Trauma and Orthopaedics

Welcome to ward D8

Ward D8 specialises in the care of trauma and orthopaedic patients, although some outliers may come here depending on bed availability. There are 36 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 D8?

From main hospital reception:
Take the main passenger lift or stairs to level 8. Turn left out of the lift/stairwell and ward D8 is on the right and signposted above the double doors.

Contact details
Telephone number: 01223 217282.

Staffing

The staffing on D8 consists of three teams, named Blue, Orange and Yellow. We believe this process enhances the quality of care which we provide for our patients. The nurses and healthcare assistants (HCAs) are allocated to each team.

You will be seen by a doctor from the orthopaedic team on most days as they carry out a ward round every morning. If you have any questions about your medical care, please speak to one of the nurses who will 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 nurses’ 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. The ward cannot be responsible for items left behind after discharge.

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

To further your rehabilitation, we encourage you to have suitable loose fitting clothing to wear when working 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 12:00 to 13:00 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 other patients do not feel overcrowded.

All children under 16 may only visit with permission from the nurse-in-charge. Visitors should not sit on the beds, chairs can be provided.

For the sake of infection control, cut flowers are not permitted.

To help us prevent the spread of any infections, please ask your visitors to use the hand rub at the entrance to the ward on arrival and on leaving. Visitors may not sit or lie on the beds. If you have any concerns about any aspects of the cleaning or food service please speak to the ward sister/charge nurse.

Rehabilitation
Once the orthopaedic team are happy for you to commence mobilisation, you will be seen by Physiotherapists (PT) Occupational therapists (OT) who will assess whether you will need any equipment for 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 & 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

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

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