



Intensive Care & High Dependency Unit

01895 279689/ 01895 279691

This booklet has been prepared for families and friends of patients needing to be admitted to the intensive care or high dependency area. We hope that it will help you to understand more about our unit and provide answers to some of your questions.

A more detailed booklet on Intensive care produced by ICUsteps is also available. More information is on their website: www.icusteps.com.

General Information

Hillingdon Hospital observes a strict no smoking policy.

The Multidisciplinary Team

Members of the multidisciplinary team are caring for your friend or relative, they include; a consultant intensivist (each covers a week at a time), as well as the consultant they were admitted under, the nursing team, physiotherapists, dietician, pharmacist, and speech and language therapist. You can see all of us on the photo board in the entrance to the unit.

Each patient has their own nurse who will be glad to explain their care and discuss any worries. We can also arrange an appointment for you to speak with the consultant. Please feel free to talk to the nurse in charge if you are concerned about anything.

How can I help?

Please bring in toiletries for your relative, also any dentures, glasses and hearing aids. Music has been shown to be beneficial to unconscious patients so please bring in any familiar favourite CDs. Unfortunately we do not have the space to store any other property. If you would like to assist in your relatives care please let their nurse know.



Visiting

All visitors must use the alcohol gel on their hands before entering the unit, or if your hands are dirty there is a sink available to wash them. Visiting is restricted to close family members only, although close friends may be admitted at the discretion of the family and nursing staff.

The number of visitors is restricted to two at a time to ensure our staff have easy access to all the equipment and your relative in case of an emergency. Visiting times are from 12:30 pm till 8:00 pm, but you may have to wait if the doctors' round is in progress or the patient is receiving treatment.

Telephone enquiries

Our direct line numbers are on the front of this leaflet. Do call at any time if you are concerned. However, we do ask that you understand that we are limited in the amount of information that we may give over the phone.

It would be appreciated if families could nominate one member to telephone and then pass on any information to the rest of the family. Mobile phones should be switched off prior to entering the unit; they may be used in the relatives' room.

Staying overnight

An overnight room is available for 24 hours, the two chair beds are only suitable for short stays and availability is limited.

Looking after yourself

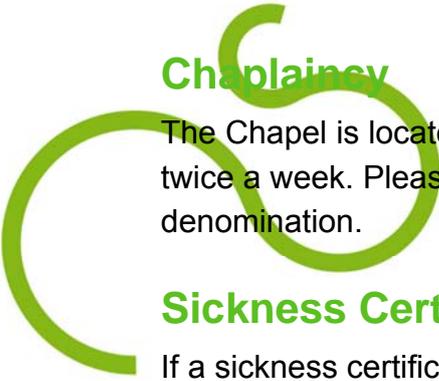
It is equally important to look after yourself at this distressing time.

- Even if you are finding it difficult to sleep, make sure you get some rest.
- If you do not feel hungry, still try to eat small snacks and drink plenty of fluids.
- Try to leave the hospital environment occasionally, even if it is just for a short walk.

Refreshments

The restaurant is situated on the lower ground floor and there is a coffee shop in the main entrance. There is also a League of Friends snack bar in the Outpatients Department.





Chaplaincy

The Chapel is located on the lower ground floor. The Hospital chaplaincy team visit twice a week. Please ask the nursing staff if you would like a visit from any denomination.

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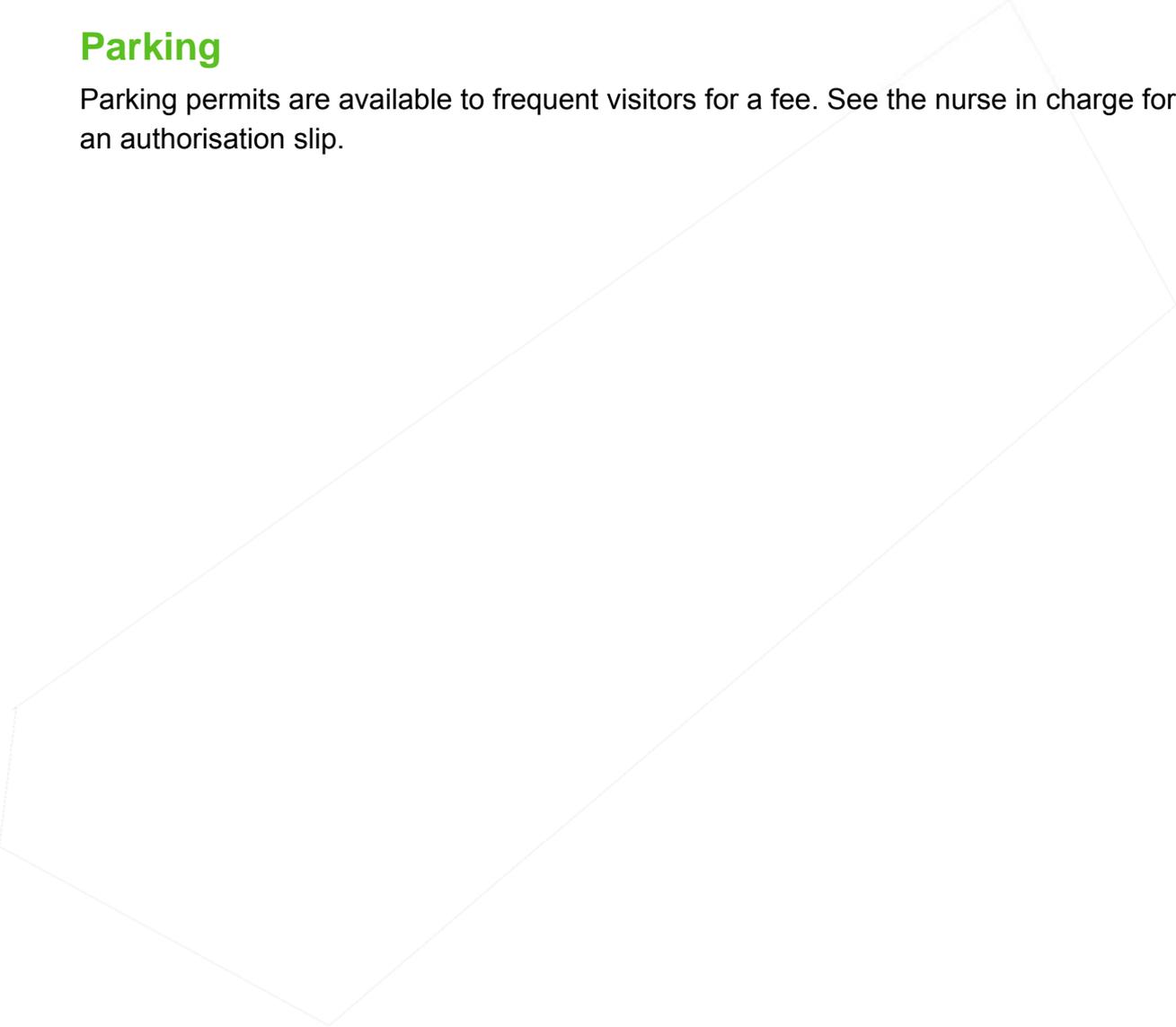
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Sickness Certificates

If a sickness certificate is required please ask the nurse in charge.

Parking

Parking permits are available to frequent visitors for a fee. See the nurse in charge for an authorisation slip.





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Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਵਿਸ਼ੇ ਹੋਰ ਭਾਸ਼ਾ, ਵੱਡੀ ਲਿਖਾਈ ਜਾਂ ਦੂਜੀ ਸੁਰਤ ਵਿੱਚ
ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸੁਣਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ **01895 279973** ਤੇ
ਸੰਪਰਕ ਕਰੋ।

Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros
pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

各國語言/模式選擇

若你需要以下資料改為其他語言，大寫，或其他模式例如收音式或
盲人字體的話，請電 01895 279973。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن
تتصل على الرقم 01895 279973 أو عبر البريد الإلكتروني

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو براہ
مہربانی اس شعبہ سے پیشینہ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں:
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