NHS Grampian

Orthopaedic Department of Scheduled Admissions

Information for patients and carers

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Short Stay Unit
Woodend Hospital

What is the Department of Scheduled Admissions?

The Department of Scheduled Admissions (DoSA) is a unit for people who are being admitted to hospital on the same day as their planned orthopaedic surgery.

We have sent you an admission letter with the time you need to arrive at the Unit. Please note that this is not the time of your procedure.

Where is the DoSA Unit?

We are based in the **upper floor, Short Stay Unit, Woodend Hospital.**

Why do I go to the DoSA Unit and not a ward?

You have already attended the pre-operative assessment clinic to make sure that you're fit enough for an anaesthetic and surgery.

It was decided at the clinic that you don't need to come to hospital the day before your operation. This means you can spend the night before your surgery at home.

Coming to the DoSA Unit means you can be admitted and prepared for your surgery without having to wait for a bed in a ward to become available.

In most wards, nurses are busy looking after people who have already had surgery. In the DoSA Unit, the nurses are dedicated to admitting and preparing patients like yourself for surgery.

What should I do before I come to hospital?

It's important that you're prepared for coming to hospital. A nurse from the DoSA Unit may call you to check that you fully understand any instructions we've given you about stopping medicines before your surgery.

You need to:

- Order any repeat prescriptions from your own doctor to make sure you've enough when you go home.
- Make sure you understand any instructions about stopping medications before your admission. The pharmacist at the pre-operative assessment clinic will have advised you about this.
- Follow advice about when to stop eating and drinking before your admission to hospital.
- Hip and knee replacements only: Make sure that you've attended a joint school presentation and that you're doing the exercises advised by the physiotherapy team.
- Prepare for when you leave hospital (for example, make sure you have enough food in the house).

Can I bring a friend or relative with me?

Due to lack of space in the department, we can only allow **ONE** friend or relative to come and wait with you. Please note that due to the nature of the department we don't routinely allow children.

What do I need to bring with me?

Storage space for your belongings is limited.

- Please bring a SMALL bag.
- Please DO NOT bring any valuables into hospital with you.

The checklist below might be useful when packing:

- All medications in their original containers (use the green bag you were given at pre-operative assessment to put them in)
- Wash bag
- Dressing gown
- Well-fitting slippers
- A pair of pyjamas or a nightgown
- Magazine or book to read while waiting
- Your glasses case.

If you are having a hip or knee replacement, you should bring with you:

- Loose fitting clothes
- Sensible walking shoes.

What happens on the day of my operation?

Once you have checked in at the reception you are directed to the waiting area. We will advise you of the estimated time of your operation.

A healthcare support worker completes any routine tests that you might need such as:

- Blood pressure
- Temperature
- Weight
- ECG (heart tracing)
- Blood tests
- If you are female, you may be asked for a urine sample for pregnancy testing.

A nurse completes your admission paperwork and explains what happens before and after your operation.

The anaesthetist sees you and explains about your anaesthetic and the pain relief you might need after your surgery.

The surgeon or a member of the surgical team sees you to discuss your procedure, including any risks. If you haven't already done so, we ask you to sign a consent form. Only sign the form if you understand and agree to your surgery.

If you have any questions please ask any of the team. It can be helpful to write down any questions you may have.

Preparing for theatre

The order in which patients are taken to theatre isn't confirmed until the day of your operation so you could be waiting for some time before your procedure. We do try to limit the time that people wait where possible.

Once it's time to get ready for theatre, we ask you to change into a gown. We may also give you special stockings to wear. These stockings help to prevent blood clots forming in your legs while you are less mobile after your surgery. Please note that the stockings aren't needed for all operations.

Bring a dressing gown with you to wear while you're waiting. For safety reasons, also bring a pair of well-fitting slippers to prevent you slipping on the floor.

Once you're ready for theatre we show you to a quiet area where you wait until it's time to go to theatre.

How long do I spend in the DoSA unit?

To make sure you're ready to go to theatre, the time that you're asked to arrive at hospital might be several hours before your operation. The first person on the theatre list usually goes to theatre at around 8.30am. How long you have to wait depends on your position on the list. Staff let you know how long you are likely to wait.

There are comfortable seats in our waiting areas and you may be able to go for a walk around the hospital.

Your position on the list can change as the day progresses if some procedures take longer than expected or if there is a cancellation.

Very occasionally due to unforeseen circumstances, we might have to cancel procedures on the day and send patients home. This is **very rare**.

Going to the operating theatre

The theatre staff call the DoSA nurses once they are ready for you. A nurse or healthcare support worker escorts you to the theatre area. Most people walk to the theatre.

Once you arrive, the theatre nurse completes a checklist and asks you some questions such as your personal details. They then take you through to the anaesthetic room and from there, into the operating theatre for your surgery.

After your operation

When you've had your operation, you stay in the recovery area before being taken in your bed to a ward.

We give the details of the ward to your friend or relative at DoSA. If you came to hospital alone, staff can phone a friend or relative with these details.

Contact telephone number

If you have any questions please contact us:

Department of Scheduled Admissions

Short Stay Unit

Woodend Hospital

☎ 01224 556316 ☎

This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1806.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.

Department of Scheduled Admissions
Short Stay Unit, Woodend Hospital
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