

## Communicating with your family or friends

It may be necessary, with your consent, for staff to discuss your care or discharge plans with a relative or friend. It's useful if you can nominate one person that you'd like staff to communicate with.

### Useful information

We don't have fixed visiting hours, but we ask that you to come in between 10am and 8pm. Please contact us if you need to arrange an alternative time.

 **0118 904 3084**

We can also arrange virtual (Facetime) calls.

### Protected mealtimes

Mealtimes and nutrition are an important part of recovery and rehabilitation and therefore, where a patient does not need support at mealtimes, we would encourage our patients to have an uninterrupted mealtime.

Mealtimes: **12pm to 1pm and 5pm to 6pm**

If a patient would benefit from assistance during mealtimes, please discuss with the ward team.

### Other ward phone numbers:

- **0118 904 3091** (Bay 1)
- **0118 904 3092** (Bay 4)

We hope that your stay with us will be happy and effective in ensuring safe discharge.



### Henry Tudor Ward

St Mark's Hospital, St Mark's Road, Maidenhead, SL6 6DU



[berkshirehealthcare.nhs.uk](http://berkshirehealthcare.nhs.uk)

# Henry Tudor ward

**St. Mark's Hospital, Maidenhead**



**Information**  
for patients

## Henry Tudor ward is a Community Inpatient ward within St Mark's Hospital in Maidenhead with a set-up of male and female bays.

We care for a range of patients with different needs providing support and discharge planning when they no longer need acute hospital care.

### Admission

When you are admitted to the ward you will be assessed by the relevant professionals from the Multi-Disciplinary Team (MDT), e.g., consultants, doctors, advanced nurse practitioners, physiotherapists, occupational therapists, and nurses. The team will work with you to ensure a safe and timely discharge.

Your goals may include being able to walk a certain distance, improving your confidence, walking with a different aid, or being independent with everyday tasks, such as washing and dressing.

### What you should bring

Where possible family, friends or carers are asked to bring these items to the ward for you\* - **please label all items.**

#### Clothing

- Day clothes, including belts or braces
- Nightdress / pyjamas and dressing gown
- Well-fitting slippers and shoes (low heel)

#### Toiletries

- Soap, shampoo, bodywash and moisturising body lotion
- Toothpaste, toothbrush
- Denture cream and/or cleaning tablets, e.g. Steradent
- Deodorant
- Shaving cream, razor / electric razor

\* Soiled clothes will need to be taken home to be washed as there are no laundry facilities on the ward.



### Discharge planning

Henry Tudor ward is a short stay ward and, as such, we are required to set an estimated discharge date (EDD) soon after you are admitted. This date is the date we plan to discharge you.

Please be aware that this date may be brought forward or pushed back depending on your progress and the arrangements for discharge. **It is not set in stone.** The team may need to coordinate with social services to provide appropriate support on discharge.

It may be appropriate for you to continue your progress with community-based professionals after you have been discharged for you to continue your progress.

### Your care

We will discuss your care and plans for discharge with you regularly during your stay. However, if at any time you would like an update on your progress, you can just ask any member of the team. If you require specific information, we may ask the appropriate professional to talk to you. There are daily meetings where your case is discussed, and discharge dates reviewed.

### Discharge

Going home from hospital can be a daunting time for patients and their relatives or carers. If you have any concerns, please speak to a member of staff.

