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States of Guernsey
Hospital Services

Princess Elizabeth Hospital
Critical Care Unit
Information Leaflet

A guide for family and friends



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Welcome to the Critical Care Unit

The Critical Care Unit (CCU) is made up of seven beds. We care for a mixture of Intensive Care and High Dependency patients.

What happens when a patient arrives in CCU?

When a patient is brought into the unit it can take more than an hour to assess the patient's condition, attach them to the necessary equipment and make them comfortable.

Infection Control

All visitors are asked to de-contaminate their hands with the hand sanitizer before entering the unit. Visitors are also asked not to sit on patients beds. No fresh flowers are allowed on the unit due to infection risk, but cards and photographs are always welcome.



Telephoning the unit

Naturally, relatives and friends will want to know your relatives progress. It is helpful if one person telephones for a daily update and passes information on allowing us to focus on the care of your loved one. We do understand that this may not be possible in every situation. We are willing to share information with relatives but we have an obligation to protect patient confidentiality. Therefore this will only be done with prior agreement from the patient and or designated next of kin. You should discuss this with your nurse.

Endotracheal Tube (ET)

Sits in the windpipe and connects to the ventilator. This is secured by a tube fastener.

Pulse Oximeter

A probe attached to the end of a finger/toe or ear measuring the blood oxygen level (the yellow line on the monitor)

Blood pressure Cuff

Central Line

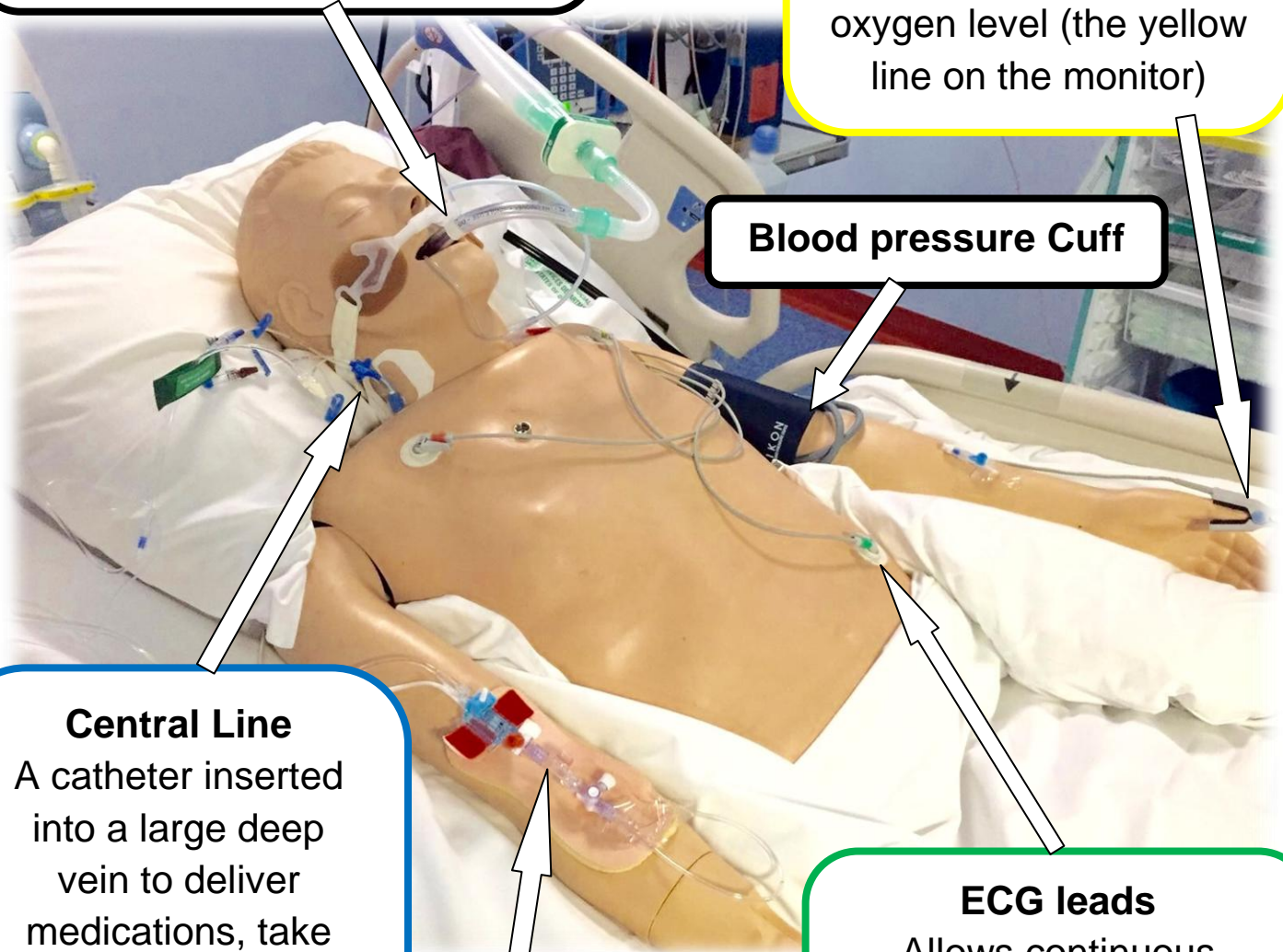
A catheter inserted into a large deep vein to deliver medications, take blood and monitor CVP (the blue line on the monitor)

ECG leads

Allows continuous monitoring of heart rate and rhythm (The green line on the monitor)

Arterial Line

A small plastic tube placed in an artery which allows continuous blood pressure monitoring and blood sampling (the red line on the monitor)



Things you might see in CCU

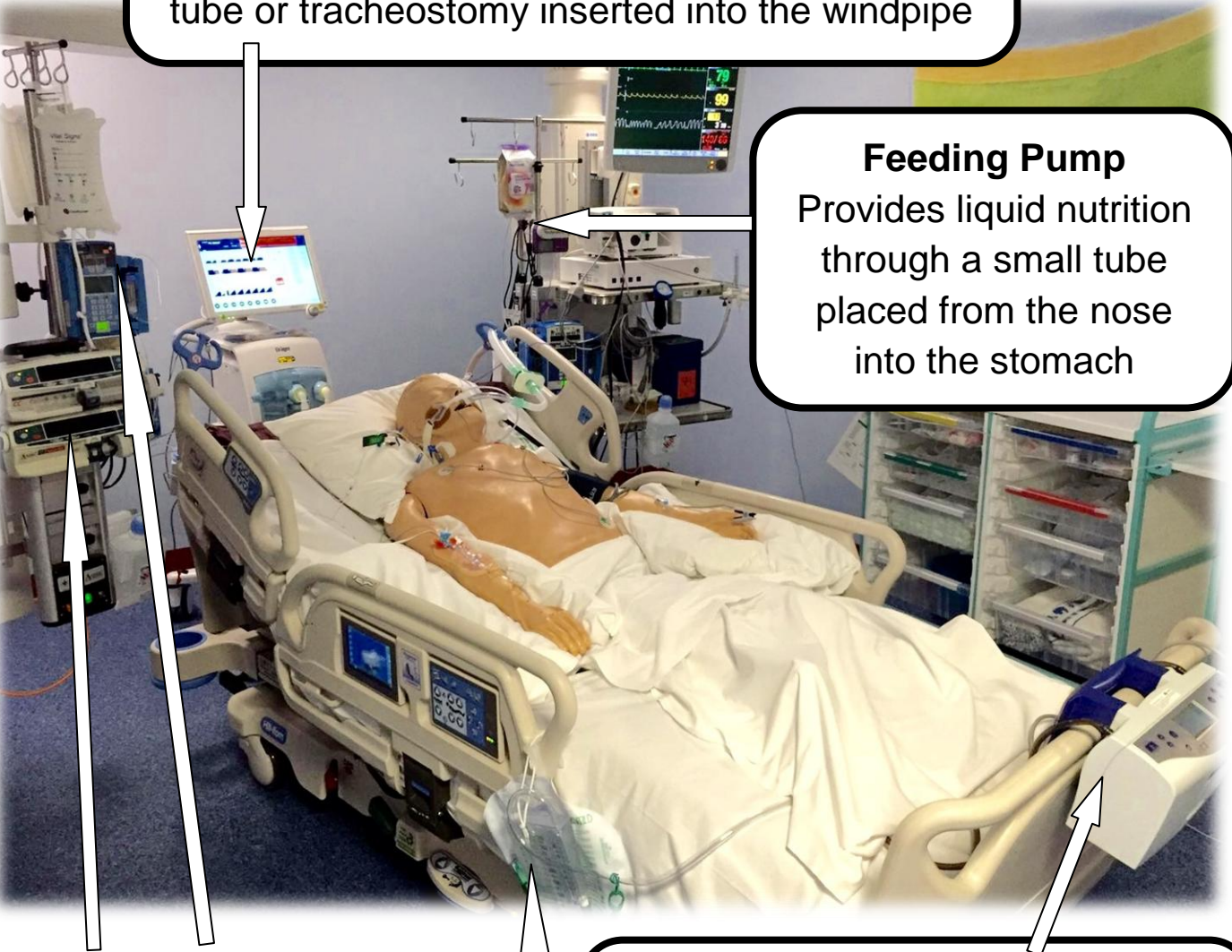
Your relative may have some or all of these devices in place. It can be overwhelming but your bedside nurse is happy to talk to you in more detail.

Ventilator

Provides oxygen and assists or totally breathes for the patient through an endotracheal (ET) tube or tracheostomy inserted into the windpipe

Feeding Pump

Provides liquid nutrition through a small tube placed from the nose into the stomach



Intravenous (IV) pumps

Delivers fluids and medication through a tube inserted into a vein

Compression Boots

Prevents blood clots from forming in the leg veins by periodically squeezing the leg muscles

Urinary Catheter

A tube inserted into the bladder to collect urine

Visiting



All visitors are requested to ring the bell and wait for someone to answer the door before entering the unit. This is to maintain patient privacy and confidentiality. Delays may occur if the staff are busy, but please be patient. Visiting times are

flexible although we do have a patient rest period between 1pm and 3pm where we request you don't visit.

We ask for your understanding when direct care is being given to the patient, when the doctor is attending and during change of nursing shifts. Visitors are restricted to two at a bedside. We have some overnight relative's facilities if required, please speak to nursing staff. As next of kin you may wish to limit who is able to visit your relative, please discuss this with nursing staff.

Your relative

You are welcome to hold your relatives hand and talk to them at any time.

Sometimes when patients have been very unwell they can become disoriented and confused, this can cause them to be agitated or upset. This can be distressing for you both but usually resolves with recovery. Some relatives keep diaries of key events during their illness which many patients find very helpful to look back on when they are better. If you are interested in this please do speak to a bedside nurse.

Personal Items

Patients require the following items:

- Liquid soap/body wash
- Deodorant
- Shaving items
- Toothbrush and toothpaste
- Comb/hairbrush.

Disposable cloths are provided so please do not bring in flannels. Patients are dressed in a hospital gown in order for care to be provided more efficiently. We recommend that valuable items are taken home.

Remember to look after yourself

You can help your relative by taking care of yourself. You shouldn't feel guilty for not being by their bedside 24 hours a day. You need to give yourself a break and this will also give the patient time to rest. The patient will be very well cared for and staff will contact you immediately if there is any change in the patient's condition.

Questions and/or comments

If after reading this leaflet, you still have any questions, please do not hesitate to ask the nurses in our unit. They will be happy to give you more information or arrange a meeting with the appropriate doctor.

Monitoring in CCU

Patient's heart rate and rhythm

Monitored by sticky dots on their chest

The patient's blood pressure

Central Venous Pressure (CVP)

The pressure measured in the central veins close to the heart

Oxygen saturation

Measured by a probe on the finger

Respiration rate

The amount of breaths taken in one minute

