

The Leeds Adult Cystic Fibrosis Unit

Information for patients



Cardio-Respiratory
Service

Welcome to the regional adult cystic fibrosis (CF) unit in Leeds. Whether you have just been diagnosed, or are transferring from paediatrics, we hope this leaflet smooth's your transition to the CF unit.

What is the cystic fibrosis service?

The Leeds adult CF unit provides inpatient and outpatient care for people with CF over the age of 16. We provide:

- Regular outpatient clinics
- Inpatient care
- Home visits, if required

Outpatient Clinics

The adult CF service in Leeds is based across St James University Hospital and Seacroft Hospital.

Our outpatient clinics are held at Seacroft hospital main outpatients department:



**Seacroft Hospital,
York Road, LS14 6UH**

- The outpatient department is on the right when entering the main gates

- Seacroft hospital operates a pay and display car park. This accepts card payments only. Disabled badge holders are exempt from such charges



- Buses travel frequently from Leeds city centre to Seacroft hospital, stopping on York Road
- The following buses travel between Leeds city centre and Seacroft hospital; **56, 64, 165**



- Leeds train station is the closest train station

People with CF are segregated within the department to reduce the risk of cross infection. In addition, separate clinics are held according to sputum status. As a result, outpatient appointments are at a premium. If you cannot attend, or are running late, please contact us as soon as possible. You can find these numbers on the useful contacts page. Currently we are offering a combination of virtual and face to face appointments.



Inpatient Ward

If you require admission to hospital, this will be on ward J06 at St James's University Hospital.

**Leeds adult CF Unit,
J06, Level 6, Gledhow wing,
SJUH, Beckett Street, LS9 7TF**

Ward J06 has 12 inpatient beds as single en suite bedrooms. Two of these rooms are reserved for people who have specific infections and are accessed from an alternative entrance. Nursing staff will discuss this with you if it applies.



There are also outpatient examination rooms on the ward for urgent reviews only.



Parking is available in the multistorey car park. It is clearly signposted as you enter the hospital site from Beckett Street. It is open from 6am to midnight and payment is on exit.

There are also 3 bays outside Gledhow Wing that are reserved for people with CF only. These are free of charge and passes are available upon request from ward staff. Please speak to the nurse in charge regarding current visiting times.

All bedrooms have access to TV, WiFi and selection of DVDs. There is also a washing machine/dryer, hairdryer and patient kitchen to make your hospital stay easier. In addition, there is a patient gym and regular exercise classes to join to keep up your fitness during treatment.

You will meet

Doctors

All care provided will be led by our team of consultants with a wealth of experience in cystic fibrosis. They will be supported by junior doctors with an interest in CF and respiratory medicine. Doctors will plan your care with you and arrange your next appointments.

Specialist nurses

The CF specialist nurses and care support workers support the outpatient clinics and all aspects of community care. They are also responsible for co-ordinating courses of home intravenous antibiotics, if required, and flushing of port a cath. Port devices should be flushed every 8 weeks, and we expect that you share the responsibility to ensure this is done in a timely manner.

Physiotherapist

The physiotherapist will review you daily during inpatient stays, and in outpatient clinics. They also provide virtual exercise programmes and community support as appropriate.

The physiotherapists will also monitor your lung function and help you plan your airway management.

Dietitian

The specialist dieticians will check your weight and discuss any problems relating to your oral intake and digestion system, including diabetes. If you are currently prescribed enteral feed, the dieticians will inform you how to obtain your supplies.

We also have a dedicated social worker, psychologist, youth worker and pharmacist. They will not attend clinics routinely, but are available to help whenever you need them.

We have links with other specialities in the hospital. If you need referring to a local hospital, or a specialist service this will be discussed with you during your appointment.

If you are unwell please contact either ward J06 or the CF nurse specialists in the first instance.

Useful Contacts

Ward J06

- **Telephone: 0113 206 9106**

Seacroft outpatients

- **Telephone: 0113 206 2054**

Doctors

- Professor Daniel Peckham
- Dr Ian Clifton
- Dr Giulia Spoletini
- Dr Christine Etherington
- Dr Akhil Sawant

Medical secretaries

- **Telephone: 0113 206 7022 / 0113 206 7170**

Clinical nurse specialists

- Telephone: 0113 206 6816
- Email: leedsth-tr.leedscfnurses@nhs.net

Dietitians

- Email: leedsth-tr.leedsadultcfdietitians@nhs.net
- Telephone: 0113 206 5276

Physiotherapists

- Email: leedsth-tr.cfphysiotherapy@nhs.net
- Telephone: 0113 206 7290

Social worker

- Telephone: 0113 206 6038

Psychologist

- Telephone: 0113 206 6038

Youth Worker

- Telephone: 0113 206 5897

Pharmacist

- Telephone: 0113 206 7057

Research nurses

- Telephone: 0113 206 7057
- Email: leedsth-tr.cysticfibrosisresearch@nhs.net

Further Support

Leeds Centre for Respiratory Medicine

Patient information on the respiratory services offered at Leeds Teaching Hospitals NHS Trust. Up to date information and newsletters.

- www.chestmedicine.co.uk



Cystic Fibrosis Trust

A registered charity supporting patients, families and healthcare professionals affected by CF.

- www.cysticfibrosis.org.uk



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Developed by: Nikki Burke - Adult PCD Lead nurse

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