



Royal Berkshire  
NHS Foundation Trust

# Enhanced Recovery Wards

Information for family, friends  
and carers

## Visiting times

All our Enhanced Recovery Wards have open visiting, although you may be asked to leave the bedside while the nurses provide clinical or personal care.

Thank you.

<u>Ward</u>	<u>Tel no.</u>
Burghfield	0118 322 6733
Emmer Green	0118 322 6901
Hurley	0118 322 7336
Mortimer	0118 322 5329
Woodley	0118 322 8278

## Enhanced recovery

Your relative/friend is on an enhanced recovery ward. This means there are certain milestones that we will help them achieve in order to leave hospital safely and at the right time.



Get out of bed and stretch their legs with help from the therapists.



Get washed and dressed in their day clothes.



Drink plenty of fluids to help keep them hydrated and eat regular meals.



Be involved in decisions about their care. Family/carers can be involved in decisions too.



Doctors will monitor them and their medications regularly.



How are they getting home? Once they have a discharge date, they will need a lift with a family member or friend.