

Delirium

Around a third of patients aged over 65 admitted to hospital may suffer an acute confusional state called 'delirium'. There are many causes of delirium, such as infection, constipation, pain and medications. Delirium can take time to resolve once the underlying trigger has been treated. It frequently settles faster when the patient is in a familiar environment, such as their own home. It can take weeks or even months to fully resolve, but sometimes may represent a new chronic level of confusion, and sometimes may unmask a new diagnosis of dementia. Delirium can be distressing to witness and experience, but the ward team are trained to recognise and treat it if it develops.

ReSPECT

Sometimes patients become more unwell, and the intensity of treatment may need to be escalated. However, some treatments, such as being treated on the intensive care unit (ICU), can be physically and psychologically challenging, and may not be the right course of action. During an admission, patients and families will be given the opportunity to discuss the patient's individualised Recommended Summary Plan for Emergency Care and Treatment (ReSPECT). More information on what this is can be found here: <https://www.resus.org.uk/respect>

Please note we have zero tolerance to abuse towards our staff. If you have concerns, please contact the ward manager or the Patient Advice and Liaison Service (PALS) on 0118 322 8338 or email PALS@royalberkshire.nhs.uk

Contact details

The direct ward phone number:

0118 322 7177

Clinical Admin Team (CAT 10)

Tel: **0118 322 5474**

Email: rbb-tr.cat10@royalberkshire.nhs.uk

Ward Manager: Nirmala Mathias

Consultants: Dr Katie Evans and Dr Paul Wearing

Friends and Family Test

Please give feedback by answering the Friends & Family test question – *Overall, how would you rate our service?* – by filling in a card issued before you leave hospital.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Elderly Care, October 2024

Next review due: October 2026



NHS

Royal Berkshire
NHS Foundation Trust

Welcome to Caversham Ward: Elderly Care Unit

Information for
patients, relatives
and visitors

We are an acute medical ward for older patients. Our goal is to enable each patient to become as independent and self-caring as possible. In addition we have some palliative care beds for patients approaching the end of their life. Our aim is to ensure dignity and comfort during this time.

You / your relative have been admitted to the Elderly Care Unit for specialist multidisciplinary care. The ward is managed by Elderly Care Consultants, Dr Katie Evans and Dr Paul Wearing. Patients receiving palliative and end of life care are looked after by the ward team with input from Specialist Palliative Care Nurses, supported by Palliative Medicine Consultants. Consultant ward rounds occur regularly Monday to Friday. There is daily consultant cover available, including at the weekend, if required. The ward team comprises of doctors, nurses, health care assistants, pharmacists, occupational therapists, physiotherapists, speech and language therapists, dietitians, and care crew.

Essential items to bring in

- Toiletry items such as soap, flannel, hairbrush, toothbrush and toothpaste.
- Slippers and practical shoes. Night and day wear.
- Books, magazines, pens, paper.
- Snacks, bottle of squash.

Valuables

Patients are responsible for their own belongings. Please do not bring any valuables into hospital – relatives / friends will be asked to take them home for safekeeping. Please keep cash in the locker under £10 for newspapers etc.

Visiting

As a hospital, we encourage open visiting; however, **on Caversham Ward, please visit between 12.30pm and 7pm.** This allows our team to deliver essential care – including ward rounds, personal care and rehabilitation. Designated carers and visitors to patients at the end of life are allowed anytime. Please discuss your needs with the nurse in charge.

Two visitors per patient at any one time.

Please contact the ward before visiting, as visiting times and restrictions may change.

Do not visit if you have / had diarrhoea and/or vomiting in the last 48-hours; or any of your household have any Covid-19 symptoms. Please ensure you use the hand gel when entering and leaving the ward.

Medical information

If you have any questions about your treatment, aftercare or any other matters, please ask the doctor, nurse or therapist, who will be happy to help.

Telephone enquiries

If you are unable to visit, we are only able to give limited information over the phone. Please ring after 11am for general enquiries and please nominate one relative as main contact to maintain good communication.

Finding the ward

Caversham Ward is on level 3 in Battle Block and is accessible via the stairs or lift. The stairs to Caversham are accessed from the main level 2 Battle Block corridor opposite Adelaide ward entrance. Go up one floor to L3, turn left at top of stairs. Lift access can be found on level 1 near Cardiac Outpatients, and level 2 near Adelaide Ward.

Car parking

Public parking is pay on foot (take ticket at entry barrier and pay at pay point machine before leaving) and the nearest parking is located on Levels 0-3 of the multi-storey car park. Disabled parking bays are clearly marked.

Mobile phones

You can use mobile phones in public / communal areas but not on the wards, without permission. Be sensitive to the needs of others when using your phone. Entertainment systems are at the bedsides with charge cards available from a machine near the ward entrance.