

Wessex adult cystic fibrosis service

Frequently asked questions about being an inpatient on C5 ward

Where is the ward? How do I find it?

The ward is called C5 (isolation ward) and is on C level (the same level as the main entrance with all the cafes and shops on), West Wing. The doors of the ward are operated by a swipe card access so you need to be buzzed in. The telephone number for the ward is 023 8120 6777.

What are the visiting times?

Visiting times are open during the day although visitors are not allowed to stay overnight. If you or your visitors have particular needs at other times please talk to the sister in charge of the ward.

What about parking costs for me and my visitors?

Parking is not free but there are reduced rates for patients who are in hospital a long time. Please speak to the ward staff about this.

What physio equipment is available?

There is lots of equipment available, including: lots of exercise bikes, kettle and other weights, mats, punch bag, Wii-Fit and more. Please speak to a CF physio for more details.

What internet and computer equipment is available?

There is free wifi for all patients to connect their own devices to. There is also a separate wifi network for the 32" wifi-enabled TVs. TVs have free Netflix, as well as YouTube and the usual free channels. There are some laptops, iPads and android tablets on request. There are also some DVDs available although most people prefer other ways to watch. Please ask the ward staff for more details of these, as well as if you have any problems.

What is the hospital food like? When will it be served and how do I make choices?

We have worked hard with our catering department to make our food more suitable for the needs of people with CF. Meals are usually served around 8am, 12.30pm and 6pm. In addition to the normal food supplied by catering company Steamplicity (available 24/7), people with CF can order a cooked breakfast every day, and have access to a menu of extra high energy foods. In addition, ward staff can heat up (by microwave) food that you have brought in from home. There are also cakes and cookies available in the afternoons. Please speak to the ward nursing staff, the ward host/hostess, or your CF dietitian for more details about this or any concerns you have about your food.

Will I be able to be in control of my own medicines while I am in?

Unfortunately this is not possible for inpatients. Ward nursing staff will give you all the medicines you need. It would be very useful for you to bring all your tablets, medicines, nebulisers and inhalers with you so that we can go through them all with you to make sure we know what you taking and that you still need them all. The CF specialist pharmacist or pharmacy technician will go through these with soon after your arrival.

How often will I see the CF team?

You will see a doctor from the team every week day. A consultant will usually do a ward round on the mornings of Monday, Wednesday and Friday. You can expect to see a CF physio for airway clearance at least once a day during the week. A second physio session will be provided by either a physiotherapist or a physio technician. At weekends more unwell patients will also be offered daily sessions. Even if you are very good at doing your own physio, we would expect you to work with the physios every week day to get the most out of being an inpatient.

I don't like needles. Will the nurses and phlebotomists be told this?

If the CF team already know this then it will be passed on to the nursing staff on the ward. Lots of people don't like needles, and 'magic cream' or 'cold spray' can be used as needed.

What time will my IV antibiotics be given?

Times vary depending on how many times per day your antibiotics need to be given, how many other patients are on IV antibiotics and other factors. However the first dose could be shortly before 6am and the last dose might be a little after 11pm.

Will my room be cleaned?

Yes, you will have your room cleaned and bed changed every day.

Can I go out for the day?

During the week, we would request that stay you on the ward so that you can receive the treatment that you need, have the tests that are requested, and see the members of the team when they come to see you. If the CF team think you are well enough they will allow you to have some day leave in between antibiotic doses at the weekends. Please always speak to a member of ward staff before leaving the ward and on returning (fire regulations).

What do I need to bring with me?

You should bring all the usual things for a stay away from home, including wash bag, night clothes, slippers, computer and charger. Some people like to bring in their own games consoles. Importantly, you should also bring all your usual medications, nebulisers and any other equipment you use with you.

Who will I meet on the ward?

You will meet the ward nursing staff, including ward sisters (dark blue uniforms), staff nurses (mid-blue uniforms) and healthcare assistants (pale blue uniforms). You will also see a doctor from the CF team every weekday, including a consultant three times per week (usually Monday, Wednesday and Friday). A member of the physio team (white tunics) will come to see you twice a day, and a CF dietitian will come to see you at least twice per week. CF nurse specialists and other members of the team are available on request.

Can I give feedback?

Yes. After each visit you will be asked to complete a form with your feedback. Please do complete this with any positive feedback or suggestions as to what could be done better.