

# Welcome to D5 Cardiac Care Unit - Female

Information and advice for patients

## Ward D5

### Introduction to the ward

You have been transferred here to Ward D5, part of Cardiac Care Unit (CCU) to allow for further assessment and monitoring of your heart condition.

D5 is a specialist cardiac female ward which comprises of 17 beds, 7 of those are high dependency beds with cardiac monitors and 1 single side room to help us control infections. On occasion you may be transferred to D5 due to capacity reasons, you will still be seen and reviewed by your designated team and when a hospital bed becomes available you will be moved into the relevant area for your condition.

### Who will care for me?

During your stay you will be cared for by a nurse at all times, who will introduce themselves to you at the start of their shift.

Your care will be managed by a team of specialist heart doctors and nurses and overseen by a Consultant Cardiologist.

You will be seen every day on the ward including weekends and Bank Holidays by either the Consultant or Registrar.

During your stay on D5 you may be referred or seen by one or more of our specialist teams within the Cardiac Care Unit, these include:

- Cardiac Rehabilitation
- Specialist Heart Failure Nurses

You will be kept fully informed of your plan of care, including treatment options and during our daily ward rounds you are welcome to add any suggestions or recommendations you may have about your care and treatment plan.

### What will happen now?

You are likely to have a period of observation to include monitoring your heart rate and rhythm and for that reason you may be attached to a Cardiac Monitor in one of our high dependency beds.

We will check your routine observations such as your blood pressure, temperature and blood sugar and you may also need further investigations such as heart tracings (ECG) and blood tests.

Your designated nurse will ask you questions about your medical history, general health and mobility requirements, this is to enable us to complete assessments that are personalised to your needs.

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MRSA swabs may be taken; you can get information about MRSA screening on our website or ask a member of staff for a leaflet.

### How long will I be here?

Every case is individual, so it is difficult to give an exact time, but patients can expect to stay in hospital for about 3-5 days if their recovery is straightforward.

If you are being monitored in one of our high dependency beds this is usually for 24-48hrs.

Patients no longer requiring an acute cardiac high dependency bed can be stepped down on the ward and on occasion will be transferred to other wards, at the discretion of a Cardiologist/ Duty manager.

### Property

During your stay here we ask that you bring your own toiletries, brush/comb, toothbrush, toothpaste (razors/ shavers/ sanitary products) and any sleep wear/ day clothing.

We encourage you to wear your own clothes during your time on the ward, when possible.

You **should not** bring:

- Large amounts of money or personal valuables

**Please note that any personal items you bring in with you will be your responsibility and at your own risk.**

Any medications you bring into hospital will be locked away in a cupboard beside you; this is for health and safety reasons.

### Visiting - Cardiac Care Unit

Visiting hours are between **11am and 7pm**

No visitors are permitted between **12.30-1.30pm** and **5pm and 6pm** due to protected meal times

If you require assistance with meals and feel more comfortable with your relative or carer visiting during these times to provide extra help, please speak to your nurse or nurse in charge so this can be arranged.

**In some certain circumstances visiting restrictions may be introduced to protect the care and safety of patients and staff, if this is the case during your stay you will be informed when you are admitted to the ward.**

Visitors should make sure they wash their hands or use hand sanitizer on entering and leaving the ward and **should not** sit on patients beds.

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We also ask that visitors not to bring in freshly cut flowers as these are not permitted on the ward for infection control reasons.

## Ward Facilities

- We have a communal day room, with access to a TV
- Health promotion information leaflets are displayed on the ward, please help yourself. If you require any additional information please speak to a member of staff.

## Meals

Meals times are as follows:

- Breakfast: 8am – 9am
- Lunch: 12.20pm – 1.30pm
- Evening Meal: 5pm – 6pm

A variety of menus are available on request these include:

- Vegetarian
- Vegan
- Afro-Caribbean
- Halal

Also please let us know if you have any special dietary requirements or food allergies.

The Trust does not allow or provide facilities for re-heating food and regretfully does not allow drinks to be served to relatives/visitors paid or unpaid.

## Can I leave the ward?

We encourage you to remain on the ward during your stay, if you feel that you need to leave for any reason we do ask that you talk to us or let a member of staff know.

For Health and Safety reasons we do ask if you can sign in & out of the ward, you will find a record for you to complete at the nurses' station.

However treatment plans for each patient is different and in rare circumstances you may not be able to leave the ward, but this will be discussed with you personally.

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### Comments and Concerns

We appreciate your comments and feedbacks if you or your relatives are particularly happy with care received with us please let us know.

After your stay with us you will receive a text message to take part in a survey, this is part of our Friends and Family test service. It's voluntary and your responses are kept anonymous.

It's really useful to collect feedback on the care we provide and we value your opinion, there are only a few questions and it's really quick and simple to complete.

If you have any concerns please speak to a member of staff, you can talk to your nurse or Ward Sister/ Charge Nurse if required.

They will try and resolve your concern with you straight away if they are able to do so, or they may need to pass it onto the Senior Charge Nurse or Matron.

The Trust operates a zero tolerance policy towards acts of physical/ verbal aggression aimed towards its staff, anyone behaving in a threatening or uncooperative manner will be asked to leave by security staff.

### Further Information

Ward D5 – Cardiac Care Unit (Female) is located on the ground floor of City Hospital

Please note that City Hospital is a smoke free hospital, Nicotine Replacement Therapy is available to help during your stay with us.

For further information visit: [www.bhf.org.uk/information-support](http://www.bhf.org.uk/information-support)

For booklets/Guides: [www.bhf.org.uk/information-support/publications](http://www.bhf.org.uk/information-support/publications)

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### Contact Information

We are happy to keep family and friends informed about how you are if you agree.

**It would be helpful if you nominate one person who is your next of kin (NOK) to ring the ward and then your NOK can pass information on to other relatives.**

### Ward D5 – Cardiac Care Unit (Female)

City Hospital  
Dudley Road  
Birmingham  
B18 7QH

### Ward Manager – Michelle Holt

0121 507 4305 or 5927

For more information about our hospitals and services please see our websites  
[www.swbh.nhs.uk](http://www.swbh.nhs.uk).



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