

Information for patients and carers

Your Inpatient Guide to Ribblesdale Ward



Welcome to the Ribblesdale Ward

We are a 24 bedded Oncology Ward specialising in Oncology and Haematology.

We hope to make your stay as comfortable as possible. This leaflet explains what happens on the ward on a daily basis.

08:00	Breakfast and drinks
08:30	Routine medication*
09:30	Hygiene needs
12:30	Lunch meal and drinks
12:45	Routine medication*
17:00	Routine medication*
17:30	Evening meal and drinks
20:30	Supper drinks (milky drinks available)
22:00	Routine medication*

*These times may vary depending on ward business

Mealtimes and menus

There are snacks available on request and on regular drinks rounds e.g. Biscuits/cheese and crackers, ice-cream, cakes. Please feel free to ask.

Breakfast

Your choices for this meal are cornflakes, bran flakes, Weetabix, porridge, fresh fruit, toast, baked beans and orange juice. You will be asked to choose this each morning.

Lunch

Your choices for the mealtime are from a selection of menus. These are as follows: normal, renal, low fibre, gluten-free, multicultural, modified texture. Please ask staff for advice on your meals. Choices will be collected the day before.

Supper

Your choices for the mealtime are from a selection of menus. These are as follows: normal, renal, low fibre, gluten-free, multicultural, modified texture. Please ask staff for advice on your meals. Choices will be collected the day before.

Infection control risks

In certain infection control situations, you may be moved into a side room to reduce the risk to yourself and others. These rooms have en-suite facilities.

Please stay in your room until a member of staff advises you otherwise.

Please let your visitors know that they may need to take special precautions when entering or leaving the room, such as putting on aprons and gloves. These need to be discarded in the yellow lidded bins before leaving the room. It is essential that they wash their hands after removing their apron and gloves.

Concerns and Complaints

If you have any concerns during your time on Ribblesdale Ward do not hesitate to speak to the Ward Manger or Ward Sisters. If this is not sufficient then please seek advice from **Patient Liaison and Advice Service** (PALS) 01772 522972.

Spiritual Needs

If you would like to visit the chaplaincy team or to attend, please do not hesitate to ask to a member of the team to help organise this.

Harm free care

We want you to keep safe.

As part of your care, you will be seen at least hourly to assess whether you need: re-positioning, pain relief, personal needs addressing, any personal possessions moving closer to you and patient education.

Whilst you are in hospital, we will encourage you to actively move about, however please always use your call button if you need assistance, we don't want you to fall.

Quality rest and sleep

If you are finding it difficult to sleep, we can offer a sleep pack which includes an eye mask and ear plugs. Please ask a member of staff.

What hygiene facilities are available for you?

Jacuzzi bath, assisted hoist bath, walk-in shower, separate female and male walk-in wash rooms.

Entertainment facilities

We have a day room with a TV, DVD player, games console, computer games, magazines, colouring books, pencils as well as a selection of books.

Please ask a member of staff.

Discharge Facilitator

Ribblesdale Ward has a nominated Discharge Facilitator; they will liaise with patients, families, physio, OT and social services regarding safe discharge home. If you have any questions or concerns about your discharge, please inform your nurse and she will facilitate a meeting.

Visiting hours

At present, visiting on the ward is between 2pm and 7pm. Patients receiving end of life and/or who are under 18years old, have a learning disability or have dementia are permitted to have extended visiting times agreed with the ward team. Please speak to the nurse in charge to arrange this.

Contact details

Should you require further advice or information please contact

The Ribblesdale Ward – 01772 523223

PALS - 01772 522972

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Follow us on social media @lancshospitals

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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