Welcome to 4.1 Nursing Unit, Vascular Surgery & General Surgery Short Stay Unit
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You are now a patient on Nursing Unit 4.1 at the Halifax Infirmary. Patients who have vascular surgery or short stay general surgery are cared for here.

We understand that this is a very anxious time for you and your family/friends. We hope the information in this pamphlet will make you feel more comfortable.

If you have any questions, please ask.
We are here to help you.
The Team

Patient and family
You and your family are important members of the team. Please let us know if you have any concerns. Information will only be given to the immediate family or a significant other. Getting many phone calls takes the nurses away from caring for the patients. Choose one family member to get and then share information with others.

This will help everyone in the family get the same information. Our phone number is 902-473-3405. Shift report takes place between 6:45-7:45 every morning and evening. We ask that you do not call the nursing unit at this time. This gives the nurses time to exchange information and assess patients.

Nursing staff
Skilled and caring Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) will care for you.

Medical staff
A team of doctors will be caring for you. This team includes on-call surgeons, the attending surgeon, residents, and clinical clerks or medical students. Emergency surgery may be done by the surgeon on-call at night or on the weekend. Your care for the first few days after surgery will be directed by the attending surgeon at the Halifax Infirmary for that week. Follow-up care will be given by the surgeon who was on call when you had your surgery.
The resident is a fully qualified doctor, training to become a specialist. A resident is available 24 hours a day. The residents typically do rounds early in the morning. If you would like to speak to the doctors, please tell your nurse or charge nurse.

**Patient representative**

The patient representative is available to patients and families who have concerns about any aspect of hospital care. The patient representative office is on level 4, room 4507. The phone number is 902-473-2880.

**Other team members**

Other members of the team may include clinical nurse specialists, social workers, dietitians, physiotherapists, occupational therapists, respiratory therapists, pharmacists, Care Team Assistants (CTAs), spiritual care staff, unit clerks, and unit aides.
When may my family visit?

Family is an important part of care. The patient or family will decide about visitors with the nurse. The patient decides who will be called “family and friends”.

• Only 2 visitors at one time. We ask that you be respectful of the privacy of the other patient(s) in the shared rooms.

• The patient rest period is from 2:30-3:30 p.m. We recommend that you do not visit at this time.

• You may be asked to wait in the family waiting room during certain procedures. The waiting room and a bathroom are close to the elevators.
Intermediate Care Unit (IMCU)

Patients in the IMCU need adequate rest and quiet time to allow for improved healing. We ask that you always check at the nursing station before entering the IMCU. The status of patients in the IMCU can sometimes change very quickly and the nursing staff may not be able to accommodate visitors or answer your questions at all times. We ask for your patience during these times.

If you are under the care of a general surgeon, we may need to move you from one room to another or even to another nursing unit at the Victoria General (VG) site to meet changing needs of all our patients. General surgery patients stay on 4.1 for 3 days or less, but sometimes longer. If you need to be in the hospital for more than 3 days, you will be moved to another nursing unit at the VG site.

The care you receive will be similar to that given on 4.1. The Emergency Department is at the Halifax Infirmary.

The number of emergency admissions and surgeries requires us to make beds available on 4.1. We try to minimize these moves but in an emergency situation they may happen at any time of the day or night. Men and women may need to share a room. We ask for your understanding.
Info about staying on and visiting the Unit

Meals
Your meals arrive at the following times:

› Breakfast: 8 a.m.
› Lunch: noon
› Supper: 5 p.m.

Visitors may buy meals and snacks at:

• Summer Savoury cafeteria on level 2.
• Tim Hortons coffee shop at the Robie Street entrance on level 4.

Parking
There are a limited number of metered parking spaces at the Summer Street entrance. Parking at the Robie Street entrance is available at an hourly rate. Family who visit inpatients for more than 14 days may apply for a lower parking rate. Forms are available from the unit clerk.

4.1 waiting room and family room
A waiting room is available for your comfort as you visit your loved one. A family quiet room is also available. Telephones are available in these rooms for local calls. Overnight stays are discouraged. If you have nowhere to spend the night, please meet with the charge nurse and help will be provided.
Television
You may rent a television from the hospital service. Please see the display at the nursing station or at the patient’s bedside wall.

Telephones
There are telephones at the bedside. Family members may call you anytime before 10 p.m. You may want to have the telephone connected so you can make phone calls. You can do this by dialing 499 from the bedside telephone. You will be billed to your home phone number.

Personal belongings and valuables
There is a locker at your bedside for personal belongings.

We encourage you to send all valuables home with your family. **The hospital is not responsible for the loss of any item.** Valuables may be locked in the safe of the hospital business office.

Flowers
Capital Health is a scent-free environment. We ask that you do not bring flowers into the patients’ rooms.
Where can my family sleep?

We regret that we do not have rooms for family. The following are close to the Halifax Infirmary:

- Point Pleasant Lodge, 1121 South Park Street
  › Phone: 902-421-1599

- The Westin, 1181 Hollis Street
  › Phone: 902-496-8585

- Atlantica Hotel Halifax, 1980 Robie Street
  › Phone: 902-423-1161

- Lord Nelson Hotel, 1515 South Park Street
  › Phone: 902-423-6331

- South Park Lodge, 1135 South Park Street
  › Phone: 902-423-2812

Smoking

Capital Health is a smoke-free environment. Smoking is against the medical advice of your doctor and will slow your healing. Staff members are not responsible for your care if you leave the unit to smoke.

Use the space below and at the end to write down any questions that you have.

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Halifax Infirmary building, level 4
4.1 Nursing Unit
Vascular Surgery & General Surgery Short Stay
902-473-3405
902-473-3406