Trauma and Orthopaedics

Welcome to ward C8

Ward C8 is specialised in the care of trauma and orthopaedic patients, although some outliers may come here depending on bed availability. There are 37 inpatient beds on this ward.

Please note that you may be required to move from one part of the ward to another depending on your needs and the needs of others!

Where is C8?

From main hospital reception:
Take the main passenger lift or stairs to level 8. Turn left out of the lift/stairwell and on the left ward C8 is signposted above the double doors.

Contact details
Telephone number: 01223 217279

Staffing

The staffing on C8 consists of three teams, named Green, Red and White. We believe this process enhances the quality of care which we provide for our patients. The names of the nurses and healthcare assistants (HCAs) looking after you can be found on the whiteboard behind the nurse’s station.

You will be seen by a doctor from the orthopaedic team on most days, as they do a round of the ward every morning. If you have any questions about your medical care, please speak to one of the nurses who will try to answer any questions and contact the doctor if required.

Uniforms

You will see a lot of uniforms around the hospital; here is a list of some of the uniforms you might see. A visual guide can be found near the nurse’s station:

Senior clinical nurse:
Navy blue/eau de nil (pale green) piping

Lead clinical nurse specialist:
Navy blue/warm yellow piping

Senior clinical charge nurses/senior sisters:
Navy blue/white piping

Junior sister/junior charge nurse:
Male: White tunic with royal blue epaulettes
Female: Royal blue/white piping
Registered nurse:
Male: White tunics with blue striped epaulettes
Female: Blue and white striped dresses/tunics

Healthcare assistant:
Male: White tunics/grey, yellow, or burgundy epaulettes
Female: Blue and grey striped tunics/dresses

Specialist nurses:
Navy Blue/red piping

Student nurses:
Grey tunic/dresses

Physiotherapists:
White tunic/blue piping or blue polo shirt

Occupational therapists:
White tunics/green piping and trousers

Belongings
We encourage patients to take all unnecessary belongings home and not to keep valuables with them.

Please do not ask the nursing staff to lock your belongings in your Patients Own Drugs (POD) locker, a safe is available if this is required.

To further your rehabilitation, we encourage you to bring suitable clothing in to work with the physiotherapists and occupational therapists.

Preferences
We try to adhere to patient’s lifestyles as much as we can, so please inform staff if you have any specific requirements such as dietary or religious requirements.

Medication
All medication you bring into hospital must be given to the nurses to lock in your POD locker.

Drug rounds are at 08:00, 12:00, 18:00 and 22:00. Please do take all the medication you are given at the time it is administered to you.

If you do not require the medication administered, please inform the nurse.

Some medications are not given routinely, and are given when requested (within certain time parameters). Please inform the nurses if you require these.

Please do not interrupt the nursing staff when they are doing the drug round, as this can have detrimental effects on other patients.
Visiting
We know that having visitors is important to everyone. However, we are also aware that being unwell means that patients’ rest is important.

Visiting times are from 11:00 until 20:00. Please be aware that visitors may be asked to leave at any time to enable important care and therapy to be delivered and also during protected meal times which are 12:15 to 13:15 and 17:00 to 18:00. Evidence tells us those patients who are uninterrupted and receive appropriate service and support during mealtimes feel happier, more relaxed and eat more. For this reason visitors are asked to leave during mealtimes. There are to be no more than two visitors at any one time. This is so that the nursing staff can do their jobs safely, and so that other patients do not feel overcrowded.

For the sake of infection control, visitors should not sit on the beds. Chairs can be provided.

Rehabilitation
Once the orthopaedic team are happy for you to commence mobilisation, you will be seen by physiotherapists (PT) and occupational therapists (OT) will assess whether you will need any/further equipment on your discharge home.

If you require care (long term or short term) on discharge this will be discussed and arranged with you. We aim to get you home as soon as you are safe.

In order to get you home as soon as possible, it is important that you work with the orthopaedic team to ensure a speedy and effective recovery.

Discharge
On the day of discharge, we will aim to discharge you by 11:00. We advise all patients to try to arrange their own transport, although if no one is able to pick you up, hospital transport can be arranged.

Please be aware that due to demand, this can take some time.

You may be suitable to go to the discharge lounge whilst waiting for the medication and transport.

The discharge lounge is a unit run by nurses and HCAs which provides seating for patients who no longer require a bed while they wait. Meals and refreshments are provided.

A nurse will inform you of this and transfer you to the discharge lounge.
Privacy and Dignity

Same sex bays and bathrooms are offered in all wards except critical care and theatre recovery areas where the use of high-tech equipment and/or specialist one to one care is required.

Feedback

If you have any concerns, please raise these with the nurse in charge so that they may be dealt with at the earliest opportunity.

We value your feedback. If you feel it appropriate, please fill in a comment card and post it in the blue box located in the main corridor.

We are 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 or audio, please contact Interpreting services on telephone: 01223 256998, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk