

# Planning your discharge from hospital using criteria-led discharge (CLD)

Trustwide Clinical

Information for Patients

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You have been given this leaflet as you have been chosen for a criteria-led discharge process.

## What is criteria-led discharge (CLD)?

This is a process where the ward team work with you to make sure your discharge from hospital is safe and focused on you. We discharge you home when you no longer need treatment or care at the hospital. The healthcare team will check that you have reached your goals. A 'goal' is something the healthcare team want you to achieve so that you are well enough to leave the hospital.

## CLD goals can be:

- Being able to move safely. This does not always mean walking. It does mean you can safely move (transfer) from bed to a chair. This can be using any equipment that meets your needs. It can mean that your rehabilitation can safely be given in another place in the community.
- Your blood pressure and temperature are normal for you.
- The best place for you to go to is ready.
- Your blood levels are within acceptable limits.

When your goals are reached they will be recorded in your medical notes.



**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## **Benefits to you**

- You and your family can plan ahead for leaving hospital.
- You will know what needs to happen before you leave.
- You will not stay in hospital any longer than you need to.
- You will be discharged from hospital before midday.

## **The CLD process**

The process clearly outlines the goals both you and your ward team need you to complete during your stay. This is based on the reason you were admitted to hospital.

## **How will I know I have met my goals?**

A senior member of the team who has been trained in criteria-led discharge will talk to you every day about your goals. They will confirm that you have met all the goals for discharge. As long as all goals are met you will be able to leave the hospital without seeing your doctor for a final time.

If there are any concerns at any stage of your journey the team will contact the doctor to review you.

## **Will my hospital doctor be involved in decisions about my care?**

Yes, your hospital doctor has set the goals (criteria). They will have overall responsibility for your care whilst in hospital.

## **Before you leave the hospital**

Please make sure you or your next of kin:

- Understands the plan for you to manage after discharge. For example, your medicines, dressings, changes to outpatient appointments and names contact numbers of any care packages.
- Make sure your property is suitable for your return and you have keys for your property.

On the day of discharge you may be taken to our Discharge Lounge. Here we will give you your medicines. Your family or hospital transport can collect you from here.

The discharge lounge is a nurse led environment, with qualified and experienced nurses, health care assistants and other key staff within the team. For more information visit: <https://yourhealth.leicestershospitals.nhs.uk/> and search for 'Welcome to the Discharge Lounge at Glenfield Hospital' or leaflet number 293.

## Discharge from the ward

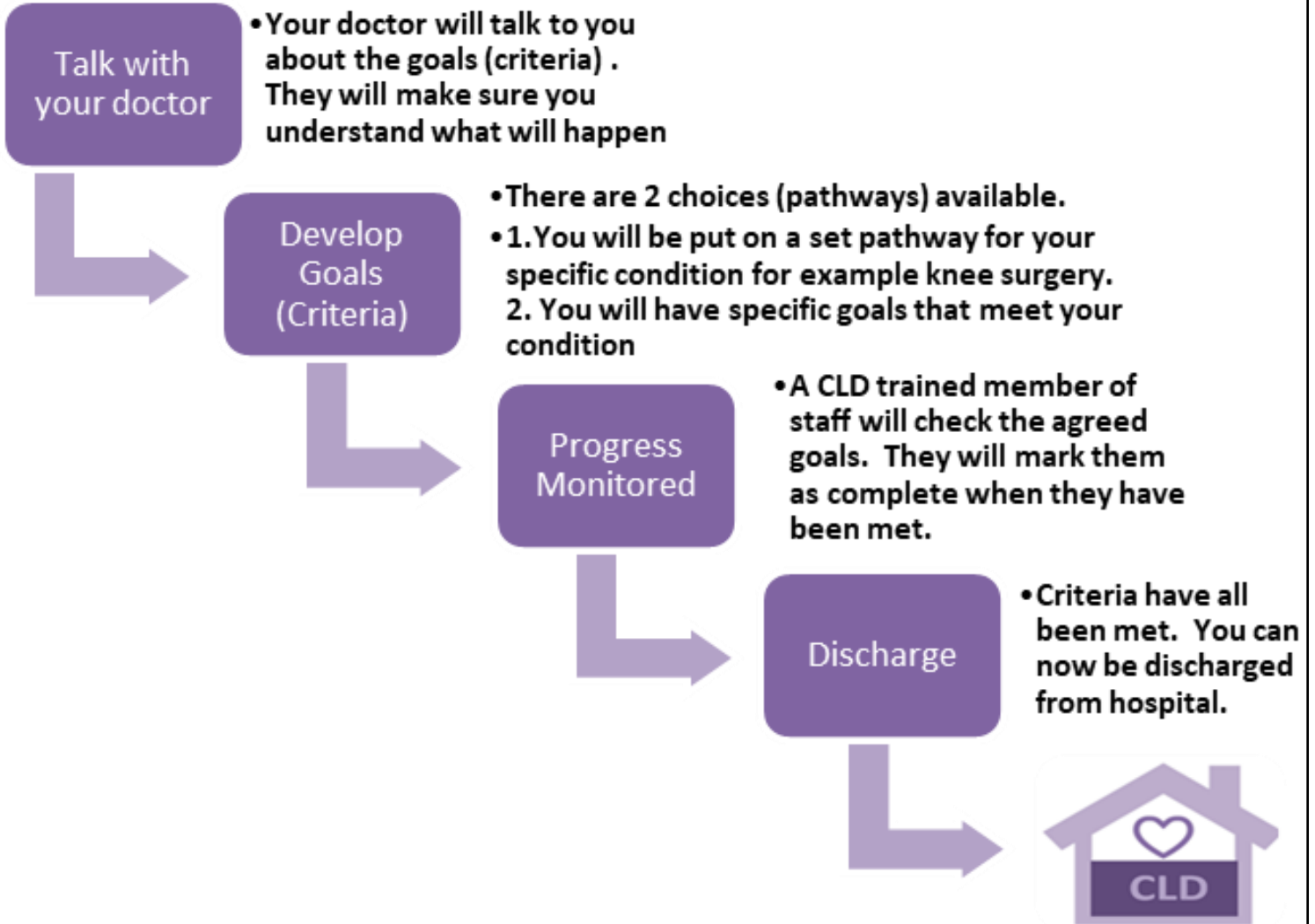
Please think about the following when preparing for your discharge:

- Do I have suitable clothing to travel in?
- Have I arranged transport?
- Do I have money for a taxi?
- Do I have access to my home/ keys/ key safe number?
- Do I need a sick note before leaving the ward?
- Do I have my discharge letter and my medicines?

## After discharge

- You will be sent a text message or email giving you a link to contact the ward if you have any issues about your recent hospital stay.
- If you do not have a mobile or email please tell the ward staff and they will give you a contact number.
- It can be used for 7 days. After this time you should contact your GP.
- If your symptoms are life threatening **call 999**.

## Criteria-led discharge process



## Who should I ask if I have a question?

Please speak to the Ward Manger or Nurse in charge of the ward.

University Hospital of Leicester: **0300 303 1573**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
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