



Mynd adref ar ôl eich rhyddhau wedi asesiad

Rydych wedi cael eich asesu ac yn barod i ddychwelyd adref. Parhewch i fonitro'ch hun gartref. Os oes gennych rywun yn cynorthwyo gyda'ch gofal, efallai yr hoffech adael iddynt ddarllen y daflen hon i helpu i fonitro eich hun gartref. Er bod y rhan fwyaf o bobl yn gwella'n raddol ar ôl rhyddhau, mae'n bosib na fydd rhai yn gwella ac efallai y bydd angen sylw meddygol pellach.

Beth yw 'Mynediad Agored'?

Yn dilyn rhyddhau o:

Gallwch gysylltu â ni ar:

Mae'r gwasanaeth hwn ar gael 24 awr y dydd, 7 diwrnod yr wythnos, ac fel arfer byddwch yn cael 24 - 48 awr o 'fynediad agored'.

Os oes angen ail asesiad clinigol arnoch, byddwn yn trafod eich pryderon ac yn eich helpu i benderfynu ar y camau nesaf. Dros y ffôn, fel arfer cyngor cyffredinol y gallwn ei ddarparu. Os ydych chi, neu rywun sy'n gofalu amdanoch chi, yn poeni am eich salwch, efallai y byddwn yn eich cynghori i ddychwelyd atom i gael asesiad pellach, neu, mewn achosion brys, i ffonio 999. Ar ôl 24 - 48 awr o'ch rhyddhau, mae'n debygol y cewch eich ailgyfeirio i GIG 111 Cymru, eich meddyg teulu, neu Adran Achosion Brys yr ysbyty (a elwid gynt yn adrannau damweiniau ac achosion brys). Os byddwch yn cysylltu â'r gwasanaethau hyn, eglurwch eich bod wedi cael eich rhyddhau o'r ysbyty yn ddiweddar.

Sut byddaf yn gwybod a oes angen cymorth brys arnaf?

Gwrandewch ar eich hun - chi, ac unrhyw un sy'n darparu gofal rheolaidd i chi, sy'n eich adnabod orau.



Er mwyn helpu i fonitro'ch hun gartref, rydym wedi darparu cyngor penodol. Gall hyn gynnwys codau QR, taflenni neu wybodaeth yn eich llythyr rhyddhau. Gallwch hefyd sganio'r cod QR hwn i wefan o'r enw 'GIG 111 Cymru', am gyngor a gwybodaeth iechyd.

Gwybodaeth am sepsis

Mae sepsis yn salwch difrifol sy'n cael ei achosi gan ymateb llethol y corff i haint (e.e. heintiau anadlol fel niwmonia, bronciolitis (y cyfeirir ato hefyd fel RSV) a'r fflw; heintiau abdomenol fel heintiau'r llwybr wrinol ac yn dilyn pendics yn byrstio; heintiau bacteriol fel streptococcus, staphylococcus, E. Coli a thoriadau heintiedig, crafiadau a llosg). Mae oedolion sydd â system imiwnedd wan, fel y rhai sy'n cael cemotherapi, mewn mwy o berygl.

Ar yr adeg yr ydym yn eich anfon adref, nid ydym yn credu bod sepsis gennych, ond gall salwch ddatblygu'n rhywbeth mwy difrifol o bryd i'w gilydd. Gall symptomau sepsis amrywio ac yn aml maent yn anodd eu hadnabod. Os na chaiff ei drin yn gyflym, gall sepsis achosi niwed neu hyd yn oed farwolaeth, felly mae'n hanfodol gwybod beth i gadw llygad amdano. Am wybodaeth fanwl, sganiwch y cod QR hwn.



Os ydych yn amau sepsis, gofynnwch am gymorth meddygol ar frys.

Ffoniwch 999 neu ewch i'r **Adran Achosion Brys yn Ysbyty Athrofaol y Faenor**.

Os ydych chi'n poeni am haint ond ddim yn amau sepsis, ffoniwch 111.

Ond gofynnwch, 'A allai fod yn sepsis?'

Dyluniwyd y daflen hon mewn partneriaeth â Corinne Cope, er cof am ei mab, Dylan.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

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Going home following discharge

You have been assessed and are ready to return home. Please continue to monitor yourself at home. If you have someone assisting with your care, you may wish to let them read this leaflet to help with monitoring yourself at home. While most people improve gradually after discharge, some may not and could require further medical attention.

What is 'Open Access'?

Following discharge from:

you can call us on:

This service is available 24 hours a day, 7 days a week, and you will usually be given 24 - 48 hours of 'open access.'

If you need a second clinical assessment, we will discuss your concerns and help you decide on the next steps. Over the phone, we can typically only provide general advice. If you, or someone caring for you, are worried about your illness, we may advise you to return to us for further assessment, or, in urgent cases, to call 999.

After 24 - 48 hours from your discharge, you are likely to be redirected to NHS 111 Wales, your GP, or the hospital's Emergency Department (previously known as A&E). If you contact these services, please explain that you were recently discharged from hospital.

How will I know if I need urgent help?

Trust your instincts - **you, and anyone who provides regular care for you, know you best.**



To help monitor yourself at home, we have provided specific advice. This may include QR codes, leaflets or information in your discharge letter. You can also scan this QR code to a website called 'NHS 111 Wales', for health advice and information.

Some basic information about sepsis

Sepsis is a serious illness caused by the body's overwhelming reaction to infection (e.g. respiratory infections such as pneumonia, bronchiolitis (also referred to as RSV) and influenza; abdominal infections such as urinary tract infections and following a burst appendix; bacterial infections such as streptococcus, staphylococcus, E. Coli and infected cuts, scratches and burns). Adults with a weakened immune system, such as those undergoing chemotherapy, are more at risk.

At the time we are sending you home, we do not think you have sepsis, but illnesses can occasionally develop into something more serious. Sepsis symptoms can vary and are often hard to recognise. If not treated quickly, sepsis can cause harm or even death, so it's vital to know what to look out for. For detailed information, please scan this QR code.



If you suspect sepsis, seek medical help urgently.

Call 999 or visit the **Emergency Department at The Grange University Hospital.**

If you're worried about an infection but don't suspect sepsis, call 111.

Just ask, "Could it be sepsis?"

This leaflet has been designed in partnership with Corinne Cope, in memory of her son, Dylan.



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