

Patient Information Leaflet

PATIENTS GUIDE TO THE CORONARY CARE UNIT & STEPDOWN

Produced by the staff of the Coronary Care Unit



May 2014
Review due May 2017



If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

OUR MESSAGE TO YOU “PATIENTS COME FIRST”

These are the standards of service that you can expect from us

- A qualified nurse to be responsible for your nursing care.
- The opportunity for you (and your partner/relative should you wish) to discuss your condition and its management with the nurses or your doctor.

In addition, for patients with a confirmed diagnosis of a Heart Attack (MI)

- An individualised, research based, education booklet.

This booklet contains information that is relevant to your condition and its management and supplements the advice and teaching given by the nurses and doctors. The booklet also contains specific information about cardiac rehabilitation after a heart attack.

GENERAL INFORMATION

A wide variety of literature and teaching aids (e.g. videos and DVDs) to help reinforce the messages and information given are available. Please ask a member of staff if you would like access to any of these aids.

Whilst patients and relatives are encouraged to seek support and/or information on an individual basis at any time, staff are always available in the Stepdown Day Room at 2pm on Tuesday and Thursday afternoons. All are welcome.

How long you will need to stay in hospital will depend upon your diagnosis and course of recovery. If there is any further information you want before going home please ask a member of staff. We are here to help you.

CORONARY CARE UNIT (CCU) & STEPDOWN AREA

The **Coronary Care Unit** is a 6-bedded unit on the ground floor of the North Hospital within St Mary's Hospital. It is specifically set up for the care and monitoring of patients who have chest pain that is suspected could be due to a heart attack or angina.

Stepdown is an adjoining 12-bedded area for ongoing care of patients with a cardiac condition.

We hope that the following information will answer some of your questions about your stay in CCU/Stepdown. If there is anything else you need to know, please do not hesitate to ask.

NURSES

CCU and Stepdown have a team of nurses to care for you. The nurse that admits you to the ward will be responsible for the management of your nursing care and will formulate your individual “Plan of Care” with you. Other nurses will always be available and happy to give assistance as required.

The name of your admitting nurse is:

DOCTORS

The medical Consultant you have been admitted under the care of is:

Whilst in CCU you will be seen on a daily basis (weekdays) by one of the Cardiology Consultants:

MOBILISATION GUIDELINES

Until you have received confirmation and details of your particular diagnosis, please follow the mobilisation guidelines set out below. These apply to all patients admitted to CCU with suspected heart attack or angina.

PATIENT GUIDELINES FOR MOBILISATION

(until your diagnosis is confirmed)

- Day 1 Physical activity should be kept to a low level. You should remain on bed rest with full assistance with personal hygiene, although you may get up to use the commode at the bedside. You should practice deep breathing and leg exercises (see below).
- Day 2 You should sit out at the side of the bed for bed making and/or one hour in the morning and afternoon (if your condition allows). Continue deep breathing and leg exercises.
- Day 3 You should take several rest periods of at least one hour throughout the day, especially after meals. You may wash yourself at the bedside and make 2 supervised walks to the toilet during the day.
- Day 4 No limit on sitting out of bed. Walk freely around the ward. Walk to the toilet unsupervised. Wash yourself using bath/shower.
- Day 5 Selfcaring, stairs (if appropriate) with supervision. You may be discharged from today onwards.

ROUTINE EXERCISES WHILE IN CCU

WHILST IN BED

- 1 Deep breathing – take 6 deep breaths, relax as you breathe out.
- 2 Pull your toes and feet up and down at the ankle.
- 3 Tighten your thigh muscles and brace your knees straight.
- 4 Bend your knees up and down in bed.

SITTING IN THE CHAIR

- 1 Pull your foot and toes up and straighten your knee lifting your foot up off the floor.
- 2 Lift your knee towards your chest by bending at the hip.

Do each exercise 5 times an hour. Increase the number by 2 each day until you are able to mobilise freely around the ward

MOVING OUT OF CCU

Once the doctors are satisfied with your progress and condition you will be moved out of CCU to the Stepdown ward for further treatment and rehabilitation. Prior to your discharge you may be moved to one of the general medical wards.

PATIENTS BEING TRANSFERRED TO A MAINLAND HOSPITAL

If transferring to a mainland hospital for further investigations or interventions, patients will need to have outdoor clothing and money for their journey home. Please ask a relative or friend to bring these to the ward for you.

VISITING HOURS: BETWEEN 2.30 p.m. and 7.30 p.m. DAILY

Alternative visiting times can be arranged with the nurse-in-charge. However, a restful atmosphere is essential for the benefit of all patients in CCU and Stepdown, so at times visiting may be restricted to the above times. We also request that there are only two (2) visitors at any one time. Visiting by children under 14 years of age should only be by prior arrangement with nursing staff.

A STRESS FREE ENVIRONMENT

To aid your recovery and encourage you to rest as much as possible, we try to promote a stress free environment in the wards. If you have concerns please speak to a member of staff.

MEAL TIMES

Breakfast	-	7.30 a.m.
Coffee	-	10.30 a.m.
Lunch	-	12.00 p.m.
Tea	-	2.30.p.m.
Supper	-	5.30.p.m.
Evening drink	-	9.00 p.m.

There is a choice of menu with a varied selection, but please let staff know if you have any special dietary requirements. We generally advise you to make your selection from the Healthy Eating options marked with a ♥ symbol.

TELEPHONES

The Patientline system at every bed area in both CCU and Stepdown offers access to both television and telephone at the bedside. There is a charge for this service. Once registered with Patientline you will be allocated a 4 digit personal identification number to enable friends/relatives to contact you by telephone. Please be considerate of others in the use of this facility by not using it during unsociable hours.

Mobile phones MUST NOT be used in CCU

SPIRITUAL NEEDS

Clergy of most denominations visit the unit regularly but can be specifically contacted by the nursing staff at any time should you wish to see one. You may prefer your own Minister to visit and you can have this arranged for you at any time.

NEWSPAPERS

A trolley service is offered in the mornings, on a daily basis, from which newspapers, sweets and other sundries can be purchased. Most weekdays the trolley visits the ward in the afternoon as well.

TELEPHONE ADVICE LINE

CCU and Stepdown may be contacted for further advice and support either via main switchboard (01983) 524081 extension 4448 for CCU or 2142 for Stepdown or on the following direct dial numbers:

CCU	(01983)	534448
Stepdown	(01983)	552142

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref:C/GCCU/3