



**The Leeds
Teaching Hospitals**
NHS Trust

Vascular Service

Information for patients

Welcome to The Leeds Vascular Institute

The Vascular service at Leeds General Infirmary is a consultant led service that provides 24 hour emergency cover for Leeds and the surrounding areas. Day case and outpatient facilities are also provided at St James's and Wharfedale Hospitals.

Patients are referred to the Leeds Vascular Institute through A and E, GP referrals or another speciality within the hospital.

Our service has dedicated Vascular wards and operating theatres. This ensures that patients under our care are treated by a team very experienced in managing Vascular conditions.

Who's Who?

Staff Nurse



Qualified nurse responsible for co-ordinating the care of a patient or group of patients

Senior Sister/Charge Nurse



Extremely experienced clinical nurse who is the ward or department leader

Junior Sister/Charge Nurse



Clinically experienced nurse combining nursing duties with deputy ward/dept leader role

Matron



In charge of a number of similar wards or departments

Clinical Support Worker (CSW)



Provides direct patient care under the supervision of a qualified member of staff

Apprentice CSW



On work training programme to become a clinical support worker

**Clinical Nurse Specialist
Clinical Educator
Research Nurse**



Provides education and expert advice related to specific conditions or care pathways

Physiotherapist



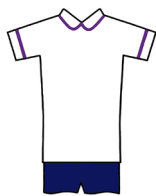
Provides help to restore movement and function when someone is affected by injury, illness or disability

Occupational Therapist



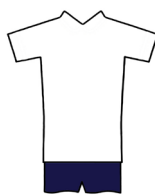
Provides support to people whose health prevents them doing the activities that matter to them

Dietitian



Health professional that will assess, diagnose and treats dietary and nutritional problems.

Pharmacist



provide expert advice on the use and supply of medicines and medical appliances

Ward Clerk



Assists with the administrative running of the ward

Ward Housekeeper



Responsible for meal provision and cleaning of ward or department

L15 is the main acute Vascular ward. However, you may have been admitted to other wards.

The Senior Sister/Charge Nurse has overall responsibility for the patient care delivery of the ward. The Sister/Charge Nurse is supported by Junior Sisters/Junior Charge Nurses who coordinate the day to day management of the ward.

Each day you will be cared for by a named nurse who is responsible for planning and implementing your care, supported by clinical support workers apprentice support workers and student nurses.

Doctors

Whilst you are an inpatient you will be looked after by a team of doctors led by a Consultant.

The doctors ward rounds usually happen in the morning, where a plan is made regarding your care for the day. There will be opportunity for you to ask questions at this stage.

The Consultants work on a weekly rotation looking after inpatients. Therefore the Consultant looking after you may not be the same one as you have seen in outpatients and if your stay is longer than a week, your care will be overseen by more than one Consultant.

If you or your family would like to have a more detailed discussion with the Consultant regarding any aspects of your care please speak the nurse in charge who will arrange this.

Whilst every effort will be made for this to be as timely as possible the Consultant looking after the ward patients is also looking after any Vascular emergencies (including operating), so their workload can be fairly unpredictable. Other members of the team may also be able to answer your questions.

In addition, there are information booklets at the ward entrance relating to specific procedures which you and your family may find helpful.

Admission to Hospital

Planned admission

If your admission into hospital has been planned in advance most of your medical and nursing assessments will have been completed before admission in the pre-assessment clinic. However, some tests may be performed once you are admitted to the ward. An individual care plan is then developed for your needs. We aim to involve and inform you and your family/carers at all stages of your treatment.

Emergency admission

If you are admitted as an emergency, a thorough medical history will be obtained once you arrive at hospital. We will contact your GP where necessary. You will be examined by a doctor and an individual plan of care will be developed.

Medication

Please bring all of your medication in to hospital with you in the original packaging. If you have been admitted as an emergency then please ask a family member or friend to bring it in as soon as possible. Bringing your medication in to hospital ensures that staff caring for you can see exactly what dosage you are prescribed and how often you need to take it. An up to date medication list (prescription) would also be helpful.

Whilst you are an inpatient you may receive daily injections to stop you developing a blood clot. The ward team will explain the reasons and benefits to you.

L15 Facilities

The ward has 27 beds. These are situated in bays of 4 and we also have 7 single side rooms, some of which have an ensuite toilet and shower facilities. There are 3 day rooms situated on the ward which you and your family are very welcome to use.

All accommodation and bathrooms are single sex to ensure patient privacy and dignity.

Each bed space has a television and telephone. Cards to activate these can be bought from a machine near reception on B floor Jubilee Wing.

Your medications will be kept in a storage cabinet next to your bedside. A code is required for access. If you are able to take your own medication then your nurse will tell you the code.

A nurse call system is situated at the side of each bed and in the bathrooms. Once you activate the system an orange light will flash and a buzzer will sound to inform staff you require assistance. Somebody will attend to you as soon as possible.

The red button on the wall is for staff to pull in emergencies only.

Wifi is available for patient use free of charge.

If you wish to talk to hospital staff in private we can arrange for you to be seen in a quiet room.

Physiotherapy

Physiotherapy is an important part of your recovery. The ward has a physiotherapy room where you may be taken to perform exercises with the physiotherapist to improve your mobility.

Food and Drink

Good diet is a very important part of your recovery. Meals are served at the following times:

Breakfast	8am	Lunch	12 noon
Dinner	5pm	Supper	9pm

Housekeeping staff serve hot drinks mid-morning and mid-afternoon.

Our catering department produces several different menus based on dietary, religious and cultural needs. If you have any specific dietary requirements please inform a member of the housekeeping team.

Doctor's ward rounds, tests and investigations will be avoided during mealtimes as much as possible.

If you require any help during mealtimes, staff are available to assist. Alternatively we actively encourage relatives, friends or carers to come and help.

Visitors and Visiting Times

12-8pm daily.

Visiting is restricted to two visitors per patient at any one time.

Visitors should please be considerate of other patients who may be feeling unwell.

Children are welcome but must be supervised.

Other wards may have different layout and arrangements. Please ask ward staff for details where needed.

Infection Control

If you have an infection you may be nursed in a single room. Nursing staff will advise you and your visitors if any additional steps need to be taken.

Visitors

To help us prevent the spread of infection we request that all visitors wash their hands with soap and water before entering and leaving the ward.

A sink for visitors is located at the ward entrance.

Visitors should **NOT** sit on beds as this can cause the spread of infection. Chairs for visitors are available in the day room. Please return them after use.

Flowers are not permitted on the ward.



Patient Property

Storage space at the bedside is limited. Please remember:

The Trust cannot accept responsibility for items lost or stolen. This includes mobile phones.

Please ensure you have night wear, day wear and slippers with you. If you are an emergency admission, or if you have forgotten anything, please arrange for these to be brought in.

Patients who will be undergoing physiotherapy and occupational therapy should have loose, comfortable clothing such as jogging bottoms, t-shirts and sweatshirts.

Please have your own toiletries as we have only a limited supply on the ward for emergency admissions.

Mobile Phones

We appreciate that patients wish to keep in touch with friends and relatives and may wish to keep their mobile phone with them.

Please be respectful towards other patients by:

Setting your phone to silent or vibrate so as not to disturb others.

Not displaying any material on your phone that others may find offensive.

Not photographing or recording other patients, visitors or staff.

Long or loud telephone conversations should be made in the day room where possible.

Smoking

All hospital buildings are completely smoke free.

E cigarettes are not permitted to be used (or charged) at the bedside. Please speak to the doctor or nurse looking after you if require support to stop smoking whilst you are an inpatient and when you go home.

If you do wish to smoke, please use the smoking shelter provided, outside the Jubilee Wing entrance.

Cultural and Religious Needs

The Trust has an established Chaplaincy service for those patients requiring religious, pastoral and spiritual care. The Chaplains can be contacted on your behalf to arrange a visit to the ward, 24/7. There is a chapel on B Floor, Brotherton Wing that hosts both Christian and Muslim services, and there are several prayer and quiet rooms throughout the hospital. Please speak to a member of ward staff should you require any further information.

Violence and Aggression

The trust will not tolerate any form of violence and aggression including verbal abuse against its staff, visitors or patients. Incidents of violence and aggression will attract the highest sanctions available.

Surgery

You may require an operation whilst in hospital the next few pages will give you some information about this.

What Happens on the Day of Surgery?

It is very important that you follow any instructions given to you regarding eating and drinking on the day of your operation.

If you don't then this can complicate the anaesthetic process and could mean that your operation has to be cancelled.

You will be visited by the Surgeon and an Anaesthetist carrying out your operation who will make sure that you are fully aware of the surgery you are having performed. You will be asked to provide written consent for your operation if you haven't done so already.

Please remove any make-up, jewellery and nail polish.

The nurse looking after you will ensure that all necessary checks are made before you go to the operating theatre, including;

- Changing in to a theatre gown.
- That 2 wrist bands are worn.
- All of your personal details are correct.

Following this a porter will arrive to take you to theatre accompanied by a member of ward staff.

When you arrive in theatre you will be greeted by an Anaesthetist and other members of the theatre team. Further checks will be performed to confirm your identity and that you have given your consent to surgery.

Further details regarding your anaesthetic can be found in a separate information leaflet. Please ask if you wish to read this.

Once your operation has been completed you will be taken to a recovery area. Here you will be looked after by a specially trained nurse who will monitor you, ensure that any pain is well controlled and give you more pain relief if needed. The recovery nurse will also treat any nausea and vomiting you may experience.

Once you are awake and comfortable, theatre staff will return you to the ward. The recovery nurse will provide the ward nurse with information on what has happened in theatre and in recovery. You will continue to be monitored more closely for several hours on the ward.

Following certain types of operations you may be transferred to either Intensive Care Unit (ICU) or High Dependency Unit (HDU) following your surgery. This is to ensure you receive close monitoring. You will have been informed of this prior to your operation - where possible - if this is needed.

Your Recovery

The length of time it will take you to recover following your surgery will depend on what type of operation you have had. Your doctor will give you an idea of how long it will take you to recover.

It is important to move around as soon as possible after surgery unless you are told otherwise. Getting active will encourage your blood to flow, your wounds to heal and build up strength in your muscles. The team of physiotherapists who work on the ward will assess how well you can move about and will create a plan specific to your needs.

If you need additional help once you get home, we will discuss this fully with you. Our team of occupational therapists will work with you and your family to help set realistic goals to overcome any difficulties in self-care.

Discharge

We will begin to plan for your discharge as soon as soon as you are admitted. We will ask you about your home circumstances so we can make any necessary arrangements in good time.

On the day of discharge please make your own arrangements for transport home. A member of the nursing team will discuss this with you if there are any problems. Before you are discharged we may provide you with:

- A supply of medication
- Your discharge information (which we will also send to your GP). This outlines why you have been admitted, your discharge medication and any necessary follow-up either back at the hospital or at home.
- A letter for your practice nurse and instructions on when to attend for treatment such as a wound check or removal of stitches.
- A supply of dressings to last until your community nurse or GP orders more.

We may ask you to vacate your bed on the morning of discharge and ask you to wait in the day room until you are ready to leave the ward. We try to order medications from pharmacy as early as possible but these can sometimes take several hours to arrive on the ward. The nurse looking after you will advise you of what time to tell your family to collect you.

If you need any follow-up appointments these will be posted to you.

We aim to discharge you as quickly and smoothly as possible, however several things may have to take place before you are able to go home such as;

- The doctors will need to finish the ward round before they are able to concentrate on your discharge requirements.
- Any home care you need may have to be confirmed.
- Any Community Nursing requirements you need to be organised.
- Any other specialities involved in your care may need to be consulted.

Feedback

We appreciate your opinion and would love to hear from you about your experience and the care you have received. You can do this by completing the Friends and Family Test at the end of your stay. Staff will give you a questionnaire at the point of discharge. All constructive criticism is acted upon.

We aim to provide an excellent standard of care at all times. However, if you are unhappy or are concerned about the care you or your relative has received then in the first instance do not hesitate to speak to the Nurse in Charge who will investigate and resolve any problems as soon as possible.

General ward information

Telephone Number

0113 3927415

Visiting Times

12.00 till 8.00pm Monday - Sunday

Ward Manager Name

Rachel Thompson



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