



Frequently Asked Questions

1. Where is the Stroke Unit?

It is on the ground floor off the **blue** corridor. It is also known as G3 Stroke Unit.

2. What do I ask the Doctors?

Sometimes it is very easy to forget what to ask. If you are attending a family meeting (this is pre-planned), write your questions down and bring them with you. Questions can be crossed off as they get answered.

3. Can I bring someone with me when I see the Doctor?

Yes you can. We would strongly advise this because lots of information can be shared and it can be difficult to take it all on board. Having someone else with you can provide a second pair of ears to take that information in. Also, if you need to, ask the Doctor to do a brief summary in writing which you can take away with you and read at leisure.

4. What are the visiting times?

They are 09:00 hours to 21:00 hours every day.

Mornings can be very busy with Doctors rounds; investigations; therapy and nursing care. Please bear this in mind when planning your visit as you may be asked to leave the bedside while aspects of care are carried out.

Due to limited space on the ward, it is suggested that only 2 visitors are by each patient. If more visitors arrive, there is a relative's room where people can wait.

5. Are children allowed on the ward?

Yes they are but discretion should be used, especially with babies. Whilst visiting, children must not run around the ward. If a child becomes noisy / disruptive on the ward then you may be asked to take them away from the ward for a while.

6. Can I help feed my loved one?

We would encourage relatives to assist at mealtimes. However, please ask the nurses if your loved one has any special food / fluid requirements. Sometimes it is necessary to add a special powder to drinks to make them thicker (this helps patients with swallowing problems) as failing to do this could make the patient unwell. There are also recommendations above the bed with additional information on it.

Please do not offer any food or drink to other patients before checking with the nurses. If you do give your loved one anything to eat or drink, please let the nurses know so that their charts can be updated.

7. How can I help my loved one?

The first thing you can help with is simply being there for them. Being in hospital can be a frightening experience – fear of what is happening, in an unfamiliar place with unfamiliar people around them, loss of control to name a few. Being there with the patient can help provide reassurance and emotional support. When in hospital, it is very easy to lose touch with what is happening elsewhere. Talk to your loved one about family events, what is happening in the news, what the weather is doing etc.

It might be appropriate to assist your loved one with some therapy exercises that the therapists have identified and left for them to do. If unsure though, please check with the therapist (if available) or the nurses.

Some patients can be in hospital for long periods of time. If able, consider taking your loved one off the ward for a change of scenery / to get some fresh air. The nursing staff can assist in getting your loved one into a wheelchair.

8. What will my loved one need whilst in hospital?

Whilst in hospital, your loved one will need toiletries, nightwear and day clothes. Patients are actively encouraged to get dressed during the day as this can enhance their recovery. On the Stroke Unit, we will also be assessing how well they can cope with getting dressed / undressed. Some of our patient patients may struggle with this activity, so identifying this early on allows us to work on that aspect of therapy. It may be appropriate to change the type of clothing worn – for example, rather than wearing trousers with zips, jogging trousers might be easier to get on and off.

Please ensure that your loved one has a good pair of fitting slippers (with backs as safer) or shoes. This will allow greater stability when mobilising.

If your loved one wears glasses or hearing aids, please ensure they are brought into hospital.

Foodstuffs can be brought in such as squash, juice, sweets, snacks etc. Please ensure you check with the nurses if such items are allowed.

Patients can get easily bored in hospital so books, music, games etc can be brought in.

A small amount of money is always useful in case your loved one would to buy a newspaper or something from the mobile shop. A small amount of change, topped up regularly is preferable to a large amount in one go.

9. Can I use my mobile phone in the ward?

Yes you can but we ask that you are respectful of other patients in the ward. No photos may be taken unless you have the consent of the person that will be in the photo.

Please do not plug any chargers in unless they have been tested.

Each bedside has a TV with a phone. The phone number can be given out to relatives if they wish to speak to them.

10. Where can I get additional information about stroke on?

Any member of staff will happily discuss this with you if you are visiting the ward.

The Stroke Association has a vast range of information / resources on their website. The Stroke Unit also has many of the key leaflets on the ward which you are more than welcome to help yourself to.

11. How long will my loved one be in hospital?

Once the initial assessments have been done, the team looking after your loved one will be in a better place to advise on this. Some patients might only be in overnight, others can spend several months in hospital. The length of stay will be very much dependent on the severity of the stroke and how well they are responding to treatment / therapy. However, our aim is always to get patients home as soon as possible.