

Department of Clinical Haematology

# Your care in the Ambulatory Care Area

Information for patients



This leaflet has been provided to explain the process of having some of your treatment in the Ambulatory Care Area. This area is within the Haematology Department of the Oxford Cancer and Haematology Centre.

## What is Ambulatory Care?

Ambulatory Care means that some patients can have part of their treatment as an outpatient rather than needing to stay in hospital. It involves visiting the Ambulatory Care Area each day to be assessed and receive your planned care. You can then go home afterwards. This helps patients to receive their care in a timely fashion whilst allowing full access to the medical and nursing team. This can then reduce your length of stay in hospital after your procedure.

The Ambulatory Care Area is based on the Haematology ward. It is open 7 days a week.

## What are the benefits of having my treatment in the Ambulatory Care Area?

- You will be able to stay in your own home with visits to the area for assessment.
- You will have regular contact with experienced haematology nurses and your medical team.
- You will have a daily assessment of your condition by your medical and nursing team.
- You will continue to receive full access to expert medical and nursing care 24 hours a day, even though you are not staying in hospital.
- You will be able to continue to enjoy being at home when away from the hospital.

## Who can benefit from this service?

Your Specialist Nurse and Consultant will assess whether you would be able to receive your care in this area. They will talk with you and your carer about what coming to the Ambulatory Care Area involves. These are some of the questions we will talk about:

- The type of treatment you are having.
- How far away you live from the Churchill Hospital.
- If you have a carer who is able to bring you to the Churchill Hospital daily for your treatment and take you home again.
- If you have a carer who is able to bring you back to hospital at short notice if necessary.
- Your general health, fitness and level of mobility (how well you can move yourself around).
- If Ambulatory Care would be suitable for you and your care.
- Whether you and your carers agree to the above mentioned conditions and are happy to have care managed in the Ambulatory Care Area.

## What happens in the Ambulatory Care Area?

Before your treatment you will have the opportunity to have a tour of the Unit and meet the staff who help to run it.

You will attend the Ambulatory Care Area daily where you will have:

- Blood tests and observations.
- Daily assessment by Nurses and Doctors. This assessment allows us to check whether you need to be admitted to hospital or whether it is safe for you to return home.
- Opportunity for you to discuss any worries or concerns.

- Chemotherapy as well as any additional fluids and care that is required.
- Assessment of any side effects of treatment and advice on control of these.
- Infusion of blood or platelets if necessary.
- Administration of antibiotics.
- Infusion of stem cells if you are having an Autograft.  
If you are having an Autograft, admission to the ward will generally be around Day +4 of your transplant but this will be reviewed daily.
- Meals and hot drinks provided for you throughout the day.

## How can I keep well at home?

During treatment your immune system may be weak. Below are some things you can do to help keep yourself well:

- Keep up a high level of personal hygiene, e.g. taking regular showers or baths.
- Make sure you carry out regular mouth care (e.g. brushing teeth and using mouth wash) as directed by your Nurses.
- Always ensure you and your carers maintain good hand hygiene. Wash your hands regularly and thoroughly with antibacterial soap.
- Avoid crowded places and people with signs of a cold.
- Follow neutropenic diet as directed.
- Avoid being around fresh cut flowers.
- If you have pets, avoid changing cat litter and clearing up after dogs.
- Check your temperature as directed by the nurses and follow the instructions on the Risk of Infection leaflet. This leaflet is available on the ward and from your Ambulatory Care Nurse.

## What happens if I am unwell at home?

Your Ambulatory Care Nurse will make sure you have a thermometer at home. She/he will also let you know when and how to check your temperature.

If you are unwell at home or develop a temperature you will need to contact the Triage unit, Ambulatory Care Area or Haematology ward. Please contact:

Ambulatory Care Unit: **08165 235 052**

Triage: **01865 572 192** or via switchboard on 01865 741 841

Haematology ward: **01865 235 048/9**

Arrangements will then be made for your admission to the Haematology ward.

The Ambulatory Care Nurse will identify a ward bed before they finish their shift so if you are unwell overnight you can be admitted quickly in order to receive treatment and continue your care as an in-patient on the department.

## What happens if I change my mind?

Before you start your treatment in the Ambulatory Care Area you will have further opportunity to discuss your plan of care with your Doctors and the nursing staff.

However, we understand that Ambulatory Care may not suit everyone. If at any time you feel that having your treatment in the Ambulatory Area isn't right for you for any reason, please discuss this with your Nurse or Doctor. We can then make arrangements for you to be admitted to the ward where we can continue your care as an in-patient.

## Further information

The following leaflets will also be given to you to help prepare you for your treatment:

Welcome to the Haematology Department

High Dose Treatment and Stem Cell Rescue

Risk of Infection

Irradiated Blood Products

Dietary advice for patients with neutropenia

Coping with side effects of chemotherapy

## Other Useful Numbers

### **Macmillan/Cancerbackup**

0808 808 00 00

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Leukaemia Care**

0800 169 6680

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

### **Lymphoma Association**

0808 808 5555

[www.lymphoma.org.uk](http://www.lymphoma.org.uk)

### **Myeloma UK**

0800 980 3332

[www.myeloma.org.uk](http://www.myeloma.org.uk)

## **Cancer Counselling Trust**

Caspari House

1 Noel Road

London N1 8HQ

020 7704 1137

[www.cancercounselling.org.uk](http://www.cancercounselling.org.uk)

Email: [support@cctrust.org.uk](mailto:support@cctrust.org.uk)

## **Maggie's Centre**

Churchill Hospital

Old road

Headington

Oxford

OX3 7LJ

01865 225 690

[www.maggiescentres.org](http://www.maggiescentres.org)

Email: [oxford@maggiescentres.org](mailto:oxford@maggiescentres.org)

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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