

## Delirium

Around a third of patients aged over 65 admitted to hospital may suffer an acute confusional state called 'delirium'. There are many causes of delirium, such as infection, constipation, pain and medications. Delirium can take time to resolve once the underlying trigger has been treated. It frequently settles faster when the patient is in a familiar environment, such as their own home. It can take weeks or even months to fully resolve, but sometimes may represent a new chronic level of confusion, and sometimes may unmask a new diagnosis of dementia. Delirium can be distressing to witness and experience, but the ward team are trained to recognise and treat it if it develops.

## ReSPECT

Sometimes patients become more unwell, and the intensity of treatment may need to be escalated. However, some treatments, such as being treated on the intensive care unit (ICU), can be physically and psychologically challenging, and may not be the right course of action. During an admission, patients and families will be given the opportunity to discuss the patient's individualised Recommended Summary Plan for Emergency Care and Treatment (ReSPECT). More information on what this is can be found here: <https://www.resus.org.uk/respect>

**Please note we have zero tolerance to abuse towards our staff. If you have concerns, please contact the ward manager or the Patient Advice and Liaison Service (PALS) on 0118 322 8338 or email [PALS@royalberkshire.nhs.uk](mailto:PALS@royalberkshire.nhs.uk)**

### Contact details

The direct ward phone number:

**0118 322 7177**

Clinical Admin Team (CAT 10)

Tel: **0118 322 5474**

Email: [rbb-tr.cat10@royalberkshire.nhs.uk](mailto:rbb-tr.cat10@royalberkshire.nhs.uk)

**Ward Manager:** Nirmala Mathias

**Consultants:** Dr Katie Evans, Dr Paul Wearing and Dr Anna Borthwick

### Friends and Family Test

Please give feedback by answering the Friends & Family test question – *Overall, how would you rate our service?* – by filling in a card issued before you leave hospital.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Elderly Care, October 2022

Next review due: October 2024



**Royal Berkshire**  
NHS Foundation Trust

# Welcome to Caversham Ward: Elderly Care Unit

Information for patients,  
relatives and visitors

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**We are an acute medical ward for older patients and for palliative care patients approaching end of life. Our goal is to enable each patient to become as independent and self-caring as possible, where appropriate; and to ensure those approaching end of life remain comfortable.**

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You / your relative have been admitted to the Elderly Care Unit for specialised care. The ward is jointly supported by Elderly Care Consultants (Dr Katie Evans and Dr Paul Wearing) and by Palliative Care Consultant Dr Annabel Borthwick. Consultant ward rounds happen regularly Monday to Friday. Consultant input will happen daily for new admissions to the ward and for patients who have become unwell. There is consultant cover at the weekend if required.

The ward team comprises of doctors, physician associates, nurses, health care assistants, pharmacists, occupational therapists, physiotherapists, speech and language therapists, dietitians, and care crew.

### **Essential items to bring in**

- Toiletry items such as soap, flannel, hairbrush, toothbrush and toothpaste.
- Slippers and practical shoes. Night and day wear.
- Books, magazines, pens, paper.
- Snacks, bottle of squash.

### **Valuables**

Patients are responsible for their own belongings. Please do not bring any valuables into hospital – relatives / friends will be asked to take them home for safekeeping. Please keep cash in the locker under £10 for newspapers etc.

### **Visiting**

As a hospital, we encourage open visiting; however, **on Caversham Ward, please schedule your visit between 12.30pm and 7pm.** This allows our team to deliver essential care – including ward rounds, personal care and rehabilitation. Designated carers and visitors to patients at the end of life are allowed anytime. Please discuss your needs with the nurse in charge.

**Two visitors per patient at any one time.**

**Please contact the ward before visiting, as visiting times and restrictions may change.**

**Do not visit if you have / had diarrhoea and/or vomiting in the last 48-hours; or any of your household have any Covid-19 symptoms.**

**Please ensure you use the hand gel when entering and leaving the ward.**

### **Medical information**

If you have any questions about your treatment, aftercare or any other matters, please ask the doctor, nurse or therapist, who will be happy to help.

### **Telephone enquiries**

If you are unable to visit, we are only able to give limited information over the phone. Please ring after 11am for general enquiries and please nominate one relative as main contact to maintain good communication.

### **Finding the ward**

Caversham Ward is on level 3 in Battle Block and is accessible via the stairs or lift. The stairs to Caversham are accessed from the main level 2 Battle Block corridor opposite Adelaide ward entrance. Go up one floor to L3, turn left at top of stairs. Lift access can be found on level 1 near Cardiac Outpatients, and level 2 near Adelaide Ward.

### **Car parking**

Public parking is pay on foot (take ticket at entry barrier and pay at pay point machine before leaving) and the nearest parking is located on Levels 0-3 of the multi-storey car park. Disabled parking bays are clearly marked.

### **Mobile phones**

You can use mobile phones in public / communal areas but not on the wards, without permission. Be sensitive to the needs of others when using your phone. Entertainment systems are at the bedsides with charge cards available from a machine near the ward entrance.