

Why am I in isolation?

Patient Information

What is isolation?

Sometimes it is necessary to place a patient in a single room or in a bed space within a multi-bedded room with some restrictions on movement. This is referred to as 'isolation'.

Why do I need to be in isolation?

Bacteria and viruses can cause a variety of infections and precautions are needed to reduce the risk of spreading infection to other patients and staff. Some patients are also more vulnerable to infection and are isolated to help protect them.

What will this mean for me?

The restrictions will depend on what infection/condition you have and how it spreads. Generally, you are asked to avoid other patient bedspaces and shared areas. You may be asked to delay your daily shower until later in the morning. Please check with your nurse.

Can I have visitors?

Visitors must speak to the nurse looking after you before visiting. The nurse will advise on any extra care your visitors may need to take before entering your room. Sometimes visitors, including babies and children, are asked not to visit while you are acutely unwell.

What about my care?

Being in isolation will not affect your medical care. If you need to go to another department, e.g. X-ray, staff will advise them of any extra precautions that are required.

When will isolation stop?

This depends on the reason for your isolation. It can be anything from a few days to the whole length of your stay.

Coping with a period of isolation

Patients in isolation may have feelings of anxiety and/or loneliness. Books, music or a technology device may help reduce feelings of separation and boredom. Sleeping during the day to cope with boredom can lead to trouble sleeping at night.

If you are aware of major changes in your mood or behaviour, e.g. feeling increasingly sad or irritable, please discuss these concerns with staff

Will my discharge from hospital be delayed?

Being in isolation does not delay your discharge. You will be discharged when your general condition allows for it. It also will not prevent you from returning to a rest home or residential facility. Hospital staff will communicate with your facility before your return.

What happens when I get home?

When you go home you usually do not need to take any extra care as spread of infection does not have the same risk as at home.

If you need to continue taking special care at home, you will be told by the hospital staff before you leave.

Good hand washing is always encouraged, especially after going to the toilet and before preparing or eating food; this also applies to any relatives or carers coming into your home.

If there is anything else you wish to know, please ask the staff caring for you