

Pre-admission information for NHS patients



Welcome

Thank you for choosing a Ramsay Health Care facility as part of Patient Choice for your forthcoming treatment.

We recognise that the prospect of hospital treatment can be daunting, whether you are a day patient or will be staying with us for some time. But please be assured that all the hospital staff are committed to making your time with us as comfortable and restful as possible.

This pre-admission pack is designed to provide you with all the information you will need before your visit. More details about your hospital are included in the Patient Guide¹ which is made available to you at your hospital. During your stay in hospital you will be under the care of your Consultant who has been approved by our Medical Advisory Committee to use the hospital facilities.

¹As required by the National Care Standards and Private and Voluntary Healthcare regulations

Before admission

Before you are admitted for treatment, you will be given a medical questionnaire to complete. Please answer the questions as accurately as possible. This is important because it enables us to be informed of any special medical needs you may have and ensures that you are safely prepared for your anaesthetic. We use this information to decide whether or not any tests or checks are required before you are admitted to the hospital. Sometimes it is necessary to ask you to attend a clinic for these checks. However, it may be that your answers on the medical questionnaire give us sufficient information, or that we just need to telephone you to obtain a bit more detail about the information you have given us.

Remember that the hospital will need to know about any drugs or medicines (including homeopathic and herbal medicines) you are currently taking. This information should be completed on your medical questionnaire. The questionnaire also provides space to indicate whether you have any specific dietary or religious catering requirements. Please confirm these with the nurse on arrival.

If you have not completed the questionnaire at the time of your Consultant appointment, please ensure that it is returned to the out patient department within 48 hours of receiving it, together with your registration form (in the reply paid envelope). This is so we have sufficient time before your admission date to arrange any checks that may be necessary. In the event that your questionnaire is not returned in time, there is a risk that your procedure may be cancelled.

It is very important that you carefully study the admission letter accompanying this pack, as it will provide you with specific instructions relating to your particular treatment.

You may be required to refrain from eating (or chewing gum) and drinking (not even water) for a period of time prior to your operation, and these instructions will be noted in the letter. Please also observe any directions regarding X-Ray examinations, blood tests or other tests before admission.

Patients under the age of 16 should be accompanied by a parent or guardian.

If you need help to answer any medical questions or you have any concerns regarding your admission or details in this pack, please do not hesitate to contact the hospital.

Infection prevention and control

All of our Hospitals have strict nursing and cleaning procedures which reduce the risk of infection to very low levels.

We would advise you to have a shower or bath with soap on the evening before or on the day of your surgery to further reduce the risk of a wound infection.

There are additional leaflets on healthcare acquired infection (HAI) and MRSA. Please ask if you would like to see them, or you would like to know anything else about our infection prevention measures.

What to bring with you

Clothing

If you are attending as a day case or an inpatient, there are a number of items you will want to bring with you. You will need pyjamas or a night dress, dressing gown and slippers and you should bring your own personal toiletries, although items such as towels will be provided. If you are staying for a few days or longer, you may prefer to bring casual clothing to wear towards the end of your recuperation. Patients undergoing hip or knee surgery are asked to bring shorts, a loose skirt or track-suit (preferred to trousers), together with comfortable supportive shoes to wear during post-operative physiotherapy. You may also wish to bring books and children may gain some comfort from their favourite toy.

Medications

You should bring all your current medication with you with the original packaging and labels, when you are admitted. Please also bring sufficient medication to last throughout your anticipated length of stay.

Valuables

We advise that you do not bring valuables or large sums of money if at all possible. Please ask your relatives to take them home for safe-keeping. However, if this is unavoidable, please tell your nurse who will be able to arrange for the items to be kept safely. Please note the hospital cannot accept responsibility for items not secured in the hospital safe.

Mobile phone and electrical equipment

In order to respect the needs of all our patients, the use of mobile phones is not permitted in the hospital, as ringtones and loud conversations can be intrusive. The Consultants have to be immediately available for patient care so are permitted to use them in certain areas of the hospital. If you wish to

bring personal electrical equipment with you, please inform the nurse on admission, who will ensure that it receives the necessary safety checks prior to your usage in the hospital. Please note that if the engineer is away from the hospital there may be a delay in this check.

When you arrive

Transport and parking

If you are an inpatient, we ask that you do not leave your car in the hospital car park for the duration of your stay; please arrange to be dropped off at the hospital and collected again on departure (you may find that you will be advised not to drive for a period of time following your stay). If you are due to stay with us for the day only, ensure that a responsible adult is available to collect you. Most day case patients will spend approximately four hours post operatively with us (if local anaesthetic is used it may be less).

Disabled access

The hospital entrances and exits have been designed to enable easy access for wheelchairs. If you require the use of a wheelchair during your stay, either for yourself or visitors, please let the receptionist know either beforehand or on arrival.

Reception

On the day of your admission, it is very important that you arrive prepared for your operation and in time to meet your Consultant and Anaesthetist before the operating list commences. Your time of arrival will have been confirmed in your admission letter or by telephone call to the hospital. Please ensure that you have followed all guidelines regarding fasting for your procedure.

On arrival, please report to reception, where your admission details will be confirmed. The anticipated time of your operation will be advised on admission, although this may be subject to change, and any further information will be notified to you by the nursing staff. Having been shown to your room you will be advised how the equipment in your room functions, including the nurse call system. Please note, you may be sharing a room with another NHS patient.

If you are having surgery, one of the nurses will check your blood pressure, respiratory rate, pulse and temperature and do some final checks to ensure you are correctly prepared. You may be asked to confirm your personal details by all clinicians attending to you, prior to your operation. This is recommended practice for increased patient safety. An identity bracelet will also be put on your wrist and if you have any allergies this band will be red in colour to alert the staff. Your Surgeon and the Anaesthetist will confirm your medical history and answer all of your remaining pre-operative questions.

During your stay

Your operation

Please ensure that you make all necessary preparation for your operation, including removing nail varnish, nail extensions and cosmetics. Plain wedding bands may be worn but will be covered with tape prior to surgery. It is requested that any other jewellery including body piercings are removed and kept safely at home or given to a relative for safe-keeping.

To the theatre

You will be accompanied to the theatre by a nurse/health care assistant (HCA), porter or a member of the theatre staff. If you are having a general anaesthetic you will wake up in the recovery area and will be looked after by a recovery nurse before returning to your room.

Back in your room

In the comfort of your own room you will be able to relax. If you have had a general anaesthetic you may feel drowsy at first. When you are fully awake (and depending on the type of surgery) you may be able to have a drink and perhaps something to eat. The nurse will continue to monitor your pulse and blood pressure regularly as appropriate. We advise that you do not get out of bed unaided, immediately following your surgery, until informed that you may do so by your nurse.

Your room, TV and telephone

All bed linen and towels are provided. A remote controlled colour television and radio are also provided, and there is comfortable seating for your guests. In addition, each room has a direct dial telephone for your personal use: calls are metered and charged to your account from the time of admission. Every room features a nurse call system located at the bedside, and there is also a pull-cord alarm in the bathroom.

Meals

All meals are freshly prepared using healthy ingredients to aid your recovery. Special and light diets will be prepared for patients following procedures under general anaesthetic. Vegetarians, and those patients with any special cultural or religious requirements, can also be catered for. Breakfast, lunch and dinner will be served at normal times. Beverages are served mid morning, mid afternoon, and in the evening, and are also available at other times. Your guests are welcome to join you for meals; these will be charged separately to your account.

Newspapers

Daily newspapers and magazines are available at an additional charge. Please advise reception of your choice of title on arrival.

Smoking policy

All hospitals have a non-smoking policy. Our nursing staff can help smokers with any concerns they may have before coming into hospital. Ramsay Health Care facilities may or may not have designated areas for smoking outside the hospital - please ask if your hospital provides such areas. Smoking is strictly prohibited in the vicinity of oxygen units.

Visitors

Friends and relatives are welcome to visit at any reasonable time of the day, subject to medical considerations. We would appreciate if visits could be made between 8am and 9pm (please note that this may vary between hospitals). For security reasons your visitors should report to reception on arrival and subsequently inform ward reception of their presence.

Information for relatives

Your friends and relatives may call for information about your progress. They should ask to speak to the nurse in charge of your care.

In-patient service

We offer a fax and postal service for outgoing mail. Incoming mail will be delivered to you in your room.

Settling your account

Where your NHS Trust has agreed to pay for your treatment in a Ramsay Health Care Hospital, you will not receive any bills for your treatment with the exception of personal charges as detailed below.

Personal charges

Most hospitals will expect you to settle your account for personal charges (telephone calls, visitor's meals and newspapers etc) on discharge. If this is not the case an invoice will be forwarded to you for payment.

When you leave

You will be advised by your Consultant or your nurse when you are able to go home. If you need to take any medication following your departure, this will be given to you when you leave.

If you are required to go home with crutches, walking sticks or a raised toilet seat, you will be given these items via our Physiotherapy department.

If you are undergoing general anaesthetic or sedation, please ensure that a friend or relative collects and accompanies you home. Please be aware that you must not drive a car, ride a bicycle, operate machinery, sign a legal document or drink alcohol for at least 24 hours after a general anaesthetic or sedation.

If you are a day case patient, you should ensure that you arrange to be collected and you remain in the care of a responsible adult for the remainder of the day, or night if the operation is in the afternoon, or as directed by your Consultant.

Please report to reception as you leave

Follow-up care

If you need to see your Consultant again following your discharge, an outpatient appointment will be made before you leave or you will be notified of your appointment as soon as possible after your discharge.

Following your discharge, if you have any concerns or questions or are in need of advice, please telephone the hospital and speak to the senior nurse on duty.

For performance information about Ramsay Health Care facilities please go to the Healthcare Commission website:

www.healthcarecommission.org.uk

To review the latest patient satisfaction results for Ramsay Health Care carried out by The Leadership Factor go to:

www.ramsayfeedback.com

This information is available in a choice of languages, as well as in Braille or on English audio cassette. Please contact the enquiry department of your local Ramsay Health Care Hospital for further help. If you have any suggestions or comments about aspects of your care, or about this guide, please contact the manager or matron of your local Ramsay Health Care Hospital.

www.ramsayhealth.co.uk/nhs



Pre admission NHS Patient
CL-1733-000-R