

Patient information factsheet

Wessex adult cystic fibrosis (CF) service

This factsheet contains important information about our adult cystic fibrosis (CF) service. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact a member of our team using the details at the end of this factsheet.

What is the adult CF service?

The adult CF service at Southampton General Hospital cares for and supports adults living with CF in Hampshire, Dorset, Wiltshire, Somerset, East Sussex, West Sussex, the Isle of Wight, and the Channel Islands.

Our team

The adult CF service is a specialist team made up of a number of healthcare professionals, including:

- dietitians
- doctors
- pharmacists
- physiotherapists
- psychologists
- social workers
- specialist nurses

Clinics

We run a mixture of face-to-face and virtual (over the phone) clinic appointments.

Our clinics are held on Mondays, Tuesdays, Wednesdays, and Fridays, in the morning and afternoon (except for annual review appointments which are always in the morning). We try to be as flexible as we can with appointments, so please let us know if a time isn't suitable for you or if you'd prefer a face-to-face or virtual clinic appointment.

The length of your appointment will vary:

- annual review clinic appointments may last up to four hours
- other routine appointments may last up to an hour and a half

During these appointments, you will be seen or phoned by various members of our team in turn.

We will review you regularly throughout the year as needed (either in person or over the phone).

Face-to-face appointments

Face-to-face appointments are held in our dedicated consulting rooms on C level at Southampton General Hospital. You are welcome to bring one other person with you to your appointment.

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Virtual appointments

For virtual appointments, please email us your latest lung function test result from your home machine (if you have one) before your appointment. At the time of your appointment, please make sure you are somewhere you can talk privately and have your phone to hand.

Hospital admissions

If you need to be admitted to the hospital for treatment, we will usually admit you to ward D10 (infectious diseases and cystic fibrosis unit), where there are side rooms with en-suite facilities.

Contact us

If you have any questions or concerns, or would like to take a look around our clinic area, please contact us.

Adult CF team

Telephone: **023 8120 6801** (Monday to Friday, 9am to 5pm)

Email: AdultCFAdmin@uhs.nhs.uk

For non-urgent queries, you can also contact us via the My Medical Record app. My Medical Record is an online service provided by University Hospital Southampton NHS Foundation Trust (UHS) that gives you access to your own digital health record. For more information about My Medical Record, please visit: www.uhs.nhs.uk/for-patients/my-medical-record

We aim to respond to all non-urgent queries within two working days.

For urgent issues outside of our office hours, call ward D10 on telephone: **023 8120 8334**.

If you are very unwell, seek urgent help by calling an ambulance on 999 (if needed).

Useful links

Information about our service:

www.uhs.nhs.uk/departments/respiratory/cystic-fibrosis-service-adults

Information on getting to our department:

www.accessable.co.uk/university-hospital-southampton-nhs-foundation-trust/access-guides/cystic-fibrosis-outpatients

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport

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