



What to expect as an inpatient

If you need to be admitted to hospital, this may have been planned in advance or may occur on a more urgent basis. Your first point of contact will be the CF nurse specialist, who will arrange admission and transport for you if needed.

Admissions are organised into side rooms to avoid cross-infection. These are based on ward 34, although occasionally in an emergency people are admitted through the acute medical unit. Your care will be coordinated the CF team doctor, nurse, physiotherapist and ward staff, with input from other specialities as required. There are televisions with 'patient line' access in every room, and free broadband access.

Ward 34 at York Hospital is on the 3rd floor, and is accessed from the main corridor via stairs or lift.

At times of acute illness, it is very important to maintain calorie intake, and so fridges are available in every room to allow you to keep drinks and snacks fresh. There are also special menus with high calorie options, and a range of snacks available in addition to standard menus.

We also appreciate that it can be very difficult to keep up exercise while in a side room. Physiotherapy advice will be available, as well as exercise equipment which can be installed in the room.
