

# Charles Pumphrey Unit

**This leaflet explains about Charles Pumphrey Unit. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is Charles Pumphrey Unit?

- A specialised seven bedded cardiology unit for overnight elective procedures.
- Operating on a single sex patient allocation every week to ensure privacy and dignity.
- A Nurse led unit which runs with a Nurse Practitioner, nurses and admissions coordinator who will be responsible for your care.

## Who can attend / receive the service?

This service is available to patients referred to our cardiology team.

## Where do I need to go?

We are located on 3<sup>rd</sup> Floor, Atkinson Morley Wing. Please take a seat on the chairs provided outside and you will be attended to by the Nurse-In-Charge when the ward opens at 7.30am.

We apologise should you be asked to wait until we have cleared beds from previous days' admissions.

## Does it cost anything?

The service is free. You may incur travel costs coming to and from the hospital. If you are eligible for hospital transport, please inform the cardiac admissions team to make an arrangement.

## How do I prepare for admission?

If you are being admitted for an elective cardiac procedure, a Nurse

Practitioner will contact you for pre-assessment and instructions. Should you need clarification following pre-assessment, you may contact the ward nurse practitioners on the numbers provided.

### **What do I bring with me?**

You may want to bring a dressing gown and pair of slippers for your comfort. We advise not to bring any valuables or to keep them to a minimum; any valuables brought will be your own responsibility.

Please bring your current medications in original packets and up to date prescription list with you. Bring all specialist medications such as insulin and inhalers if you are due to take them during your admission. Your medications will be locked away for safety reasons.

If you are taking blood thinner: Warfarin, Rivaroxaban, Apixaban, Edoxaban or Dabigatran, the Nurse Practitioner will discuss with you during pre-assessment whether they should continue or stop to avoid cancellation.

If you use Continuous Positive Airway Pressure (CPAP) machine, please bring the machine with you otherwise the procedure maybe delayed or cancelled.

### **What If I am on dialysis?**

You cannot have dialysis and a procedure on the same day; this will be discussed at pre-assessment with the Nurse Practitioner as you may be offered a suitable date on a non-dialysis day.

### **What happens on the day of my procedure?**

You will be allocated a bed for the duration of your stay and will have relevant assessments such as blood pressure check, blood test and ECG before the procedure. A nurse practitioner or cardiology doctor will meet and discuss the risks and benefits of the procedure with

you and, if you are happy to proceed, you will sign the consent form.

Due to emergency admissions, we cannot advise of a specific time for your investigation / procedure or any subsequent review prior to your discharge. Please be prepared to be on the ward for most of the day.

### **What happens after my procedure?**

Most procedures will require a degree of bedrest and, depending on the procedure, you may be connected to a heart monitor and will be advised of recovery and discharge time.

If you have a general anaesthetic, you will likely be required to stay overnight. Food and drinks will be served. It is important to keep yourself well hydrated to promote faster healing and flush out anaesthetic medications.

If any new medications were started, please do not go home until these have been explained to you. You will be sent home with a discharge letter, a copy of which will be sent to your GP electronically or by post.

### **Will I be allowed visitors?**

We allow one visitor by the bedside from 10am to 8pm but not children under the age of 12 years old. Please speak to the Nurse-In-Charge or Nurse Practitioner if you have any specific care needs, i.e. dementia, home carers or language concerns which you need to discuss.

Nursing staff are happy to provide information about your progress to your Next of Kin but are not able to give out specific details over the telephone. It is advisable to have one nominated person as a main contact who can

then update other relatives or family members.

### **Will I be allowed to drive or be fit to fly after the investigation/procedure?**

On discharge, the Nurse Practitioner will discuss driving restrictions that normally varies between three to seven days depending on your procedure. DVLA imposes strict restrictions on driving after any cardiology investigation or procedure, so please refer to DVLA guidance if you need more information.

You are advised not to use public transport on the day of your procedure, please arrange for someone to collect you or other alternatives.

Fitness to fly and travel will depend on the type of investigation and subsequent results or the treatment you are having.

### **Contact us**

If you have any questions or concerns, please contact the ward on 020 8725 1170 / 1180, Monday to Friday between 7.30am to 7.30pm.

For queries relating to appointments please call Admissions Team on 020 8725 4958 / 6042.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

### **Was this information helpful? Yes / No**

**Please let us know, contact**

**[patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) including the leaflet title.  
Thank you.**

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## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453   **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS UK**

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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