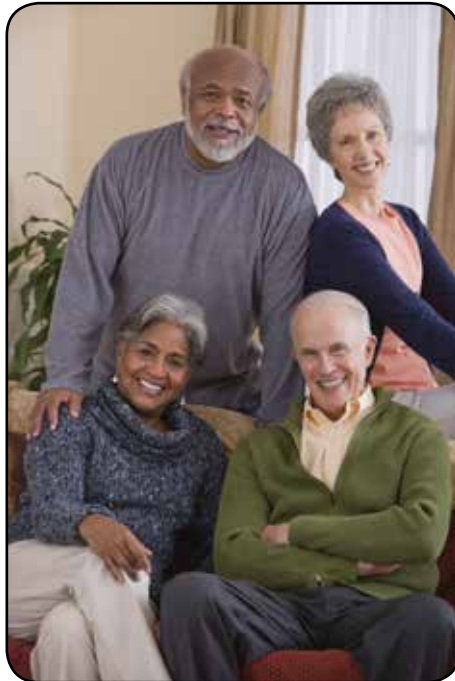


# Welcome to 4B

## Community Transitions Unit



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## About our Unit

The 4B Community Transitions Unit (CTU) cares for people who are waiting to go to a nursing home and do not need to be in a hospital anymore.

The information in this pamphlet will help you and your family get ready for your stay on the Unit.

If you have any questions, please ask. We are happy to help you.



## Our goals

- To give you a safe and supportive space to live until you are discharged.
- To work with you and your family to give you personalized care.
- To help you continue to be independent as much as possible.
- To work with nursing homes and the Department of Health & Wellness to make your move easier.
- To make sure our staff are knowledgeable and have the right skills to care for you.

## Unit tours

You and your family are welcome to visit the Unit and meet our staff. Please call the Unit at 902-473-3037 to ask for a tour.

## Visiting

Your family and friends are a big part of your healthcare team. Because of this, visiting hours are open and flexible. **For visits, we have a family lounge that you and your family can use as well as a family room just outside of the Unit.** Ask for keys for the family room at the main desk.

## Family support

We offer family and/or caregiver support and counselling sessions. Ask for the social worker's contact info for more information.

## Parking

There is a large parking lot in front of the Centennial Building that you can enter from South Park Street or University Avenue. There is also metered parking on both of these streets. Special parking rates are available for families of long-term inpatients after the patient's 14th day in a row in hospital. Please ask staff at the nursing station for details.

# **Suggested personal belongings**

**Please label all items with your name.**

## **Clothing**

Please bring your own clothing with your name on each item. Outfits that are comfortable and easy to put on are best. Our storage space is small, so please only bring 5 or 6 outfits.

## **Shoes**

Because of the risk of falls, we do not allow heeled shoes. Shoes should be comfortable, with easy to tie laces, or Velcro®.

## **Slippers**

Do not wear slip-on slippers as they raise the risk of falls. A good sturdy sole is best with Velcro® in case your feet swell.

## **PJs and/or nightgowns**

Pjs should be loose-fitting and comfortable. Hospital gowns are also available.

## **Personal care items**

Please bring a toothbrush, toothpaste, denture cleaner, deodorant, a comb or brush, and shaving supplies. All items must be scent-free. You and/or your family must bring these items, but a small supply is on the Unit if you run out.

## **Pictures and cards**

There is a bulletin board in each room. Please use plastic picture frames.

## **Photo album**

A small, pocket-sized photo album is a great idea. For those with occasional memory lapses, please write the names of family and/or family in each photo.

## **Music**

If you like to listen to music or audio books, please bring a CD or MP3 player with earphones.

## **Storage**

We have very little storage space on our Unit. **We do not allow big personal items (for example, chairs, storage bins).**

### **Locker measurements:**

- › 71 inches (high) x 14 inches (wide) x 12 inches (deep)

### **Bedside table drawer measurements:**

- › 16 inches (long) x 15 inches (wide) x 4 inches (deep)

## **Food items**

Food items are not a good idea because of patient allergies. Food also attracts fruit flies. If you do bring any food into the Unit, please label it with your name. You and/or your family are responsible to check food for any spoilage.

## **Flowers and plants**

NSHA is scent-free. Flowers and plants also attract fruit flies. We ask that you consider artificial flowers or plants instead. If someone brings you flowers or plants, please use a plastic vase.

## **Laundry**

You and/or your family are responsible for personal laundry. Free washers and dryers are on the 7th floor, and laundry soap is at the nursing station.

## **Valuables**

Valuables such as cash, jewelry, and credit cards should be taken home by your family or locked in the safe in the hospital's business office. Ask staff to help you do this. **The hospital is not responsible for the loss of valuables or personal items such as hearing aids, dentures, glasses, etc.**

## Phone

There is a phone at each bedside that can get incoming calls. Outgoing service can be set up for a fee. Use the instructions on the phone to set up this service.

## TV

If you want TV service in your room, leave a message at 902-473-2623. The sales person will return your call and arrange for payment.

## Programs and activities

Recreation Therapy offers leisure (free time) and fun programs throughout the week, including some evenings. The programs are stimulating and social.

Every person is included in our programs, and we invite families to participate.



## Foot care

For a fee, you can get foot care services from outside groups. They can treat calluses, corns, and thickened nails. Staff can give you a list of trained nurses that provide this service. These nurses will visit you in the Unit.

## **Hairdressing**

We have limited hairdressing services at the hospital. At times, there are no professional hairdressers coming to the site. You and/or your family are responsible for payment and planning your ride to and from appointments.

## **Your healthcare team**

There are many people here to help you. The team meets often to check on your care needs, your goals, and to plan for your discharge. The Community Transitions Unit is like a nursing home, where the responsibility for care is shared between you, your family and friends, and the healthcare team. The following are members of your healthcare team:

### **Charge nurse**

A charge nurse is an RN who keeps the Unit running smoothly. They act as the “go to” person to deal with issues that come up for staff, patients, and your family.

### **Registered nurse (RN)**

The RN oversees your care. They assess your needs and plan your care. The RN gives you medication and treatments, looks after your personal care, looks for changes in your condition, and teaches you about your care.



## **Licensed practical nurse (LPN)**

The LPNs work on the Unit to provide care, give out medications, and help you with personal care activities such as bathing, dressing, etc.

## **Care team assistant (CTA)**

As part of a team with the RN and/or LPN, the CTA helps you with personal care, such as bathing, dressing, getting up, walking, and using the toilet.

## **Unit doctors**

Doctors visit the Unit periodically, and give medical care during your stay with us. Nurses can call these doctors at any time when needed.

## **Ward assistant**

Ward assistants work at the nursing desk to give information about the Unit. They may also help the team in planning for you to get to other onsite appointments. They also help make sure infection control practices are carried out.

## **Recreation therapist and recreation therapy assistant**

They will help you participate in fun, physical and creative activities to make the most of your day-to-day living. You will learn about new hobbies and skills you may want to try when you leave the Unit.

## **Physiotherapist and physiotherapy assistant**

They will plan programs to help you keep up your strength, balance, and getting around on your own, or with some help.

## **Occupational therapist and occupational therapy assistant**

They will work to help you do things like bathe, dress, eat, and more on your own. They will show you how to do things in different ways to make things easier for you. They may also suggest some tools that you can use when you leave the Unit.

## **Social worker**

The social worker can help you and your family with concerns about staying on the Unit. They can offer support with money issues and help you plan for leaving the Unit.

## **Dietitian and diet technician**

They work with other team members to make sure you get the right type and amount of food. They may also help you with your menu and take care of your diet concerns. They will also check to make sure you can swallow safely.

**Patient Relations**

There are patient relations staff available to patients and families who have concerns about any aspect of hospital care. Patient relations staff can be reached by phone at 902-473-2133, or toll-free at 1-855-799-0990.

**Other team members**

Other members of the team may include clinical nurse specialists, speech language pathologists, respiratory therapists, pharmacists, and spiritual care staff.

**Notes:**


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This pamphlet is just a guide. If you have questions, please talk to your healthcare provider. We are here to help you.

**Looking for more health information?**

This pamphlet and all our active patient pamphlets are searchable here:

<http://bit.ly/NSHApamphlets>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.