Ward F3

Welcome to Ward F3

Ward F3 cares for children from ages 0 to 16th birthday. We provide care for children attending hospital for medical or surgical procedures with the aim of discharge home on the same day of admission. Some children arrive for booked surgical procedures and some following treatment in the Emergency Department. We also see children attending for minor tests, clinics and reviews.

We are committed to treating all patients and their families with privacy and dignity in a safe, clean and comfortable environment.

We provide single use sanitary facilities for boys and girls, but in order to meet the care and needs of particular groups, your child will be cared for in a mixed sex bay. If you have any concerns regarding this, please discuss with the nurse in charge and we will make every effort to ensure your child’s needs are met.

Contact details
Telephone: 01223 217567 or 01223 217569

Directions from the main reception
Turn right as you enter through the revolving door at the hospital main entrance. Turn left and walk past the hairdresser, across the corridor and the lifts and stairs are on the left. Take the lifts or stairs up one floor to level 3. Turn left out of the lifts or stairs and turn right again along the long corridor. Ward F3 is located at the end of the corridor, signposted Ward F3 and has a secure door buzzer entry system.

Opening hours
Ward F3 opens at 07:00, and is open until 21:00 Monday to Friday. The ward is also used as a winter contingency area and may be open overnight.

Ward facilities
- Shower, toilets and baby change facilities.
- Play room (please ensure your child is supervised at all times).
- Large waiting room.
- Snacks and drinks will be provided for your child during the day; including sandwiches, toast, fruit, yoghurts and crisps.
• If your child has any dietary requirements please telephone the ward prior to your child’s admission to let us know and ensure these requirements are documented by your nurse on admission.
• We are able to provide some brands of formula milk for babies. Specialised milk feeds may be organised by our dieticians. Please advise your nurse as soon as possible to allow for this to be arranged.
• Breast-feeding mothers will be provided with their meals.
• Food and drinks may be brought in from home and kept on the ward in the fridge or freezer. Please ensure that they are labelled with name and date.

Planning your stay

We will endeavour to contact you the night before surgery or admission and provide you with nil by mouth times for your child and answer any questions you might have. There may be a period of waiting before surgery so it may help to bring a few items to distract your child. We do have toys, games, dvd’s available in the playroom to help make any waiting easier.

On your arrival

You will be checked in to the ward by the ward clerk and may be allocated a bed or asked to wait in the playroom until a bed is available. Once your bed is available, your allocated nurse will show you around the ward and ask for information about your child to enable us to care for them appropriately. You will be given the opportunity to ask questions at any time throughout your child’s stay. If your child is admitted for a surgical procedure, they will be allocated a bed space when one is available and required, so that you can begin to make yourself and your child comfortable.

The ward also operates as a Theatre Assessment Unit, so you may be asked to come to the area pre-operatively. Then you will be transferred to an inpatient ward if your child requires a bed overnight.

Visiting hours

• There are no set visiting times for parents, however only two adults can be present at the bedside at any given time. One sibling/ child may visit after discussion with the nurse in charge.
• If your child is attending for theatre please be aware that only one parent is allowed into the anaesthetic room; siblings are not permitted anywhere in the theatre suite.
• When you have visitors, please be considerate of other patients who may be feeling very unwell. A lot of noise or commotion may prevent them from resting.
• Please do not attend the hospital if you are suffering from any potential infectious condition.
Plan of care

Following admission, either from home or from the emergency department, your allocated nurse will complete some paperwork, checking details with you. They will then take and record your child’s pulse rate, temperature, breathing rate and weight. These are important measurements to ensure that your child is fit and healthy for the procedure. They also provide a baseline prior to undertaking any procedure or investigations.

If your child is having an operation, the doctors (both medical and surgical specialties) and anaesthetist (if necessary) will then visit you and your child on the ward. They will complete/check the consent form outlining the procedure to be undertaken, having fully explained everything to you. This will give you the opportunity to ask questions regarding the procedure.

Our play specialist will visit you and discuss having an operation with your child to help prepare them for the surgery with the use of pictures, dolls and discussion. This may help to relieve any anxieties.

When your allocated theatre slot is ready, the porters will arrive on the unit to collect your child and take them to theatre, along with a member of staff from the unit. One parent is allowed into the anaesthetic room in addition to the nurse, and can comfort your child whilst they are given the anaesthetic. The nurses will then take you to the recovery area where you will receive a pager so that they can contact you when your child is waking up in recovery. This allows you to be able to get some food and a drink whilst your child is in theatre.

If your child is not having an operation you will have been informed by the doctors of the plan of care, as all children are different.

Discharge

Once your child has fully recovered from the anaesthetic, this may take a few hours, we can start the discharge process. You will not always be seen by your surgeon after the procedure, as most surgeons are happy for your child’s care to be nurse led. This means if your nurse reviews your child and they have met all the criteria for discharge, your nurse will be able to discharge you home.

Your nurse will discuss aftercare advice with you and will be able to answer any questions you may have. If any medicines have been prescribed, these will be explained and written down for you on your discharge letter. Your nurse will discuss your follow up appointment if required. If there are any questions or concerns your nurse is unable to answer, your surgeon can be contacted.
Infection control

- If you or your visitors are unwell please do not come onto the ward. Some of our patients are vulnerable to infections due to their illnesses.
- If you or any of your visitors have diarrhoea or vomiting please inform your nurse and prepare to go home. Visitors must be clear of infection for 48 hours.
- Alcohol gel is provided throughout the ward. To help us prevent the spread of infection please use this on entering and leaving. On occasion the nursing staff may inform you of the need to wash your hands with soap and water instead of using the gel.
- Please limit the amount of property you bring with you as cluttered bed spaces are difficult to clean.
- Addenbrooke’s has a number of advice leaflets for patients and their visitors about infection control. They can be accessed from the Addenbrooke’s website: http://www.cuh.org.uk/addenbrookes/patients/patient_information/patient_information_index.html

If you do not have access to the internet, please contact PALS on 01223 216756 or extension 2756.

Who to contact for further advice/questions

For further information about Ward F3, please contact the ward clerk or Senior Sister on 01223 217567. To discuss care issues please contact the Senior Sister or nurse in charge.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:
If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

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