



**University
Hospitals Sussex**
NHS Foundation Trust

The Chichester Suite

Surgery (general)

Patient information

What is this information about?

You have been given this information because you will be staying in The Chichester Suite for at least some of your time in hospital.

What is The Chichester Suite?

The Chichester Suite is a ward where some people stay after their operation. It is for adults and has 12 beds.

Who will be looking after me?

Lots of different staff will look after you on the ward and you may meet different members of the team each day.

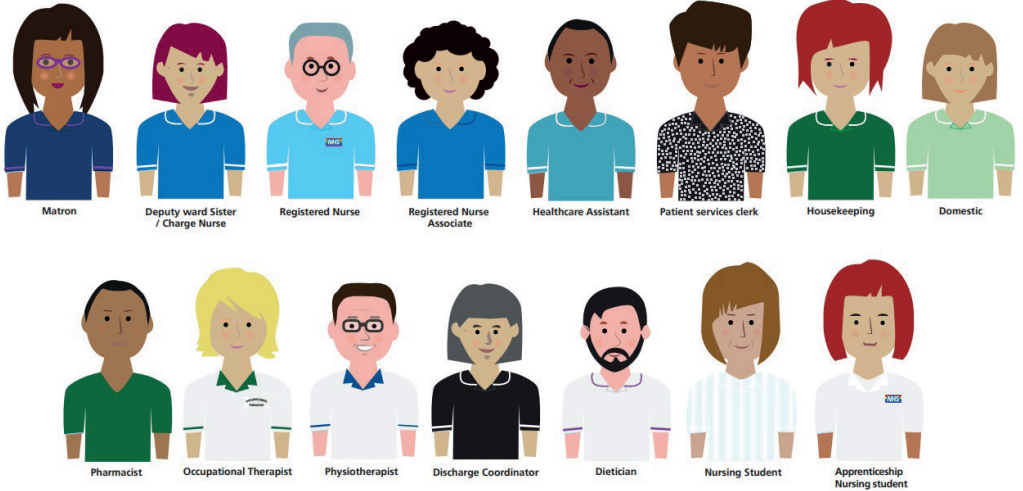
There are teams from different medical specialities who work on the ward. The medical team looking after you will be specialists in the operation or condition that you have. You will have a named nurse and healthcare assistant on each shift. They will introduce themselves to you at the start of their shift and be there if you need any help.

Together, the group of staff who look after you are called a multidisciplinary team (MDT). The MDT includes:

- Doctors
- Nurses
- Nurse Associates
- Specialist Nurses
- Physiotherapists
- Occupational Therapists
- Pharmacists
- Dietitians
- Healthcare Assistants
- others.

How can I identify each member of staff?

This chart below will help you to recognise the uniforms of the staff that are looking after you. Staff will also tell you who they are and what they do. Uniforms may vary in different areas of the hospital and in different wards.



As this is a teaching hospital there are students from many staff groups here. Some of them might help with your care. They will be supervised by qualified staff. If you would prefer not to have students helping to care for you, please speak to the nurse in charge.

Will I be moved from The Chichester Suite to another ward?

You are in The Chichester Suite because it is the best place to care for you. There may be times when you are moved to a different ward, but we will still care for you in the same way.

Can I have a private room?

Yes, if a private room is available, NHS patients can pay to stay in one. These are called Amenity Rooms. An Amenity Room is a single room which gives you more privacy. Please ask the nurse in charge if you would like to know more about staying in an Amenity Room.

Can I leave The Chichester Suite during my stay?

Yes. Please ask a nurse before you leave the ward. Tell us where you are going and how long you will be away. Please stay on the hospital site and only be away for a short time.

Be aware

There are times when you will have to stay on the ward for medical reasons.

What times will my meals be served?

- breakfast from 7.30am
- lunch from midday
- dinner from 5.00pm.

Be aware

Food can only be kept in the hot counter for 30 minutes so please try to be on the ward when it is served. We are not able to store or heat any food brought into the hospital.

When can I get a drink?

Unless nil by mouth, you can get a hot or cold drink at any time of the day or night. Please ask a member of staff if you would like a drink.

What can I eat and drink before and after my operation?

The team doing your operation will tell The Chichester Suite ward team what you should eat and drink. You may need to eat differently in the time before or after your operation. This is to make sure you are safe, can recover well and have enough nutrition. For example, before your procedure (an operation or scan) you may:

- have to fast (not have any food or drink). You will still be given fluids through a drip.
- be given special drinks by the nursing staff.

Can I access the internet in hospital?

Yes. You can get free Internet access. Go to the Wi-Fi settings on your device and select the NHS Wi-Fi network. You will be directed to a short form to fill out on your device.

When can I have visitors?

Visiting times for The Chichester Suite are from 2.00pm to 8.00pm daily. You can have a maximum of two visitors at any one time. Visitors should not sit on the beds. **Do** discuss with the ward manager if you would like children to visit.

Can I park at the hospital?

Yes, but there is a charge for parking. Please take a ticket as you enter the car park and keep it with you. When you're ready to leave, please pay at the ticket machine in the main hospital foyer or in the Outpatients exit before you return to your car. Charges vary depending on how long you stay.

What do I need to know about my medicines while I am in hospital?

Please bring all the medicines that you usually take at home into hospital with you. A nurse will lock them into a cupboard in your room to make sure that they are kept safely and are there when you need to take them.

Because you are having an operation the doctors may need to change the medicines or the dose that you usually have.

Make sure that:

- all the medicines you take while you're in hospital have been prescribed to you.
- The Chichester Suite ward team know and record what they are.

The Pharmacy team will check which medicines you are taking. The medicines that you brought into hospital will be returned to you when you leave hospital if you still need to take them.

If you have started taking any new medicines while you have been in hospital and need to keep taking them at home, you will be given supplies from the hospital Pharmacy. We will tell your GP, in your discharge summary, of any changes to your medications.

The medicines that you are given to take home with you when you leave hospital are called To Take Out medications (TTOs).

Why is it important for me to walk and move around as much as possible before and after my operation?

The team looking after you will encourage you to walk and move around (mobilise) as much as possible before and after your operation. This is because moving around:

- reduces the chance of you becoming weaker.
- keeps your muscles strong.
- keeps your body flexible so you can move around more easily.
- improves your mood.
- improves your appetite so you get the nutrition you need to recover well.
- helps you to be independent.
- reduces your chances of getting a type of blood clot called a deep vein thrombosis (DVT) which usually happen in your leg. These can be dangerous.

How soon can I leave hospital and what happens on the day I am discharged?

You can leave hospital (be discharged) when you're well enough not to need hospital care. When you seem well enough to leave hospital, a doctor and other members of the ward team will check whether you are 'medically fit for discharge' (MMFD). If you are, you will be able to go home.

You may need to be discharged to somewhere other than your home if you need more care or support that cannot be provided in your home. If so, we will talk to you and your family about this before you are discharged.

On the day that you are discharged you may go to the discharge lounge, which is called The Goodwood Lounge. This is somewhere that you go to wait for:

- any medicines that you need (your TTOs).
- your discharge summary. This explains why you were in hospital and what treatments and care you had and is needed by your GP and other healthcare staff that might look after you in future.
- your transport.

There are staff to look after you in The Goodwood Lounge including a nurse who can give you any medicines you need. There are also drinks and snacks available and an accessible toilet.

What should I do if I have any questions after I have read this information?

Please ask any member of the ward team if you have any questions.

The Chichester Suite contact

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