

Mealtimes

You will be served three meals a day, between the following times:

Breakfast: 8am-8.45am

Lunch: 12pm-1pm

Supper: 5pm-5.45pm

Each meal can be ordered in advance and you will be offered a choice of portion size. If you need a special diet for religious or medical reasons just let the ward staff know.

Snacks can be requested at any time so there is no need to worry if you miss a meal, just let the ward staff know if you are hungry.

Hot drinks are served between meals. After supper there is at least one more hot drink served.

Who do I talk to if I don't feel safe?

Please talk to the ward sister or your doctor.

Patient centred visiting

Visiting around you and your wishes.

Please note that visitors can come to see you during day time hours.

We ask that no more than two visitors visit at an one time. This is to minimise disturbance to other patients who are also recovering.

Occasionally visitors may be asked to leave the clinical area and we will explain the reasons at the time.

Doctors' rounds

You will be looked after by a team of doctors led by a consultant.

Ward rounds should commence at 8am and you will usually have daily visits from at least one member of the team but sometimes the whole team will see you during the consultant ward round.

These visits are an opportunity for you to tell them how you are feeling and to ask any questions.

Safe discharge

We're aiming to get you home as safely and quickly as possible. Being at home or your normal residence is best.

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

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South Tees Hospitals
NHS Foundation Trust

Advice on Staying Safe

& information relating to your hospital stay

Patient name:

Discussed with:

Date:

Expected date of discharge:

Families and carers - for more information please ask a nurse

Get Up

Being mobile will help your recovery:



- Get out of bed for meals (this helps your appetite and digestion of food)
- Eat with others (it's less lonely!)
- If you feel sore, tell us (we can give you pain relief medicines)

Get Dressed

By getting dressed...

- You can show your individuality and you feel more dignified
- You will feel less vulnerable and more confident
- You can prevent falls (wear your glasses, slippers or shoes, hearing aids)



Get Moving

Remaining active...

- Reduces your risk of trips, falls, bed sores and blood clots
- Prevents constipation and helps digestion
- Helps mobility and continence (walk to the toilet and around the ward)



Stay Safe

Ways to stay safe:

- Change position regularly (reduces risk of skin damage)
- Eat regularly and well (for your body to repair and heal)
- Try to reduce caffeine intake (caffeine stimulates the bladder and can contribute to incontinence)
- Wash hands before eating and after using the toilet (this helps avoid infections)

General advice

- Tell us if you feel unwell or dizzy
- Ask staff and visitors to wash their hands
- Wash your hands or use a handwipe before eating
- As you get better 'home is best', ask us: "When can I go home?"
- Please ensure your call bell is within reach if you require assistance

What to expect

The daily ward routine and who will be looking after your healthcare

Ward routine and safety

There are usually two nursing shifts a day, with each shift change accompanied by a handover where nurses are updated on each patient and any specific care required. The day starts at approximately 7am until 7.40pm and the night staff start at 7pm and finish at 7.40am.

The first routine activity of the day for patients is a hot drink, followed by breakfast from 8am.

Patient identity bands are important for your safety and you should alert staff if one has not been applied, or is missing.

Staff may also frequently check your identity with you verbally, e.g on taking a blood sample, prior to giving you medicines or before a procedure.

Medication rounds

A nurse will issue your medication at the appropriate times or you may wish to self-administer your own medication as you would at home.

If you have any queries about the self-administration of medication or problems with your medication, please ask a member of staff for advice.

