

# Information for patients and carers

## Ward 15 - Unit 1

Pre surgery and post-surgery care

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

## What is vascular?

Vascular services investigate and manage conditions affecting the major blood vessels of the body (Arteries and veins). Arteries work by taking oxygen rich blood to the various tissues and organs within the body system. Veins work by returning the used de-oxygenated blood from the organs back to the heart. The de-oxygenated blood passes through the lungs in the body and picks up new oxygen cells, which then returns to the heart to be pumped once again around the body. This is known as the circulatory system. When there are disorders affecting arteries and veins, preventing blood supply being delivered to tissue and organs this can cause vascular symptoms. Prompting referrals to the vascular service.

Vascular services include the treatment of aneurysms (balloon like structure in arteries), abnormal blood vessels, limb ischaemia, carotid artery disease, peripheral and visceral arterial disease, thoracic outlet surgery and venous disease.

Many vascular conditions can be treated with keyhole surgery under x-ray guidance using a specialist technique called interventional radiology. Interventional radiology involves making a small cut in the blood vessel, and then alongside an x-ray machine the surgeons and interventional radiology team will insert and manoeuvre tiny devices within the vessel itself to help treat the problem.

## What to expect during your stay

During your stay with us on our 18 bedded unit, you will be allocated a nurse and healthcare assistant each day. Your care will be tailored around your pre and post operative surgical needs. These may include the management of pain, monitoring your vital signs such as your blood pressure, heart rate, oxygen levels, temperature, monitoring of your blood results and wound care.

## **Our Mealtime Schedule:**

**Breakfast: 8am-9am**

**Lunch: 12pm-1pm**

**Dinner: 5:30pm-6:30pm**

## **In preparation for your surgery**

Each day the vascular team (Vascular consultant and nurses) will visit you at your bedside on the ward round. This allows the consultant to discuss with you your planned treatment and an opportunity for you to ask and get answers to any questions you may have.

If you have been scheduled to have a surgical procedure, we may ask you to remain nil by mouth, this means you will be unable to eat or drink anything until after your surgical procedure.

In some instances, you may be able to drink water up to 2 hours before your procedure, but this will be advised to you by your surgeons and nursing team.

Whilst some patients remain nil by mouth, if appropriate we may need to start an Intravenous drip of fluids which runs through a small plastic tube in your vein called a cannula. This may be needed to prevent dehydration whilst you wait for your procedure.

## **Post surgery care**

When you arrive back onto the ward from your surgery you will need to be monitored by the nursing staff for a few hours. This will include the checking of your operation site, taking your blood pressure, pulse, oxygen levels and temperature.

Once you are well enough to go home, you will either be advised to attend a visit with a practice nurse or district nurse to continue your wound management. A referral letter will be organised and completed by the nursing staff on your discharge to organise this service for you.

We can also provide you with a leaflet called post-operative surgical wound care, information for patients being discharged home from the vascular ward. Please ask a member of staff if you require this.

## Who is involved in your care?

Our excellent nursing team is supported by the wider multi-disciplinary teams which include surgical doctors, anaesthetists, nurses, physiotherapists, occupational therapists, dieticians, pharmacists, discharge facilitators and critical care outreach team.

As we are a teaching hospital, student nurses and medical students take an active role working on the ward alongside the multidisciplinary team and will be involved in your care.

## Spiritual care

Coming into hospital can be unsettling and stressful. Patients, relatives and carers may find it helpful to have someone to talk to. The chaplaincy and spiritual care department consists of a multi faith team of chaplains and chaplaincy volunteers. Chaplains and chaplaincy volunteers regularly visit wards and chaplains can be called to visit individuals at any time. In an emergency, please ask a member of staff to contact a chaplain. Roman Catholic, Church of England, Muslim chaplains and Free Church chaplains are always on call.

## Visiting hours

**Our visiting times are 2pm- 7pm, Monday to Sunday.**

If you would like family and friends to know about your care, please nominate one person to phone the unit and ask them that they share the information with other members.

There is an opportunity if you would like to set up a password with the nursing team to ensure information is shared with your chosen individuals.

Our team handover between shifts, this takes place between:

Day shift 7am to 8am

Night shift 7pm to 8pm.

If possible, please refrain from calling the ward during these times.

## Contact details

Should you require further advice or information please contact the ward on the following number: **01772 523897/01772 522471**.

We would love to hear feedback of your experience whilst on our unit and would appreciate if you could take the time to fill in the friends/family/patient experience card. Please ask a member of staff for a card prior to being discharged.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://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](http://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.**

**Department:** Vascular

**Division:** Surgery

**Production date:** September 2024

**Review date:** September 2027

**JR 1199 v1**