
Oncology Directorate and Haematology SDU

Welcome to Ward C10

About Ward C10

On Ward C10 we care for people undergoing investigations and treatment of disorders affecting the blood or bone marrow. This speciality is called Haematology. This information has been designed to help you know what to expect during your time on the ward and to provide practical information about the way that C10 is organised. Our aim is to provide the highest quality care in a welcoming and pleasant environment.

Whether you are here for a day or are with us for a number of weeks, we want you and your family to feel well informed and understand what is happening. We hope you will not hesitate to ask for as much information and advice as you require about any aspect of your care here on C10.

Ward telephone number: 01223 217255 / 217312

Ward Payphone: 01223 243002

Ward Address: Ward C10
Haematology and Bone Marrow Transplant (BMT) Ward
Box 14
Addenbrooke's NHS Trust
Hills Road,
Cambridge CB2 0QQ

Directions and Travel

- From main entrance go through the concourse to the main lifts. Take the lift to Level 10, turn right out of the lift and continue round the corridor to the ward. The nurses' station is at the far end of the ward.
- To help prevent spread of infection we ask all visitors to use the hand rub at the entrance to the ward on arrival and leaving
- Please ask about reduced car parking tickets

Who's who on Ward C10?

Consultants: Dr Marcus
Dr Craig
Dr Crawley
Dr Green
Dr Baglin
Dr Follows
Dr Huntley

You will also meet a number of other doctors during your stay on Ward C10.

Other staff you may meet whilst an inpatient on Ward C10 include:

- Ward clerk
- Ward assistants
- Physiotherapist
- Dietitian
- Specialist Nurses
- Macmillan nurses

General information about coming to the ward:

Please can you limit the amount of personal belongings you bring in with you and that you accumulate during your stay on the ward. This is due to space restrictions on the ward and to help with infection control measures. As a general rule all your personal belongings should be able to be stored, without cramming, in your locker if required. Please arrange for surplus belongings to be taken home regularly. This keeps the ward area free from non-essential items.

Also if, for any reason during your stay, you need to be transferred to an intensive unit no personal belongings are allowed, so any you have with you would need to be taken home as there is no interim storage area on C10.

On your arrival:

When you arrive on C10 a nurse will show you to your room where you will be familiarised with your environment.

A nurse will take blood samples from your arm or your central line, perform baseline observations and ask you a few questions. You will also be advised to pass urine into bedpans/bottles from midnight on the day that you arrive. We will remove these from your bathroom every two hours and ask you what you have had to drink. It may be a good idea to keep a record of what you have drunk and we advise that you drink 2-3 litres a day.

Visiting Hours:

We have no set visiting times so are 'open all hours'.

If you have had a particularly bad day, or in other exceptional circumstances, we have the facility to enable one of your relatives to stay overnight on a camp bed in your room on an occasional basis only. This must be pre-arranged with the nurse in charge on the day. For infection control reasons there are no 'on ward' washing or toilet facilities for non-patients. Your relatives **must** use the facilities in the corridor near the lifts. Under no circumstances can relatives use the shower or toilet in your room.

Unfortunately this cannot apply to patients who are being looked after in multi bedded rooms.

- Your children are welcome to visit, but please ask a member of staff before bringing them in. We do stress that if a visitor has had a recent illness or infectious disease (including colds), it is best to avoid visiting. Similarly if visitors have been exposed to chickenpox they **MUST NOT** visit. This is because many of our patients on C10 are very susceptible to infections.

Please let your friends and family know that living flowers or pot plants are not allowed onto the ward

Food and Drink

- 08:00 - Breakfast: cereals, toast
- 12.15 - Lunch: cooked meal
- 18:00 - Supper: sandwiches, light meal
- There are also tea and coffee rounds regularly, throughout during the day.
- There are tea and coffee making facilities at the end of the ward.
- You may bring food in if you wish and it can be kept in the kitchen provided it is labelled and dated. Some patients prefer to have frozen meals ready in the freezer in the kitchen rather than having meals provided by the hospital. These can be heated up in the microwave by a member of staff. We are unable to permit any patient or relative entrance into the kitchen at any time. Food should not be stored in the room fridges.

Ward facilities:

- The ward has 16 beds, 11 single, one three bedded bay and one two bedded bay. Every room is provided with en-suite facilities, TV, video, stereo and fridge. We advise that you run your shower for five minute's prior to getting into it. This reduces the risk of infection.
- All the beds have a telephone, which can receive incoming calls. Please ask the nurses to give you the telephone number.
- Alternatively there is payphone that can be used.
- Visitor toilets are available adjacent to the lifts. We must **insist** that visitors do not use patient facilities
- Post, with stamp, can be left at the nurses station
- There are vending machines for Patientline cards throughout the hospital
- It is not always necessary for you to be cared for in a single room. In order to ensure all of our patients are looked after appropriately, we may need to move you into a shared room or to another suitable ward. These decisions are always made to ensure that the best care can be given to all of our patients and your cooperation, should a move be required, would be greatly appreciated.

Clothing and laundry

- Relatives/friends will need to take responsibility for laundering your clothes
- While you are an inpatient on Ward C10, our aim is to keep you as independent as possible while you receive your treatment. To promote independence you are actively encouraged to dress and perform as much of your own care as possible, with nursing assistance when required.

Who to contact for further advice

Please feel free to ask any member of staff for further advice we are always happy to answer your questions and if we don't know the answer we can find someone who does.

Drug Rounds

Please try not to interrupt the nursing staff while they are doing the drug round or checking medicines

We are keen to offer you the opportunity to administer your own medication. This allows you to take control of your own medicines with supervision. This makes taking your medicines when you go home easier. Please ask a nurse for an information leaflet on Self Administration of Medication.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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