Sara Ward (Antenatal Ward)

Welcome to Sara Ward

This leaflet is intended to inform you about what to expect during your stay on Sara ward.

The ward has a total of 22 beds, 4 shared bays and 5 individual side rooms.

The side rooms are used primarily for those with clinical needs, but there are times when we are able to offer one of these as at the cost of £150 per night to the patient. Side room 5 is designed for disabled access.

During the day, the ward is usually staffed by three midwives and one maternity care assistant (MCA). Overnight, there are two midwives and one MCA. Shift handover takes place from 07:45 to 08:15 in the morning, and 19:45 to 20:15 in the evening.

Your care on Sara ward

Sara ward primarily cares for women who require inpatient care during their pregnancy and for women who require inductions of labour.

Occasionally postnatal women are cared for on Sara ward.

Women attending Sara ward will present with a wide variety of different obstetric needs and conditions. Depending on the reason for your admission you may require regular observations, blood and urine tests, and sometimes medication. Depending on your stage of pregnancy and your individual circumstances, your baby may also need monitoring using a cardiotocograph (CTG) to monitor your contractions and your baby’s heart rate.

If ultrasound scans are required these will be performed in either the Rosie ultrasound department or in the fetal medicine department when a slot is available.

Patients are allocated to one of three teams of obstetric doctors on admission. Monday to Friday each team will review their individual patients daily, they will discuss whether any tests or investigations may be required that day, and whether you are suitable to be discharged home.

On Saturday and Sunday the consultant and registrar who are covering the delivery unit and wards will review all patients on the ward.

If you are admitted for induction you may not require a daily doctor’s review.

Induction of labour

If you are coming to Sara ward for induction of labour, you will stay in our induction of labour bay, with other women who are being induced.
A midwife will explain each stage of the induction process to you, and give you an ‘Induction of Labour Patient Information Leaflet’, if you have not already received this. You will remain on Sara Ward until transfer to delivery unit when either labour establishes or an artificial rupture of membranes (ARM) can be performed.

Due to the nature of maternity care, there may be occasions when your induction of labour has to be delayed or postponed in order to maintain safety.

This is because it is impossible to predict the number of women who will go into labour at any one time, or when the unit may receive an emergency admission. If this happens we will keep you informed as regularly as we can and we will continue with your induction as soon as possible.

**Your bed area and your belongings**

Each bed space has a bed, cabinet, table and chair.

Please place belongings in the cabinet, or on or under the chair, so that bags do not block access to the bed. Staff may need to give care to you in an emergency and need clear access.

If you are staying over a period of a few days, please ask your partner to take home items you are not using.

There are multiple showers and toilets available on the ward. These are for patient use only. Visitors’ toilets are located outside the ward’s entrance doors.

Each bed area has a buzzer to help you get assistance from the ward staff. You are also welcome to come to the midwives station, where questions can be answered. There is also a light switch and dimmer on the same control as the buzzer for you to use.

There are some fans available on the ward; if you require one, staff will endeavour to get one for you. Other personal electrical items should not be plugged in without discussion with your midwife, as they may present a fire hazard. All items including phones are brought into hospital at your own risk and the trust is not able to take responsibility for any lost or damaged items.

You are expected to provide your own toiletries and sanitary towels.

We ask that patients and visitors wear appropriate footwear when moving around the ward, to reduce the risk of slips, trips or falls.

To aid patients to sleep eye masks and earplugs are available at the midwives’ station.

**Meal times**

The ward can offer you three meals a day, all of which are self-service. Partners/visitors are able to collect meals on your behalf. If you require assistance with getting a meal, please use the call bell and ask a member of staff for assistance. All meals can be collected from the dining room. Meals can be eaten by the bed or in the dining room. **All food is for patients only.**
Breakfast (toast, cereals, fruit) 06:00-10:00

Lunch (hot food or sandwiches) 12:00-12:45

Dinner (hot food or sandwiches) 17:00-17:45

Tea, coffee and hot chocolate are available at any time from the trolley outside the dining room. Opposite bay 7 there is a water dispenser, squash, and a trolley with jugs of water.

There are snacks available at all times in the dining room.

The smaller fridge in the dining room is provided if you wish to bring in your own food. Food must be double bagged and labelled with your name, hospital number and the date it is put in the fridge. Labels and bags are provided in the dining room.

Visiting times

Partners are welcome on the ward any time, day or night. However, if you want your partner to stay overnight, we do require him/her to sign a form which outlines our policy for accompanying you overnight. Your midwife can provide you with this. It is your choice who you have to stay with you – your partner, a close friend, or relative. However, it is strictly limited to one person at your bedside, except during visiting hours.

Your own children are also welcome to visit during the day under your or your partner’s supervision. Please remember that the ward is a clinical area that can be a hazardous place, especially for young children.

Other visitors are welcome from 17:00 to 19:30. There is a maximum of two visitors at your bed space at any one time. No children under the age of 16 are allowed to enter the ward, unless they are your own children.

Visiting times are strictly adhered to so that antenatal patients have time to rest during the day, and to allow staff to undertake their duties.

There may be times when the Trust enforces further restricted visiting times to reduce the spread of infections such as the norovirus (winter vomiting bug), and we would ask your visitors to stay away if they have been unwell. People who have suffered from, or have been in contact with, diarrhoea and vomiting in the last 48 hours will not be allowed to visit the ward.

Hand washing facilities are available throughout the ward, including hand gel. Please ensure that you and your visitors are regularly washing hands with soap and water, to prevent the spread of infection. For infection control reasons, no visitors, including partners, should be sitting or lying on the patients’ beds.

Women who require isolation from the main ward due to concerns about the spread of infection, will be cared for in a side room and clear signs will specify instructions to your visitors. In every circumstance, all signs are identical to maintain confidentiality.
Medication rounds

Midwives offer prescribed medication, including pain relief on the drug rounds. These are at approximately **06:00, 12:00, 18:00** and **22:00**. If you require pain relief outside of these times, please do ask a member of staff, who will get you some as promptly as possible.

All medication should be taken at the time it is brought to you, and legally each administration of medication has to be recorded in your notes. If you are taking your own medication please make your midwife aware of this.

Car parking discounts

Ward staff cannot deal with any car parking discount enquiries or advise on charges. To obtain full information on your entitlement to receive discounted car parking, please go to the customer service desks in either car park 1 or 2, where the staff there will be happy to help you. The customer service desks are open 24/7.

Safety and security

The main doors to the ward are locked at all times. Staff access the ward by using their ID badges. Patients and visitors are asked to ring the doorbell, and this is answered as promptly as possible. Prior to entering the ward everyone will be asked to identify themselves and visitors will need to identify who they are visiting. This information is required to preserve the safety of those on the ward.

You should be given an ID band on admission; please do not remove this until you have been discharged. Your band will need to be scanned and checked when drugs are administered and tests are performed.

For your safety and the safety of patients in your bay, we ask that curtains remain open unless you require privacy during a procedure or undressing. This allows staff to have a clear view of all the patients on the ward.

Information about you is kept confidential. If you wish to speak with the midwife privately, please make a member of staff aware as we have a private room available for such circumstances. We are not able to give out information to your relatives over the phone.

Feedback

We welcome feedback from our patients. If you have any feedback for the ward staff, please speak with the midwife caring for you or the midwife in charge of the shift.

Please feel free to complete our friends and family questionnaire, using the iPAD, which can be found at the midwife station, or write to us via the Patient Liaison Service (PALS), Box 53, Cambridge University Hospitals NHS Foundation Trust, Hills Road, CB2 0QQ
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, 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.

Document history

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