



# Welcome to University Hospital Hairmyres

## Medical High Dependency Unit/Surgical Enhanced Care Unit (MHDU/Surgical ECU)

Information for patients/relatives

### Contact details

Direct number: 01355 585 011

Hospital Switchboard: 01355 585 000





## **WHAT IS THE MHDU/SURGICAL ECU?**

The Medical High Dependency Unit is a 4 bedded department. It also has a 12 bedded mixed speciality surgical enhanced care unit and 6 stepdown surgical beds. We look after patients who need more treatment or monitoring than we can give to them on a general medical or surgical ward.

The unit is managed during the week by specialist MDHU/Surgical consultants and specialist nursing staff. Patients will also get care from other members of the multidisciplinary team. This team has specialists who can give you the care you need.

The unit works closely with the Intensive Care team and we are in regular contact with them.

## **WHAT MAY YOUR JOURNEY LOOK LIKE?**

You will stay on the MHDU until you no longer need the extra monitoring or treatments. After that, you will be “stepped down” and moved to a general medical or surgical ward.

Some patients might end up needing more treatment than the MHDU can give them. If this happens, you may be “escalated” and moved to the Intensive Care Unit (ICU) if needed.

Patients from ICU are often “stepped down” to the MHDU/Surgical ECU to carry on their treatment.

## WHAT TO EXPECT

A member of the nursing team will welcome you when you arrive at the MHDU. They will do a basic assessment of you and get more information from you or your family.

They will also check your observations. These are things like your blood pressure, temperature and heart rate.

You may also need to have:

- ❖ an oxygen mask
- ❖ heart tracings
- ❖ blood tests
- ❖ more lines put in

A doctor will assess you and decide what investigations and treatments you will need. This may include:

- ❖ more fluids
- ❖ scans
- ❖ X-rays
- ❖ antibiotics
- ❖ a catheter put in

We may also take swabs from you to check for Covid, MRSA and other things.

You might need medicine that we can only give you through tubes and neck or wrist lines. These will be put in under local anaesthetic. This means you will have a small injection to numb the area. You won't feel the tube or line going in.

## WHAT MATTERS TO YOU?

When you're admitted to the MHDU or Surgical ECU we will discuss the following with you and your family. We will only do this with your permission and agreement (unless you're unable to give this permission).

We will speak to you about:

- ❖ what you want to happen with your care
- ❖ what care issues are important to you and your family
- ❖ your general health before you came into hospital. We'll ask you:
  - ◆ about your mobility
  - ◆ whether you can manage a flight of stairs without becoming breathless
  - ◆ how often you get out of the house
  - ◆ if there's anything that limits your daily tasks like eating, getting dressed, or bathing.
- ❖ your treatment and investigation plans. We may need to have an honest conversations about treatment options that might not work or be suitable for you. Some treatments might not be in your best interests. This is because they can do a lot of harm and not give you any real benefits.
- ❖ whether moving you to intensive care if needed would be the right thing for you. This is a very serious treatment. It can cause problems and doesn't help everyone.

- ❖ restarting your heart using cardiopulmonary resuscitation (CPR) if your heart stopped (this is known as cardiac arrest). This is also a very serious treatment and doesn't work for everyone. We'll ask you if you've thought about CPR before you came into the MHDU or Surgical ECU. It might not be the best treatment for you.
- ❖ what your plans for getting back to where you usually live after you've been in the MHDU.

## **WHERE IS MHDU/SURGICAL ENHANCED CARE UNIT?**

We are in Ward 1 on the first floor.

Follow the signs for Ward 1 from the main hospital entrances and take the lift or stairs to level 1.

Visiting times:

Monday - Sunday 14:00pm - 16:00pm

18:00pm - 20:00pm

If these times don't suit you, please speak to the Nurse in Charge. They will help to find a better time for you.

There is a maximum of 2 visitors to a bed

If your relatives feel unwell on the day of their visit they should not come into the department.

This is because they can spread illnesses such as flu and covid to vulnerable patients and make them very ill.

## FEEDBACK ON YOUR CARE

We would like to hear from you about your experiences within the MHDU/ Surgical Enhanced Care Unit.

Follow the QR code to give us your feedback on the Care Opinion website.



## HOW WE KEEP YOUR HEALTH INFORMATION SECURE

NHS Lanarkshire take care to make sure that only people who are allowed to can access your personal information. Our staff have a legal duty to keep information about your health safe, secure and private.

If you want to learn more about how we do this, you can visit our website at <https://www.nhslanarkshire.scot.nhs.uk/data-protection-notice> You can also ask a member of staff for a copy of our Data Protection Notice.

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)

NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

### For NHS staff only -

For advice on how to get a leaflet translated for your patients, please contact: [patientinformation@lanarkshire.scot.nhs.uk](mailto:patientinformation@lanarkshire.scot.nhs.uk)

For patient letters, records etc. please email: [translation.services@lanarkshire.scot.nhs.uk](mailto:translation.services@lanarkshire.scot.nhs.uk)



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