




National Institute for
Health Research

GOING HOME AFTER A SERIOUS INJURY

A patient support booklet, based on evidence from a NIHR funded study, is now available to be used.



The booklet is free to download and use and offers useful advice and resources for patients as they leave hospital and return home after suffering from a serious injury.

The booklet is based on the experiences of patients who have been through a similar experience.

Topics include:

- Getting home
- Woundcare
- Medication
- Nutrition
- Wellbeing
- Seeking Help

Previous versions of the booklet have been used by University Hospitals Bristol NHS Foundation Trust and the Major Trauma Centre at Nottingham University Hospitals NHS Trust. It has now been updated and is available for healthcare professionals and patients to use.

If you would like a copy of the booklet, please visit:

 <http://www.clahrc-em.nihr.ac.uk/clahrc-store>

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