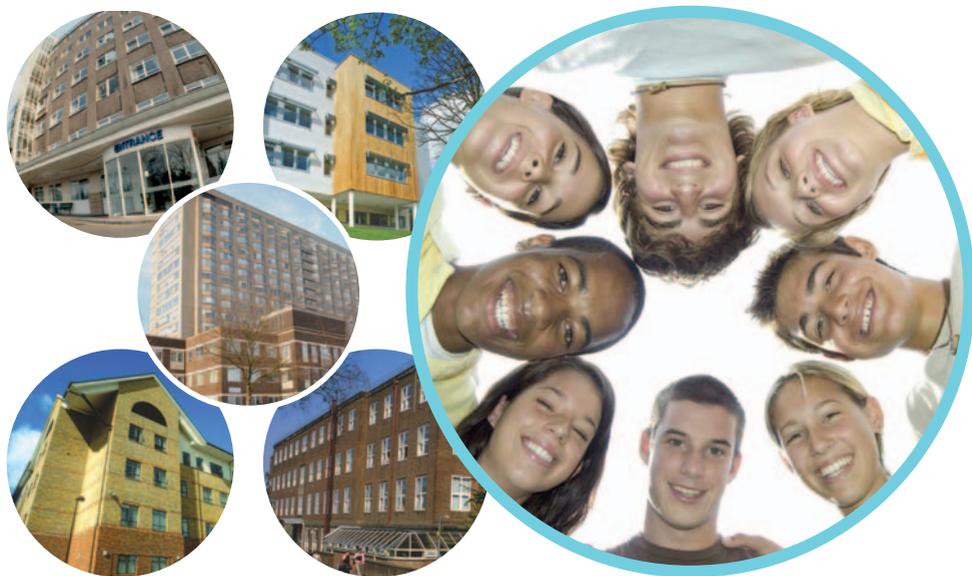


Moving on to adult services

A guide for young people and their families about transition

i Information for patients and relatives
Sheffield Teaching Hospitals



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Welcome to Sheffield Teaching Hospitals

This leaflet tells you and your family about Sheffield Teaching Hospitals. It will tell you how we can help you and your family when you move to our adult services.

Where can I find more details about Sheffield Teaching Hospitals?

Sheffield Teaching Hospitals is made up of the following five hospitals and a range of Community Services:

- Charles Clifford Dental Hospital
- Jessop Wing Maternity Hospital
- Northern General Hospital
- Royal Hallamshire Hospital
- Weston Park Hospital

Our website **www.sth.nhs.uk** provides lots more detail about our hospitals, including information on public transport, car parking and visiting hours.

There is also a section about transition in the 'Patients' area of the website.

What does the word 'transition' mean?

Transition is another word for change and 'moving on'.

As you become an adult there will be many changes in your life. For you, one of the changes is that you will be joining adult health services here at Sheffield Teaching Hospitals.

Outpatient clinic

Will I get to visit the adult clinic before I transfer?

The hospital staff will try to help and support you in many different ways. This may include a tour of the outpatient area or ward before your first visit or admission.

This may not always be possible, for example if you were to come here as an emergency. We can show you around later if you would like this.

Can my parent/s or carer come with me?

At the adult clinic you have a choice. If you want to see the doctor with your parent/s or carer you can do this. The doctor may ask you if you would like to see them on your own and you can decide for yourself.

This is different from the children's clinic and it will take a bit of time for you to get used to. Please ask if you want to know something.

You might want to write down any questions and bring them with you to the appointment.

Confidentiality and safeguarding

The nursing and medical staff will always maintain confidentiality about you and your care. If you tell a member of staff something that makes them think you may be at risk of harm, the staff have a duty to tell other professionals who can help.

We only share the information they need to know and we will make every effort to discuss this with you at the time.

If you want to discuss anything on your own with the nurse or doctor, please ask and this can be arranged for you.

Who makes the decisions when I am 16?

When you become 16 you are entitled to make decisions about your own treatment, and this can only be overruled in exceptional circumstances.

Like adults, young people (aged 16 or 17) are presumed to have the ability to decide on their own medical treatment, unless there's significant evidence to suggest otherwise.

If you find it difficult to make decisions when you reach the age of 16, there is a law called the Mental Capacity Act that may affect you. This law explains how you must be helped and supported by professionals to make decisions for yourself. It also covers how decisions should be made if you are unable to make a decision about treatment for yourself. The Mental Capacity Act is very important when decisions have to be made about healthcare.

You might want to find out more before you become 16. There are further details on the NHS website, including a link to the Mental Capacity Act 2005 Code of Practice:

- **www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act**

Who makes decisions when I reach 18?

If you find it difficult to make decisions about your treatment when you become 18, the Mental Capacity Act Deprivation of Liberty Safeguards may be used. This may be because you are unable to understand all the information you need to give your agreement for admission to hospital or treatment. The hospital may apply to the local authority for legal permission to admit you to hospital and to give the necessary treatment in your best interests.

Please ask a member of staff if you or your family have any questions.

Ward facilities

Each ward will have a poster on display that will give you information about the ward and staff.

It will show staff uniforms and the names of the Senior Sister and Matron, who you can speak to if you or your family need help or information.

What happens when I am admitted to an adult ward?

There are some young people's facilities in a few ward areas (Haematology, Teenage Cancer Unit and the Cystic Fibrosis Centre).

In other wards, it may be possible to offer you a single room if they are available. If this isn't possible, you may need to stay in a room (bay) with other adults.

Can one of my parents or my carer stay with me on an adult ward?

When you are admitted, please ask the nurse looking after you or the nurse in charge about arrangements for your parents.

We have limited rooms available and they may not be able to stay in the room with you. The nurse will explain what is available and how arrangements can be made.

Top Tips: From young patients and their parents

If your admission is planned, do ask about plans for your parent or carer to stay.

What facilities are available on the adult ward?

Washing and bathing

Ward staff will explain where the shower, bathroom and toilet facilities are for you to use.

Telephones

There is a phone by your bed, which is provided by Hospedia.

You can use your mobile phone, though remember:

- Please be considerate to other patients
- Do not have a loud ring tone that may disturb other patients
- If possible, make and take your call in a private area away from other patients
- Look after your phone as we can't take responsibility for it
- Don't forget your charger when you leave.

Television and internet access

Most beds have a television provided by Hospedia for you to use. There is a charge for this service, so please see the leaflets provided for more information.

We do have free Wifi so you can bring your own tablet to use.

Top Tips: From young patients and their parents

The Hospedia TV and telephone can be expensive. Buy a £25 card then you can get a refund if you go home in less than 7 days.

The Teenage Cancer Unit, Haematology Ward, Osborn Wards and Cystic Fibrosis Centre provide free TV and internet access. Renal Wards provide free bedside television.

Magazines and Trolley Service

There is a trolley service on some of the wards. Magazines, toiletries and a selection of refreshments are usually on sale.

Smoking

Sheffield Teaching Hospitals operate a no smoking policy. This includes E-cigarettes and vaping.

Smoking is not allowed in the hospital buildings or on hospital grounds.

Meals

Meals are served at approximately:

- **8.30am for breakfast**
- **12.15pm for lunch**
- **5.30pm for tea**

Hot drinks are served at meal times and at 10.00am, 2.00pm and 9.00pm.

Snacks

Sometimes you may be away from your bed at mealtimes having medical treatment. If so, we can also provide snack boxes.

Any comments you may have about your meals can be made to the ward staff and they will contact the Catering Department for you.

Where can my parent or carer get something to eat and drink?

In each hospital there is a dining room and the ward staff can tell you when it will be open.

There are vending machines in or nearby each dining room which sell light snacks and sandwiches.

Top Tips: From young patients and their parents

Each ward has a poster giving lots more information about their facilities for your visitors and relatives.

Shops

At the **Northern General Hospital** there is The Northern Perk café on Herries Road Drive. At the main Huntsman Entrance there is a Boots, WH Smith's, AMT café and a cash machine. In the Chesterman Unit there is a café.

At the **Royal Hallamshire Hospital** there is a café on A Floor, a WH Smith's and a café in the main entrance on B Floor and a Boots on C Floor.

At **Weston Park Hospital** there is a café and shop on the ground floor.

Please ask the ward staff for directions.

What are the visiting hours in the adult wards?

In most wards there are planned visiting hours from **8.00am to 8.00pm**. If you would like to have visitors more often, please speak to the nurse in charge of the ward.

Wherever possible, we ask that your visitors avoid coming between 1.00pm and 2.00pm, as this is a rest hour for patients.

If visitors choose to come during afternoon visiting hours, please be aware that you may be having treatment, investigations and therapy at this time and your treatment will be prioritised. Relatives are welcome to accompany you where appropriate. It is important that treatment is not delayed due to you having visitors.

We also ask that you have only 2 visitors at a time. This is so that other patients' need for rest and privacy is respected. It also helps with infection control.

Children are welcome to visit the ward if over 12 years of age but we do ask that you arrange this with staff beforehand.

If you have any more questions, please ask to speak to the Matron for the ward.

Infection control

To help avoid infection we have some simple rules we ask you to follow:

- Some wards do not allow flowers. Please let your friends and family know, to avoid disappointment.
- Visitors are not allowed to sit on the beds. Please use the chairs provided.
- Bottles of hand rub are available by the main door. Please use this when you enter and leave the ward.
- Visitors are also allowed to use the ward sinks to wash their hands.

Do I need clothes in hospital?

Where possible we encourage you to get dressed in your own comfortable clothes. Each bed has a locker that you can use to keep any personal items. There is often limited space so we do ask that luggage and un-needed items are taken home.

Contact numbers

Hospital Wards	0114 226 9696
	State the name of the ward when prompted
Charles Clifford Dental Hospital	0114 271 7800
Jessop Wing Maternity Hospital	0114 271 1900
Northern General Hospital	0114 243 4343
Royal Hallamshire Hospital	0114 271 1900
Weston Park	0114 226 5000

Who should I speak to if I have any further questions or concerns?

If you need any extra help or have any questions whilst you are attending the hospital, please discuss this with the nurse looking after you or with the senior sister. If the senior sister is not available, please ask staff to contact the matron or lead nurse for the area.

The Young Adult Transition Team can be contacted for advice and support on:

- **0114 226 6644**

Alternatively if you wish to discuss any concerns with the Patient Services Team, please call them on:

- **0114 271 2400**

Notes

You may want to use this space to write down any questions you may have:



To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



**Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net**

© Sheffield Teaching Hospitals NHS Foundation Trust 2021

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net