

## Patient information factsheet

# Welcome to the clinical decision unit

We have given you this factsheet because you have been admitted to the clinical decision unit (CDU) within the emergency department (ED).

### What is the clinical decision unit (CDU)?

The CDU is a short stay unit (open 24 hours a day) within the ED. It is for people who need more clinical care, but don't need to be admitted to hospital. For example, you may be cared for in the CDU if you need:

- a period of observation
- an assessment by a specialist team
- test results
- further treatment

The CDU is not an inpatient ward. We aim to complete your care within 12 hours of your arrival. The ED team will look after you from when you arrive at the unit until when you leave. We ask that you start thinking about how you will get home, for example, arranging for someone to collect you, as soon as you arrive at the unit. This will help you to get home faster when we discharge you.

### During your stay in the CDU

During your stay, we will provide you with ongoing care, up-to-date information regarding your care pathway and treatment plan, regular food and drinks, and advice about the pharmacy and your health.

Please let us know if you:

- feel unwell
- are in pain
- feel disorientated or frightened
- are not sure what your diagnosis is
- are not sure what your treatment plan is
- have medication with you that you need to take
- are hungry or thirsty
- have any food allergies or specific dietary requirements
- have any questions

### Visitors

Visitors are welcome in the CDU 24 hours a day. However, for the safety and comfort of all, please limit your visitors to one at a time.

### Refreshments

Water and squash are available 24 hours a day.

## Meal times

Breakfast: 8 to 9am

Lunch: 12 (noon) to 1pm

Dinner: 5 to 6pm

Tea rounds: 10am, 2pm and 6.30pm

If you need any food or hot drinks outside of these times, please let a member of our team know.

## Care pathways

There are three possible care pathways for people in the CDU:

### You may be assessed by a specialty team

Specialty medical teams, such as psychology, mobility and activity, social support, medical, surgical, orthopaedic (musculoskeletal system specialists), neurology (nervous system specialists) or cardiology (heart specialists), may come to assess you while you are in the CDU. If any of these specialty teams think you need further treatment, they may admit you to hospital under their care. If this is the case, please ask the specialty team for a copy of your discharge paperwork (a written summary of your hospital stay that includes details of the tests and/or treatment you received and if any follow-up care is needed) before you leave hospital.

### You may be transferred to another hospital or care facility

Some people may need to be transferred to another hospital or care facility, such as Princess Anne Hospital or Salisbury District Hospital, to continue their treatment.

Other people may need rehabilitation or respite care (a break from caring) before going home.

### You may be discharged

If your test results and assessments show that you are able to be discharged home safely, we will help you to make the necessary arrangements. Please ask us for a copy of your discharge paperwork before you leave hospital.

If you need NHS transport, you will need to wait for this to arrive in the CDU or in the hospital discharge lounge (due to the current pressures on our ambulance services, you may have to wait a long time for your transport home). Please note that NHS transport is limited and is not suitable for everyone. If you are unsure whether you are a suitable candidate for NHS transport, please ask us.

## Contact us

If you have any questions or concerns, please contact us.

Clinical decision unit (CDU)

Telephone: **023 8120 3198**

Ambulatory CDU

Telephone: **023 8120 5115**

## Useful links

[www.uhs.nhs.uk/departments/emergency-medicine/emergency-department](http://www.uhs.nhs.uk/departments/emergency-medicine/emergency-department)

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