



Royal Berkshire
NHS Foundation Trust

Welcome to Sonning Ward

Information for patients, relatives and carers

Sonning Ward is located on level 5 of the Maternity Block. We are a general surgical ward but specialise in gynaecological and breast-related conditions.

Aims

Our aim is to treat all women equally, regardless of their condition, and irrespective of their age, religion or ethnicity. We employ a holistic approach to nursing care based on assessment of the individual's needs. We respect our patients' own beliefs and actively encourage family participation.

Due to the sensitivity of our speciality, we aim to provide supportive care in a secure environment and to respect dignity and privacy.

The ward team

You may meet many different types of staff on the ward, including doctors (consultants and their junior colleagues), nurses (sister, specialist nurses, discharge co-ordinators, staff and senior staff nurses, junior nurses and health care assistants), pharmacists, occupational therapists, physiotherapists, ward clerk, housekeepers and porters. All of these Trust staff will wear a name or ID badge and if they need any contact with you, they will introduce themselves to you but please feel free to ask if you are unsure who someone is.

Useful items to bring in

We recommend you bring basic toiletries, dressing gown and supportive flat slippers. Please leave all valuables at home.

Single rooms

Single rooms are allocated to patients with the greatest clinical need.

Expectations

In order to aid your recovery and to ensure you are fully prepared to leave hospital, we will expect you to take an active part in your care and rehabilitation. This means:

- Washing and dressing yourself (after a clinical assessment).
- Mobilising yourself and following any exercise regimes given.

We will aim to:

- Provide you with information about your medications and when to take them.
- Optimise your nutrition and hydration.
- Encourage you to wear your own clothes and safe footwear.
- Communicate plans about your discharge and available support in the community.
- We encourage the use of our discharge lounge whilst waiting for medications or transport home.

Visiting

There are no strict ward visiting times. However, in order for us to accommodate open visiting you may at times be asked to wait outside to respect the privacy and dignity of other patients. We can accommodate a maximum of 2 visitors per bed during these times. Children are allowed to visit unless any infection control issues arise. One small flower arrangement per patient is allowed.

Meals/refreshments

Meal times are: Breakfast 7am-7.45am, Lunch 12.30pm-1.15pm, Evening meal 5.45pm-6.15pm.

We offer a large variety of meals including cultural and religious choices, special diets including gluten free, vegan and diabetic. Meals are available in different textures and in small, medium and large portion sizes. Cakes, fruit and biscuits can also be ordered for between meal snacks.

Telephone enquiries

If you are unable to visit the ward for information, we are able to give limited information over the phone. Please aim to ring after 10am for general enquiries. Our telephone numbers are: 0118 322 8204 and 0118 322 8458. Please nominate one relative as main contact.

Free Wi-Fi is available for patients and visitors on the RBFT_GUEST network.

Car parking

Public parking is pay on foot (pay at a paypoint machine before exiting) and the nearest parking is in the multi storey car park (public parking is on Levels 0-3). Disabled bays are clearly marked. A 'one per patient' reduced cost parking permit is available for regular visitors to long-stay patients – authorised at the discretion of the ward sister – ask for an application form on the ward.

Mobile phones

Use of mobile phones is allowed in the ward but please be sensitive to the needs of others when using your phone. Phone cameras must not be used under any circumstances.

Hospedia IV/Phone consoles (bedside entertainment system) are available with cards available from a machine on L2 Maternity Block.

Talk to us

Please talk to a staff nurse, the nurse in charge or the ward sister if you have further questions or concerns about you or your relative/friend's care. The Sonning Ward Sister is Lisa Evans. Please don't hesitate to ask a doctor or a nurse to explain care or discharge plans. Telephone enquiries unfortunately have to be brief due to confidentiality. An appointment can be arranged with the consultant, with the patient's consent.

Visit the Trust website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Sonning Ward, September 2016

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