

Moving to adult care

What do you need to know?



Welcome to the West Midlands Adult Cystic Fibrosis Centre.

Our committed and enthusiastic CF team aims to deliver high-quality care, in a welcoming environment.

Our centre is based on Ward 26 at Heartlands Hospital and has been designed specifically for CF patients, with a separate clinic and ward area.



More information about the centre and how to find us can be found at **www.heartlandscf.org** or using the QR code below:



What to expect when you come to the outpatient clinic:

- Your clinic appointments will all be face-to-face for the first 12 months so we can get to know you
- At your appointment you will see a CF doctor. There will also be opportunities to see a physiotherapist, dietitian, social worker and CF nurse at your clinic appointments. You will also have your lung function and weight checked upon arrival
- Once you've been with our team for 12 months, some appointments will be virtual and some face-to-face
- For virtual clinics you will need to check your lung function and weight before the appointment. The physio team will provide you with a home spirometer



What to expect if you are admitted to the ward:

- You will be reviewed by the doctors each day with a consultant review twice a week. The CF nurses, physiotherapists and dietitians will review you regularly too. The pharmacy and psycho-social team will also be available
- You will have your own room with an en-suite bathroom, TV and mini fridge
- Please bring in spirometers, nebulisers and airway clearance devices
- If you have an NG feed/PEG feed, it is useful if you can bring in your button connector/supply of NG tubes
- If you have diabetes, you will need to bring in your insulin, insulin pens, blood glucose monitor/Libre sensors
- If you are taking any modulators (Kaftrio/Symkevi/Alyftrek) you will also need to bring these in



Frequently asked questions:



What are the visiting hours on the ward?

Visiting hours are 11am–7pm.

Is there anywhere to park?

There is an onsite car park, but this does get extremely busy so please make sure you allow plenty of time to park before your appointment. Alternatively, there are several local buses. For more information go to www.heartlandscf.org/how-to-find-us

How do I get a prescription for antibiotics?

If you think you need antibiotics, please call reception to make an appointment to speak to the doctor. We cannot provide antibiotics without assessing you first.

When are the clinics held?

Outpatient clinics are held every weekday. You will be booked into a clinic according to your sputum results.

What if I need to change my clinic appointment?

If this is a face-to-face appointment you will need to call the outpatient department. If it is a virtual clinic appointment, you can change it via the **‘Dr Doctor’** text messaging service.

I have CF-related diabetes, what happens now I attend the adult centre?

You will have your diabetes care alongside your CF care on the unit. You will be seen regularly by the diabetes nurse and the dietitians will also support you with your diabetes management. Depending upon your treatment, you may also be seen by our diabetes consultant.

What is the food service like on the ward?

A varied menu is provided by the hospital catering department, including a cultural menu. There is also an additional 'light bite' menu providing alternative and lighter meals. A variety of snacks are also provided by the ward. Unfortunately, we are not able to re-heat ready meals or food brought in from home, but you can bring in your own snacks and drinks.



I have questions about my prescription, who do I contact?

For any dispensing issues, please contact the pharmacist on **0121 424 1732**.

If you need more supplies of nebulisers please contact the physiotherapy team.

I am going on holiday, how do I arrange a travel letter?

If you require a travel letter, please email the secretaries at least four weeks before your holiday with a list of medications/devices, dates and the destination of your holiday.

Please email **cfsecretaries@uhb.nhs.uk** and the letter will be emailed back to you.

I have a port, how do I arrange a port flush?

Please call the CF nurses one week before the port flush is due to arrange this.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **interpreting.service@uhb.nhs.uk**

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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Contact details:

Outpatients:

☎ 0121 424 1693

CF secretaries:

☎ 0121 424 1746

CF diabetes nurse:

☎ 07772 137 600

CF nurses:

☎ 07971 329 933

✉ uhb-tr.cfspecialistnurses@nhs.net

Dietitians:

☎ 0121 424 1796, 07794 375 776

✉ cysticfibrosisdietitians@uhb.nhs.uk

Social workers:

☎ 07740 066 704 / 07774 017 067

✉ cfsocialworkers.email@uhb.nhs.uk

Pharmacist:

☎ 0121 424 1732

Psychologists:

☎ 0121 424 2987 /
0121 424 2530

Physiotherapists:

☎ 07772 137 613 /
0121 424 1780

Research physiotherapist and QI lead:

☎ 07928 655 952

Ward 26 inpatients:

☎ 0121 424 0226

Accessibility

To view this information in a different language or use text-to-speech reader visit **www.uhb.nhs.uk**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet.

If you require this information in another format such as braille, please email **interpreting.service@uhb.nhs.uk**

