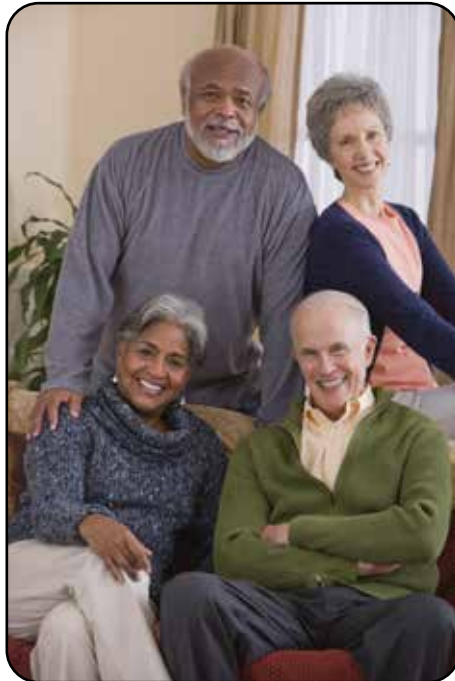


# Welcome to 4B

## 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 care we give is like that of a nursing home, but it is not a permanent place to live.



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 as independent as possible.
- To work with nursing homes and the Department of Health and Wellness to make your move easier.
- To make sure our staff are knowledgeable and have the right skills to care for you.

## Our expectations of you

- Taking part in the discharge process is important, which includes contributing to your care by paying an Alternative Level of Care (ALC) fee while you wait for placement. Our finance team can answer any questions you may have about this fee.
  - › Phone (toll-free): 1-844-783-7416
  - › Email:  
nshaaccountsreceivable@nshealth.ca
- If you do not take part in discharge planning, an overstay fee may be applied. Ask your health care team for more information on the hospital overstay policy.

## 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 health care 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. If you would like to talk with a social worker, ask your health care team 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 paid parking on both of these streets.
- Special parking rates are available for families of long-term inpatients after the patient's 14th day (2 weeks) 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 falling, we do not allow heeled shoes. Shoes should be comfortable, with easy to tie laces, or Velcro®.

## Slippers

To lower your risk of falling, do not wear slip-on slippers. A good sturdy sole is best with Velcro® in case your feet swell.

## PJs and/or nightgowns

Pjs should be loose-fitting and comfortable.

## Personal care items

Please bring a toothbrush, toothpaste, denture cleaner (if needed), deodorant, a comb or brush, and shaving supplies. **All items must be scent-free.**

## Pictures and cards

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

## 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 friends 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**

We do not recommend bringing in food because of patient allergies. Food also attracts fruit flies and other pests. If you do bring food into the Unit, please label it with your name and store it in a closed plastic container. You and/or your family are responsible to check food for any spoilage.

**Flowers and plants**

Nova Scotia Health 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 your personal laundry. Free washers and dryers are on the 7th floor, and laundry soap is at the 4B nursing station.

## Valuables

Cash, jewelry, and credit cards should be taken home by your family. Valuables can be 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 salesperson will return your call and arrange for payment.

## Programs and activities

Recreation therapy offers social programs that help your physical and mental health. The programs may be exercises, crafts, or games (like the ones in nursing homes). We try to offer something of interest to everyone and every ability. The activities and special events are listed in our monthly calendar.



## **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 health care team**

There are many people here to help you. The team meets often to check on your care needs and 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 health care team. The following are members of your health care 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 you, your family, and staff.



## **Registered nurse (RN)**

The RN oversees your care. They assess your needs and plan your care with you. 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**

Unit doctors provide medical care during your stay and make rounds once a week.

## **Ward assistant**

Ward assistants work at the nursing desk to give information about the Unit. They may also help the team to plan for you to get to other on-site appointments. They also help make sure infection control practices are followed.

## **Recreation therapist and recreation therapy associate**

The recreation therapy team will help you do activities that are fun and meaningful (in groups and one-on-one). We adjust activities to make them work for you during this time of change. We will work with your health care team to help with your transition (either to long-term care, home, or to live with family with supports).

## **Physiotherapist and physiotherapy assistant**

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

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

Occupational therapists promote your independence, safety, and comfort through day-to-day activities. They may suggest a wheelchair to help you move around, if needed. They will also suggest ways to lower your risk of falls. They may help you find equipment to make things safer and easier. They will work closely with you, your health care team, and your family to give you the best care while you transition to long-term care.

## **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 with your menu and take care of your diet concerns. They will also check to make sure you can swallow safely.

## **Continuing care coordinator**

They look closely at your needs and authorize home supports or nursing services for your transition back home to your community. They may also fill out the care assessment and financial applications needed for your approval for discharge to a Department of Health and Wellness licensed long-term care facility.

## **Spiritual care (chaplain)**

They give spiritual and religious support and can help you find resources (like prayer, sacraments, worship services).

## **Volunteers**

Volunteers help staff create programs for you and your family to enjoy while on the unit.

## Patient Relations

Patient relations staff are available to patients and families who have concerns about any part of hospital care.

- › Phone (toll-free): 1-855-799-0990 or 902-473-2133

## Other team members

Other team members may include clinical nurse specialists, speech language pathologists, respiratory therapists, and pharmacists.

### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

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

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

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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

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

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

*Prepared by: 4B Community Transitions Unit Staff*

*Designed by: NSHA Library Services*

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

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

If you have any questions, please ask your health care provider.

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