



Royal Berkshire
NHS Foundation Trust

Your admission to the Trauma Orthopaedic Unit

Level 3 South Block

Useful information for patients

This booklet contains useful information and advice for patients coming in for emergency surgery under the care of the Orthopaedic Department. If you have any queries or concerns, please speak to a member of staff.

Who to contact

If there is any change in your health between your pre-operative assessment and the date of your surgery, or if you are unsure whether to take any regular medication before you are admitted, please contact the pre-operative assessment nurse to discuss.

Please contact the trauma nurse practitioner if:

- There is any change in your personal details (address, telephone number, change of GP);
- You decide not to undergo your surgery;
- You go for your surgery elsewhere.

Useful telephone numbers:

Pre-Operative Assessment:	0118 322 6546
Trauma Nurse Practitioner	0118 322 5111, bleep number 343
Trauma Orthopaedic Unit:	0118 322 7335/7336
Fracture Clinic:	0118 322 7553
Adult Day Surgery Unit:	0118 322 7622

Blood tests and medication

- If you require further blood tests this will be done on admission.
- The Trust no longer provides basic pain relief medicines such as Paracetamol for patients to take home. Please ensure that you have a supply of these painkillers at home to take following your discharge. If stronger pain relief is required, we will provide it.

Ibuprofen (a non-steroidal anti-inflammatory) is not recommended as it slows bone healing.

- You will also need to bring in any medicines that you regularly take, in the original packaging. These will be stored in 'green medicine bag' in a lockable cupboard at your bedside. Any remaining medicines that you bring in will be given back to you on discharge.
- Your pre-operative assessment nurse will give you instructions if you need to stop any medication before your surgery.

What to bring with you

We ask that you have a bath or shower before your admission, and wear loose-fitting clothes and flat, comfortable shoes as appropriate. Storage space is limited, so please only bring one hand luggage bag.

- All medicines you are taking in their original packaging, not a dossett box.
- Spectacles, hearing aids and dentures if worn.
- Walking aids, if used.
- CPAP machine if you use one.
- A dressing gown, socks and slippers.

Personal property:

Please leave valuable items at home, i.e. large sums money, expensive jewellery etc. **The Trust is not liable and does not take responsibility for damage to, loss or theft of your private property.**

About the Trauma Orthopaedic Unit

- The Trauma Orthopaedic Unit is for patients undergoing various types of trauma or elective (planned) orthopaedic surgery.
- The Adult Day Surgery Unit (ADSU) is for patients that are being admitted on the day of their surgery.

Patients are transferred to theatre from here and you will return to ADSU for routine monitoring before going home.

- You may be required to stay overnight following your operation. In these cases, you will be admitted to Hurley Ward, a 30-bed specialist Trauma Unit for men and women. In line with Trust policy, we operate single-sex accommodation in our bed-bays and side rooms, with designated toilet and shower room facilities.
- The staff/your anaesthetist on ADSU will give you an estimated time for your operation and inform you if this changes due to unforeseen circumstances. Your operation will be at some point during the day. This can sometimes be a fair wait, so please bring something to occupy your time.
- Occasionally, due to emergency admissions, your surgery may need to be cancelled and rebooked for the next available opportunity.
- All patients' privacy must be respected. Space in the ADSU is limited. For this reason visitors/escorts are requested to leave once a patient is settled, or one person can stay if the patient has a clinical or social need for support.
- Nurses work with other healthcare professionals on the unit as a team, striving to provide a high standard of patient care. We all hope to make your stay with us as pleasant as possible.
- Visitors are permitted in the Trauma Orthopaedic Unit. Please ask staff on the unit regarding visiting times and policy.
- We prefer to sort out issues as they arise as often they can be dealt with quickly and effectively. Please speak to your nurse or ask to speak to the ward manager or matron if you have any concerns. Alternatively, you can speak to the Patient Advice & Liaison Service (PALS). Ring 0118 322 8338 or email PALS@royalberkshire.nhs.uk
- Flowers are not allowed on the unit.
- Mobile phones may be used but please respect the privacy and confidentiality of others. On occasion, you may be asked to switch your phone off by a member of staff. Silent ring tones such as

'vibration mode' should be used and calls restricted to between 7am and 9pm. **The camera facility on your mobile phone is not to be used at any time** to protect patient confidentiality.

Admission times

For directions to the unit or ADSU, please refer to the map provided within your pre-operative assessment information pack.

***For 7.30am admission:**

Please remember, you must not have anything to eat after 2.00am. However, you are advised to continue drinking clear fluids until 6.00am. **Please plan your travel into hospital so that you arrive at the Adult Day Surgery Unit, Level 3 South Block no later than 7.30am.** The theatre list will start around 8.30am.

***For 11.00am (afternoon admission):**

Please remember, you must not have anything to eat or drink after 7.30am on the day of your admission. However, you are advised to continue drinking clear fluids until 11.30am. **Please plan your travel into hospital so that you arrive at the Adult Day Surgery Unit, Level 3 South Block no later than 11am.** The afternoon theatre list will start at 1.30pm.

**(Pre-operative assessment nurse to delete as appropriate)*

Clear fluids

Clear fluids include: water, black tea and black coffee (a **small** teaspoon of sugar or sweetener is permitted), well diluted squash (but not fruit juice) – you should be able to read newsprint through it.

Please do not suck sweets or chew gum on the day of your operation.

Failure to follow these instructions will cause a delay in your surgery or your surgery being cancelled.

Getting ready for your operation

A member of the nursing staff will ask you a few routine questions and record your blood pressure, temperature and any other observations that may be needed. Please tell the nurse if you have any special requirements or anxieties about your operation.

You will then be seen by the surgeon or a member of their team, who will discuss the proposed operation with you, including the risks and benefits and ask you to sign a consent form. The anaesthetist who will be looking after you during your operation will also visit you to discuss your anaesthetic and pain control.

Recovering after your operation

Once your surgery is complete you will be taken to the recovery room where you will be looked after by a recovery room nurse.

You may be given oxygen to breathe and the nurse will make regular recordings of your blood pressure and oxygen levels. The nurse will also ask you about pain and monitor your wound (if applicable).

When the nurse is satisfied with your progress they will report information about the operation, anaesthetic and observations to a nurse from the unit. You will then be transferred on a bed or trolley back to the unit by a porter, accompanied by a nurse. When you are back on the unit, nursing staff will continue to monitor your progress. If you feel well enough, you may be offered fluids and light foods.

You may also be seen by other healthcare staff, such as physiotherapists, depending on your operation. You will not normally see the surgeon after your operation unless he/she has a particular reason to visit you.

Length of stay

A patient's length of stay will depend on the type of surgery, and an individual's medical condition. This should have been discussed with you in Fracture Clinic, or at your pre-operative assessment and

updated during your admission. We will help you be as independent as physically possible during your stay.

Discharge home

- It is important that you make transport arrangements to take you home on discharge; it may not be possible to drive yourself home, or travel on your own on public transport. The care team will continue to assess your progress until they are assured of your fitness to go home. They will discuss discharge information with you; please tell them if you have any concerns or questions.
- Please be aware that there can be a considerable delay between being told you can leave hospital and the time that your medications and discharge letter are ready for you. Please be patient and do not call for transport home until your nurse advises it. You may be transferred to our Discharge Lounge in Battle Block to wait for your medicines and you can be collected directly from here. We will do all that is possible to speed up your discharge process.
- A letter explaining your care will be emailed to your GP. If for any reason this is not possible, the letter will be forwarded via post. A copy of this letter can be made available for you if you wish; please ask your ward nurse on the day of your discharge.
- Any new medication which has been prescribed for you will be given along with verbal instructions on how to take it. Any remaining medication that you bought in with you will also be returned.
- Your nurse will give you information and advice regarding follow-up appointments, removal of stitches etc.
- If your district nurse is required to continue your care at home, you will be asked to convey a letter, and possibly dressings/equipment to the nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone Adult Day Surgery Unit 0118 322 7662 or the Trauma Orthopaedic Unit on 0118 322 7335. Alternatively, you can email the Adult Day Surgery Unit, adsu.adsu@royalberkshire.nhs.uk or Hurley.Ward at hurley.ward@royalberkshire.nhs.uk

After 24 hours, please seek advice from your GP.

Returning to work

This depends on the type of operation you have had and what your job involves, your doctor can advise you.

If you need a medical certificate for your employer, please ask your ward nurse to arrange one. Requesting your medical certificate early in your stay will help to ensure it is ready for you on discharge.

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 Orthopaedic Outpatient Department and Fracture Clinic
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