

## Summary

- We hope this leaflet has given you an introduction to the adult Mersey Burns Centre at Whiston Hospital.
- If you would like to arrange a visit to the centre, please contact the ward manager on 0151 430 1540.
- Feel free to bring along your parents/carers too.
- We hope this leaflet has also given you an idea of what it might be like to move to an adult burns service.
- If you have any questions or worries please speak to the burns team at Alder Hey or Whiston Hospital.

## Contacts

### Alder Hey burns service

Alder Hey Children's NHS Foundation Trust  
Eaten Road  
Liverpool  
L12 2AP  
www.alderhey.nhs.uk

### Mersey Burns Centre at Whiston hospital

Warrington Road  
Prescot  
Merseyside  
L35 5DR  
www.merseywestlancs.nhs.uk

### Telephone numbers

Burns centre & dressing clinic: 0151 430 1540  
Secretaries: 0151 430 1623  
Burns therapy office: 0151 430 1057  
Therapy email: burnstherapy@sthk.nhs.uk

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

www.MerseyWestLancs.nhs.uk



Alder Hey Children's  
NHS Foundation Trust



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Transition

### Moving on to the adult burn service

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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In a hospital, transition is the process of moving a young person's care from the paediatric (child) service, to the adult service and thinking about the ways to help them with this.

Becoming a young adult can be an exciting time, with many changes and opportunities such as:

- Going to a new school or college
- Going to university
- Getting a job
- Making new friends.

As you become a young adult, the children's hospital may no longer be the best place for you to have your treatment.

Currently your care is looked after by Alder Hey Children's Hospital. But as you are growing up, you may feel ready to move onto an adult setting.

Some people feel ready for this, but for others it can be hard to leave behind the things they are familiar with and to move on to new places and challenges.

### Will I need treatment in an adult burns service?

Not all children will have a burn injury that will need treatment at an adult burn service. However, it is not always possible to know who will and who won't need treatment as an adult.

For young people with a burn injury living in and around Liverpool who do need to go to an adult service, it will probably mean moving your treatment from Alder Hey Hospital to the Mersey Burn Centre at Whiston Hospital.

This leaflet provides information to help you understand the process of transitioning from Alder Hey Hospital to the Mersey Burn Centre at Whiston Hospital, including when it might happen and where to find support if needed.

Outpatient clinics within the burns service are arranged for you if required.

Dressing clinics are held every day of the week and are run on Ward 4D. Here you will meet nurses from the Burns Centre. You may also be seen here by either your physiotherapist or occupational therapist if needed.

The scar clinic is held with the clinical lead physiotherapist on a Wednesday morning. The scar clinic is located on level 1 in the main Outpatients Department (yellow zone).

A multidisciplinary team meeting is held every two months, where you may meet with key members of your care team, including your consultant, ward manager, physiotherapist, prosthetist, and psychologist. If additional rehabilitation sessions are required, your physiotherapist or occupational therapist will coordinate these appointments, which will take place in the therapy gym on Ward 4D.

### The Prosthetic Department

The Prosthetic Department provides a skin camouflage clinic and can advise you, how to apply specially formulated creams designated to conceal differences in your skin colour caused by scarring. Clinics take place in the Prosthetic Department on level 3 (green zone). You may also be treated by a member of the prosthetic team for splinting, particularly if the burn is to your face or neck.

### Helpful websites

**International Society for burn injuries:** [www.worldburn.org](http://www.worldburn.org)  
**The British burn association:** [www.britishburnassociation.org](http://www.britishburnassociation.org)  
**Changing faces:** [www.changingfaces.org.uk](http://www.changingfaces.org.uk)  
**Dan's Fund for burns:** [www.dansfundforburns.org](http://www.dansfundforburns.org)  
**The Katie Piper foundation:** [www.katiepiperfoundation.org.uk](http://www.katiepiperfoundation.org.uk)

Unlike Alder Hey, there are no beds in the rooms for your parents/ carers to stay. However, there is accommodation for relatives in a different part of the hospital that they can use if they arrange this with the burns centre ward manager.

Each patient room or bed has its own television and telephone. To use these you will need to buy credit in the hospital.

We have a therapy gym area located within the centre. You will be able to use these with your therapist if this is part of your treatment.



There is a treatment area that has wall bars, weighted pulley systems, stairs and an exercise bike. You will also be able to use the wii console and wii fit board for balance exercises, general fitness..... and fun!



Some people are ready to move to adult services earlier than others. It is important that when it happens, you feel fully prepared and you feel as though you understand the process and are comfortable with the change.

We consider each person individually, but most young people move to the care of an adult service between the ages of 16 and 18. We may be discussing this with you earlier, perhaps when you are about 14 years old so you will have plenty of time to learn about moving to adult services and can begin to make decisions about your care.

It is the job of both the children's and adults service to help you get ready for this.

## What are the differences between Alder Hey Burns Service and the Mersey Burn Centre at Whiston Hospital?

At Alder Hey you have a named doctor or consultant. At Whiston Hospital your named doctor will be Professor Kayvan Shokrollahi or Mr Dilnath Gurusinghe.

Along with your doctor, there is a team of staff at Whiston who you will also be introduced to and with who you may have some treatment sessions with. They include nurses, physiotherapist, occupational therapist and psychologist etc. You will be introduced to them when you visit the unit.

The burns team at Whiston works very closely with the doctors and together, they will discuss any issues that may be worrying you, to make sure you are always given the help you need.

In the adult service, we normally spend more time talking to you during your appointments than your parents/carers. You may feel nervous about this, it is ok to have your parents with you and to ask their opinion about your treatment if you want to.

## What can I do to prepare to move to adult services?

There are a few things that you can do, to start to get ready for moving to adult services. Such as:

- Learn more about your condition and treatment so you can be involved in making decisions about your care.
- Start to take responsibility for taking your medication.
- Keep important phone numbers in relation to your burn care in your diary, mobile phone or calendar.
- Start to take responsibility for remembering your appointments (put the dates in your phone, diary etc).
- Practise asking questions yourself when you come to clinic at Alder Hey (perhaps write them down before you come).
- Try spending a few minutes talking to your doctor in clinic without your parent or carer in the room.
- Find out who to contact if you need help urgently or in an emergency in relation to your burn.
- Let the team at Alder Hey know what help you might need to feel ready to move to adult services.
- Let the team at Alder Hey know when you feel ready to make the transition.

## Where is the adult Mersey Burn Centre?

The adult Mersey Burn Centre is located in Whiston Hospital, which is part of the Mersey and West Lancashire Teaching Hospitals NHS Trust.

The Mersey Burn Centre is 6 miles from Alder Hey.

The Mersey Burn Centre at Whiston Hospital treats patients who have a new burn injury, or those who might need follow up care from an old burn injury. The centre sees people from Liverpool but from as far away as North Wales and Isle of Man.

The Mersey Burn Centre is on Ward 4D.

The plan of the hospital shows you where it is.

## Where to find ward 4D?



The Burns centre is located on level 4, orange zone, ward 4D.

