

Ward 1A Information

Visiting Times:

10:00hrs—19:00hrs Daily

Contact Numbers:

Bed 1-10D: 01514787532

Bed 11A—20: 01514787531

Interim Ward Manager:

Joanne Riley

Ward Sisters:

Marie Crook

Julie Durgan

Janine Kenny

Claire O'Sullivan

Christina Robinson

Whiston Hospital
Warrington Road,
Prescot,
Merseyside,
L35 5DR

Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs

www.sthk.nhs.uk

Welcome to the Frailty Assessment Unit Ward 1A

This leaflet can be made available
in alternative languages / formats
on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać
udostępniona
w innych językach/formatach.

Author: Frailty Sister

Department: Department for Older People

Document Number: STHK0920

Version: 1

Review date: 01/09/2021

What is Frailty?

“Frailty is a distinctive health state related to the aging process in which multiple body systems gradually lose their in-built reserves. Around 10% of people aged over 65 years have frailty rising to between a quarter to half of those aged over 85 years”

(British Geriatrics Society, 2014)

Examples of Frailty Syndromes

1. Falls.
2. Immobility—sudden change in mobility.
3. Delirium—acute confusional state which can develop due to various factors including a history of memory loss, infection etc.
4. Incontinence—new or worsening urine or faecal incontinence.
5. Side effects of medication.

What to expect on 1A

1. Full Assessment from Consultants, Frailty Practitioners, Occupational Therapists, Physiotherapists, Social Workers and nursing staff.
2. Further assessments from other members of the multi-disciplinary team, as needed eg. Dieticians, Speech & Language Therapists, Palliative Care & Falls specialists.
3. Providing an Individualised Care Plan relative to each patient.
4. Assessments for services, equipment or further rehabilitation to ensure an effective, safe and timely discharge.
5. The opportunity to discuss and create a personal advanced care plan. Please see staff for further details.

How to Help us Help You

Forget-Me-Not

Please complete a Forget-Me-Not card so we can personalise your care for you.

Clothing

Please provide day & night clothing. You would not stay in bed clothes through the day at home. In hospital, in night clothes, suggest staying in bed. This is detrimental to your health causing muscle loss and increasing the risk of chest infections.

Footwear

Please provide well fitting footwear to reduce the risk of falls. The ward can provide non-slip socks if necessary.

Mealtimes

Lunch: 12:00hrs—13:00hrs

Dinner: 17:00hrs—18:00hrs

We welcome any visitors to assist with feeding at these times if necessary.