward team**.

After you go home

If you're worried, follow the advice on your **discharge summary** or phone the number provided there.

For general feedback or support you can also contact Patient Advice and Liaison Service (PALS).

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is in the main hospital foyer at PRUH and they would be happy to advise you.

PALS at Princess Royal University Hospital,
Farnborough Common, Orpington,
Kent BR6 8ND
Tel: **020 3299 4618**
Email: **kings.pals@nhs.net**

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To find out more visit www.kch.nhs.uk/mychart

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net

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Integrated Care
Corporate Comms: 4840

NHS
King's College Hospital
NHS Foundation Trust

Going home safely with Criteria-led Discharge

Patient Information Leaflet

A quick guide to how we plan for your safe discharge from Princess Royal University Hospital.

www.kch.nhs.uk

What is Criteria-led Discharge (CLD)?

CLD is a way we plan your discharge in advance using clear, personalised criteria. Knowing the plan helps you and your family get ready for going home or to another place of care, as soon as it is safe to do so.

Your discharge criteria?

CLD means your clinical team agree and document a small set of goals (**your discharge criteria**) that must be met before you leave hospital.

- These criteria are **personalised to you** and recorded in your medical notes.
- When **all** the criteria are met, a **competent registered professional** (for example, a nurse, AHP (Allied Health Professional), junior doctor FY2+) can complete your discharge without waiting for an additional consultant review.
- If anything changes, the team will reassess and adjust the plan. This approach is used across the NHS to support **safe, timely discharges**.

CLD at the Princess Royal University Hospital

1. Talk and plan:

Your doctor discusses CLD with you and agrees the criteria that show you're ready to leave.

2. Record the criteria:

We write the criteria in your notes and on Epic, our electronic health record system.

3. Monitor progress:

The ward team check your progress against the agreed criteria.

4. Discharge when ready:

When every criterion is met, we complete your discharge, answer questions, and give you written information (medicines, follow up, and who to contact).

Will I see a doctor?

Yes. Your doctor leads the clinical decisions and will continue to see you as needed. CLD simply avoids delays once all agreed criteria are met.