

Ward 4 Prince Phillip Hospital

A guide to your stay



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Contents:

- **Welcome**
- **What is a refeeding admission?**
- **About ward 4**
- **Preparation for admission**
 - What will I need during my stay?
 - Things that can't be brought onto the ward
 - Practical things to think about
- **Information about your hospital stay**
 - Medical Monitoring
 - Meal times
 - Activity levels
 - Care Plan
 - Supervised bathroom
 - Making sure we are helping you make progress
 - Sharing information with carers
 - What activities can I do whilst on the ward?
 - Visitors
 - What about my religious, spiritual and cultural needs?
 - Interpreters
- **What happens after the refeeding admission?**

Welcome

This welcome booklet provides information about your stay on the ward. There is a lot of information so it may be helpful to read a bit at a time.

It tells you about the ward, the staff and what is expected from you and what it'll be like in hospital.

A member of the team will go through the booklet with you when you first arrive. They can also answer any questions you may have about your stay.

What is a Refeeding Admission?

Refeeding syndrome is a serious complication that can arise when someone with severe malnourishment starts eating more food again.

The condition is tied to fluid and electrolyte imbalances and changes in metabolism in the body. The condition can be very dangerous. Refeeding syndrome symptoms impact nearly every system and organ in the body, including the heart, the kidneys, the endocrine system, the gastrointestinal system, and the pulmonary system. However, it can be avoided when the refeeding process is managed by expert clinicians.

Doctors and the hospital's dietetic team will continually monitor a patient's health, correct electrolyte imbalances, and attempt to balance the importance of refeeding against the dangers of underfeeding or feeding too much too fast.

A refeeding admission is typically a 2 week inpatient stay on a medical ward to support nutritional and medical stabilisation. There is an expectation that you will restore regular patterns of eating, accepting food and fluids orally.

About Ward 4

Ward 4 is the Gastroenterology ward in Prince Phillip Hospital. It offers treatment to adults and is a mixed sex ward. Patients are allocated a bed in either a cubicle or a side room.

Who makes up the staff on Ward 4?

You will see many different coloured uniforms on Ward 4. Each colour has a special role in helping you get better. All staff wear an ID badge with their job title and name.

Doctors. There are many different kinds of doctors that wear many different colours such as grey or blue that will be there to help you get better.

Ward sisters wear navy. These are also nurses but they are in charge of everybody on the ward.

Clinical Nurse Specialists. These are specialist nurses that will look after you and to help you with special things that are making you feel unwell like an allergy or diabetes.

Staff nurses wear light blue. These are the nurses that help you get better day-to-day whilst on the ward.

Dietitians. Dietitians are there to look after your meal plan for your stay. They don't wear a uniform but will have wear an ID badge.

Health care support workers wear dark green. These help the nurses on the ward to give you the care you need whilst you are on a ward.

Porters – porters are there to help you move around the hospital if you need to go for an x-ray or to take you down to a theatre if you need an operation. Porters wear blue polo shirts.

Pharmacists – pharmacists are there to help put together your medication and to help explain what they are and how they will help you get better. Pharmacists wear a light green uniform.



(library picture)

Preparation for admission

What will I need during my stay?

You will need your own clothes and toiletries, the ward will supply some emergency toiletries. Bed linen and towels are supplied and will be replaced regularly during your stay.

You will have storage in your room where you can keep a small number of clothes and personal belongings. If you have valuables please discuss with the staff the best option for their safe keeping. Please don't bring anything that is valuable or can be broken or lost.

Here are some suggestions of things that you require on a day to day basis:

- ✓ Nightwear, dressing gowns slippers
- ✓ Day clothes (please note there are no laundry facilities- please speak to staff if you have soiled clothes)
- ✓ Toiletries
- ✓ Any medicine that you take regularly – please give these to the staff nurse.

- ✓ Mobile phone/laptop/tablet
- ✓ Items to comfort and distract such as puzzle books, earphones, a cushion.
- ✓ Book, magazines, reading glasses

Things that can't be brought onto the ward

- ❖ Food and drink not agreed with the ward staff
- ❖ Glass bottles
- ❖ Alcohol and non-prescribed or illicit drugs, legal highs and noxious substances. If any illicit drugs, legal highs and noxious substances are found the police will be called.
- ❖ Pets
- ❖ Knives or weapons of any kind
- ❖ Offensive media materials
- ❖ Cigarettes, matches, lighter fuels, vapes: The hospital operates a no smoking policy (which includes vaping). Please speak to staff about nicotine replacement options.

Practical things to think about.....

There are a number of practical things to consider before and during your stay, for example:

- Get someone to take care of pets
- Make sure bills are covered
- Cancel/rearrange appointments
- Contact employers

"You don't know what recovery is like until you try it." – service user

Information about your hospital stay

When you arrive on ward 4 you will be welcomed by a member of nursing team. You'll be shown where you will be staying, explain what will happen during your stay and this leaflet will be given to you.

Medical monitoring

During your inpatient stay you will be monitored and reviewed by the multi-disciplinary team, including ward staff, dietician, and staff from the Eating Disorders Team.

- You will be weighed twice a week, first thing in the morning prior to breakfast after you have used the toilet. Additionally, weighing can sometimes happen outside these hours.
- Weighing will be carried out by staff only.
- On admission you will have a physical examination which usually includes blood tests, ECG, blood pressure and pulse. Bloods may be taken daily and other physical monitoring will be more frequent.
- Electrolyte, vitamin and mineral supplementation may be deemed medically necessary.

Mealtimes

- All food and drink will be provided by the hospital. Please do not bring any personal food onto the ward unless agreed with the Dietitian.
- You will have a specialist medical meal plan from the dietitian to prevent refeeding syndrome. This will be reviewed by the ward Dietitian during your stay.
- Your meal plan will be shared with you. You may discuss your likes/ dislikes with the Dietitian, however, once a meal plan is agreed, meals will be non-negotiable and likely to include 3 meals a day and snacks.
- A copy of your meal plan will be provided to the ward staff.

- Meal times will be supported by staff as we are aware that they can be very distressing times. All food and drink that you have consumed will need to be documented on charts by supervising staff. Food charts are not to be completed by you or visitors as they are hospital documentation for staff completion only.
- Meal times are limited to 30 minutes, followed by a rest period of 60 minutes where toilet breaks are discouraged. It is common for people to find mealtimes and the period afterwards quite difficult so we aim to provide support from our workers following meals. We would encourage distraction activities such as puzzles, card games and general conversation during this period.
- Food included in your meal plan will increase incrementally (for example, every 1-2 days) until you are consistently restoring weight. This will be non-negotiable.
- Specific calorie provision will not be discussed with you.
- Chewing gum and consumption of fizzy drinks are discouraged.
- A nasogastric or NG tube may also be considered when oral intake is insufficient or not managed.

Activity levels

- Activity levels will be limited in order to support the goal of medical stabilisation. You will be expected to rest on your bed when not engaged in essential activities requiring you to leave it.
- We ask you not to leave the ward without prior agreement at your MDT review. The decision will be based on physical impact and risk. If you do leave the ward during a medical re-feeding admission, this would need to be in a wheelchair and supervised by staff.
- Patients are supervised whilst using the toilet and shower and washroom due to the risks presented by poor physical health and to manage unhealthy behaviours. The level of supervision is reviewed in each patients care plan.

Care plan

We will work with you to agree the goals of your stay and how best to work towards them. Treatments will also be discussed that will help your recovery.

Making sure we are helping you make progress.

We do this by holding regular reviews with you, your family and the care team working with you. Decisions regarding your care will be reviewed by the multi-professional team throughout your admission and the plan adapted based on ongoing risk and progress.

Sharing information with carers

Your family and carers play a very important role in your recovery. With your consent, we will work with them to provide the information and support they need to support you. We will provide them with the information about their caring role and identify any needs they may have. We will inform your carers of local services, so they can receive their own support and advice.

There may be things you do not want to share. You should discuss these first with your team so that you can understand the impact this might have on your relationship with your family/carers. Usually we would recommend that your family/carers are fully involved and informed in your care.

What activities can I do whilst on the ward?

Whilst you are recovering we want to enable you to keep up hobbies/ interests and stay in touch with friends and family as much as is practicable in the hospital setting. Please let us know if there is anything we can do to help you with this. Perhaps family and friends could bring a few things from home or you might like to try something new. These could be arts and crafts, films, relaxation, and board games.

Visitors.

Family and friends are welcome to visit. Visiting hours will be given to you on admission. Visitors are not permitted to attend during mealtimes. If a child would like to visit please check with the ward staff first. Children visiting are the responsibility of the adult that comes with them and **MUST** be supervised at all times. Visitors are to use the visitor car parks at the front of the hospital.

Independent Mental Health Advisor (IMHA)

All in-patients in Wales who are receiving assessment or treatment for a mental disorder are entitled to request support from an IMHA. You can request this via imha@advocacywestwales.org.uk, or telephone (below number) to speak to a member of staff who can support you.

Carmarthenshire 01267 231122

Ceredigion 01970 229116

Pembrokeshire 01437 7629385

“Even if you think you haven't a bright future or don't know what you want to do, it's ok, the service will help you find and build that future.” - service user

What about my religious, spiritual and cultural needs?

We understand the importance spirituality and religion can play in people's lives and recovery. This is very individual to you, so we will work with you to understand this. Chaplaincy is offered to people of all faiths and none. You are also welcome to ask your own faith leader to visit whilst you are here.

Interpreters.

The health board will provide interpretation and translation services where required.

What happens after the re-feeding admission?

There are several possible options following the re-feeding admission and this will be discussed as part of regular MDT reviews. Options include:

1. Admission to a specialist eating disorder unit
2. Admission to a local psychiatric unit
3. Discharge home with continued support from the Eating Disorders Service
4. If you remain medically unstable you may require a longer stay on the ward.

Staff from the Eating Disorders Team will be regularly present on the ward to discuss any questions you may have. The Eating Disorders Team are contactable on 01267 229700.

"Recovery has got to happen, so embrace it." - service user

This document has been reviewed with the patient, and it will become part of the patient’s health record.

I have read and understood the above information regarding my medical admission and agree to the above expectations.

Patient.....Date.....Time.....

Clinician.....Date.....Time.....

Prince Philip Hospital, Bryngwyn Mawr, Llanelli, SA14 8QF

Hospital switchboard: 01554 756567

