

# **West Of Scotland Adult Cystic Fibrosis (CF) Service**

## **Inpatient Information**





## **Welcome**

Welcome to the West of Scotland Adult Cystic Fibrosis (CF) Service at the Queen Elizabeth University Hospital. The purpose of this booklet is to let you know what to expect during your stay. If you have any questions, please speak to one of the team.

## **Contact Numbers**

Ward 7D – 0141 452 2560 Senior Charge Nurse - Jill Leckie

Ward 7A – 0141452 2550 Senior Charge Nurse - Alice Morrison

## **What to bring?**

We ask that you bring in all of the medication and inhalers that you use regularly at home as well as your nebuliser compressor; Eflow; I-neb; non invasive ventilation (NIV) as we are unable to supply these on the ward. We also ask that you bring in any devices that you use for your chest physiotherapy.

## **Treatment**

The treatment you have come in for may be slightly different and at different times from those you are used to at home. We will discuss this with you and agree your care plan with you.

## **Ward Routine**

If you are well and able, we ask that you will be awake and ready for any treatment from 9am onwards.

It is important that you are on the unit to receive your IVs and physiotherapy, as well as having a review with your medical team. In order to assess your response to treatment, we will check your spirometry (lung function) on a Monday afternoon.

## Mealtimes

Approximate mealtimes are 7.30 – 8.30am for breakfast, 12.00 – 1.00pm for lunch, and 5.00 – 6.00pm for the evening meal.

## Visiting Times

Both our wards have open visiting, which means that your family or friends can visit anytime.

## Leaving the Ward

If you would like to leave the ward for a period of time, please discuss this with the team to ensure you don't miss your therapies such as IV antibiotics and physiotherapy.

Please consider how often you are leaving the ward as it can affect when and how often you can get treatment.

## Going Home

To help us run an efficient service, we ask that on the day of discharge you aim to leave by 11am where possible, as this means we can plan that day's admissions.

## Cross Infection

Cross-infection occurs when one person spreads an infection to another. **For people with cystic fibrosis, avoiding cross-infection is very important.**

If you have cystic fibrosis you are more vulnerable to different bacteria or 'bugs', which grow in your lungs. While these bugs are usually harmless to people who don't have cystic fibrosis, they can settle in the lungs (colonise) and be harmful for those who do. These bugs can be transmitted from one person with cystic fibrosis to another.

This is why people with cystic fibrosis should not meet face to face.

## **To avoid cross infection on the ward:**

- ✗ Do not go into another patient's room and stay well away from the doorway.
- ✗ Please do not use communal areas including the kitchen.
- ✗ To maintain patient confidentiality please do not sit at the nurses' station.
- ✓ Sputum should be coughed into sputum pots and please dispose of soiled tissues of in the clinical waste bin immediately after use.
- ✗ Please do not cough sputum into toilets, sinks or showers.
- ✓ Please perform your airway clearance techniques and any other physiotherapy procedures in your own room.
- ✗ Do not share personal items.
- ✓ If you do cough, "cover it, catch it, and bin it" in the orange clinical waste bin, then wash your hands.

## **Hand Hygiene**

**Please wash your hands and use alcohol gel before and after:**

- Leaving the room or ward
- Performing spirometry
- Using exercise equipment

## Food and Additional Menu Choices

NHS Greater Glasgow website provides detailed information regarding food in hospitals, with copies of the two week menu cycle.

<http://www.nhsggc.org.uk/patients-and-visitors/information-for-patients/food-in-hospital/>

In addition to this all patients on the ward with Cystic Fibrosis can order from an additional complimentary menu.

It is very important that you eat well at all times especially when you are in hospital. There are a wide range of choices available to choose from on the main menu, but you can choose from any of our menus.

You should aim to have 3 courses at lunch and dinner time and eat plenty of snacks between meals.

You can order extra portions. Just ask the staff member taking your order.

It may be that when you are unwell you don't feel like eating, or don't like what is offered on the menu. These are additional menu items available for you to choose from.

<b>Cereals with Milk</b> Frosties Coco Pops Cornflakes, Rice Krispies and Weetabix	<b>Snacks</b> Biscuits or Crackers and cheese Doughnuts Blueberry or chocolate chip muffins Pancake with butter and jam Scone with butter and jam
<b>Heinz Soups</b> Cream of Tomato Soup Cream of Chicken Soup	
<b>Additional Main Choices</b> Fish Fingers Chicken goujons Pizza Omelette Baked Potato (with filling) <ul style="list-style-type: none"> <li>• Tuna Mayonnaise</li> <li>• Grated Cheese</li> <li>• Baked Beans</li> <li>• Spaghetti in Tomato Sauce</li> <li>• Sandwiches (from the daily menu)</li> <li>• Chips</li> <li>• Smiley face - potato</li> </ul>	<b>Puddings</b> Ice cream and jelly Yoghurt Rice pot

If you cannot find a suitable option from the main or additional CF menu, there are alternative menus such as the Halal, Kosher, Allergy Aware or Vegan. Please ask the staff for the menus. These menus are subject to availability. If you would like an extra portion of these meals please discuss this with ward staff and the CF dietitian.

If you would like any of these foods, please tell the catering assistant when taking your menu orders. Lunch orders are taken the night before and dinner orders in the morning.

If you are off the ward, please leave your meal choice on the whiteboard in your room or a note with the staff.

On your first day on the ward a meal may have been already ordered for you. You can request something different, therefore discuss with the nurses on the ward.

## Ordering snack items

You can order snacks via a snack list and the ward staff will complete this. This will be completed at breakfast time so snacks are available for that day.

## Bringing in food

Your family and friends can bring extra snacks and drinks. They should be stored as described on the product.

**NHS Greater Glasgow and Clyde does not accept any responsibility for any food that is prepared and purchased outside our facilities.**

## Kitchen

Due to infection control, you are not allowed to enter the ward kitchen. Please ask nursing staff if you would like anything from the kitchen.

## Alternative Menu Options

### Halal menu options

- Lamb and potato with rice
- Keema with potatoes
- Chicken Tikka masala with rice
- Vegetable Masala and rice
- Moong daal with rice
- Chick pea daal with rice
- Chicken curry with rice



- Fishermans pie, peas and carrots
- Beef bourguignon, roast potatoes, carrots and broccoli
- Lamb hot pot, roast potatoes, green beans, carrots
- Roast chicken in gravy, roast potatoes and peas, cauliflower
- Harvester casserole, roast potatoes, green beans, mixed vegetables
- Cottage pie with cheese, roast potatoes, carrots and green beans
- Lentil bolognaise, pasta, parmentier potatoes, green beans and cauliflower

## **Kosher menu options**

- Beef goulash, mashed potatoes, sweetcorn and peas
- Chicken schnitzel sauté potatoes and sauerkraut
- Fried haddock with mashed potato and spinach
- Grilled plaice with sauté potatoes, ratatouille
- Shepherd's pie with sauerkraut, peas and carrots
- Roast chicken in gravy with parisienne potatoes, mixed vegetables.
- Sliced beef in gravy with rice, green beans, stuffing and tomato sauce
- Sliced lamb with stuffing and gravy, macaroni, peas and carrots
- Spaghetti bolognaise with mixed vegetables and spinach
- Spaghetti neapolitan with green beans and glazed carrots
- Tomato omelette with parisienne potatoes and green beans

## **Allergy aware menu options**

- Chilli con carne with vegetable rice
- Chicken, bacon and thyme hotpot, green beans, mashed carrot and swede
- Pork in gravy with roast potatoes, carrots and peas
- Sweet and sour chicken with vegetable rice
- Roast beef in gravy with roast potatoes, sliced carrots and romano beans
- Provencale vegetable bake with mixed green vegetables
- Spicy bean casserole with mixed vegetables and potato wedges
- Butternut squash and red lentil curry with yellow rice

## **Vegan Menu Options**

- Spicy bean casserole
- Vegetable cobbler
- Vegetable rice
- Cauliflower and spinach curry
- Provencale vegetable bake with mixed green vegetables
- Butternut squash and red lentil curry with yellow rice
- Penne pasta with tomato and basil sauce

# Feedback

We value your feedback.

We will listen to you and be open and honest about what we can do to resolve any problems.

CF team members will be happy to discuss any issues with you.

Additionally we welcome your feedback online:



[www.careopinion.org.uk/ services/nhs-scotland](http://www.careopinion.org.uk/services/nhs-scotland)



[www.nhsggc.org.uk/get-in-touch-get-involved/  
patient-feedback/](http://www.nhsggc.org.uk/get-in-touch-get-involved/patient-feedback/)

