

## How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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member of staff needs to speak with you. It is also important for bedding to be kept clean and nursing staff will normally change this daily.

## Can I have visitors or somebody to stay with me?

The TYA unit does not have set visiting times and we do not restrict the number of visitors on the unit, but will ask visitors to leave if certain procedures need to take place or if behaviour is unacceptable. The unit operates a no alcohol and no illegal drugs policy and we ask that you respect other patients and their families with noise levels.

Each room has a pull down bed and you are welcome to have a guest over the age of 16 stay with you overnight. If you do have somebody staying with you, we ask that the fold away bed is put away at a reasonable time each morning to enable staff access to your room for cleaning and treatments.

## The TYA Team

In addition to the medical and ward team, there is a support team dedicated to TYA patients. The TYA team consists of social workers, lead nurse, psychologist and youth support worker. The team are based at Clatterbridge Cancer Centre - Wirral and will visit you during your stay.

# Welcome to the Teenage and Young Adult (TYA) Unit

Nursing

A guide for patients and carers



This leaflet is for young patients who are attending the Teenage and Young Adult (TYA) Unit at Clatterbridge Cancer Centre - Wirral. It provides information about the TYA unit.

## About the unit

The TYA unit at Clatterbridge Cancer Centre - Wirral is a purpose-built unit supported by the Teenage Cancer Trust for patients aged 16-24 years. The unit allows young people to be cared for in an age-appropriate environment. The unit is based within Mersey ward and the patients are cared for by the expert nursing staff of the Mersey team. The unit has four single rooms with en-suite bathroom facilities, television, wi-fi access and a pull out bed for a loved one to stay overnight. In addition, patients have access to a kitchen area and a social area with Sky TV, movies and games consoles.

## What should I do when I arrive for my appointment?

You will be given a date and time to attend Mersey ward for your appointment. When you arrive, please report to the reception desk at the entrance to the ward. The ward clerk will welcome you and show you to your room. The Nurse Practitioners will also introduce themselves to you, their role is to organise your admission and get you ready for your treatment. Patients attending the TYA

unit can do so for day-case or overnight treatments. Treatments can last from a few hours to several days, this depends on the type of treatment that you are having, your nurse will explain the procedure to you. Chemotherapy treatments may be made in advance or may have to be made on the day of your visit. If it is made on the day, please be prepared to wait.

## What happens on the ward each day?

We want our young patients to feel as comfortable and relaxed as they can whilst in hospital. To do this, we can be flexible with typical ward routines, however, it is important that our patients are safe and cared for. Therefore, if requests are made to patients or visitors by the nursing staff, they will be explained clearly and should be respected. The unit is staffed by nurses 24 hours a day, 7 days a week. They are there to provide the best care for your needs. The ward team is made up of varying members of staff who will introduce themselves to you, but feel free to ask staff what the different uniforms mean.

Consultants carry out ward rounds every morning and review each patient individually, including at weekends. This may not be your own consultant, but relevant information will be shared with them. Nurses carry out medication rounds four times a day, it is important to take your medications on time and not to leave them unattended on the ward. If you are taking any medication before you start treatment, please bring them with you on your first visit.

## Meal times

Food and drink is very important when you are having treatment. You may be given specific advice on eating and drinking depending on your treatment plan. You will be offered meals from hospital catering: breakfast, lunch and dinner. However, you are also welcome to bring in and store food and drinks in the unit kitchen area. Please label your food with your name, store it hygienically, and throw it away if it is out of date. Domestic staff will clean the communal areas regularly, but please tidy up after yourself and keep the area clean for others use.

## Can I bring in personal belongings?

We want you to feel as comfortable as possible whilst with us, so you are welcome to bring in your own belongings to create your own personal environment such as photos, cards or pillows. However, please ensure that staff can access your room and there is no cluttering. More expensive personal items, such as tablet computers or mobile phones, can be brought in, but it is your own responsibility to keep these items safe.

## Sleep

We realise that sleep patterns can change when people are having treatments and are in hospital, you may find you need extra rest during the day. Staff will do their best not to disturb you, however, in the best interests of your medical care, sometimes it may be necessary - for example, medication rounds or if a specialist

