

# Hospitalist Medicine Unit (HMU)

## Halifax Infirmary

Our goal is to get you home.

# Hospitalist Medicine Unit (HMU)

- The Hospitalist Medicine Unit (HMU) is for people with many kinds of medical conditions.
- A hospitalist is a doctor who specializes in inpatient medical care. During your stay, the hospitalist:
  - › will help plan your medical care.
  - › may work with other doctors to meet your care needs.
- While you are in the hospital you may see different members of your health care team, depending on your needs. Members of your health care team may include:
  - › Doctors
  - › Registered Nurses (RNs)
  - › Licensed Practical Nurses (LPNs)
  - › Care Team Assistant (CTA)
  - › Continuing Care Coordinator
  - › Dietitian
  - › Dietary Technician
  - › Occupational Therapist
  - › Pharmacist
  - › Physiotherapist
  - › Physiotherapy Assistant
  - › Rehabilitation Assistant
  - › Social Worker
  - › Spiritual Care

## What will happen when I arrive on the unit?

- When you arrive on the unit, a nurse will ask you questions about your health and your health history. This information will help your health care team to help you recover faster.
- Your loved one(s) or support person(s) is encouraged to support your recovery. They can take part in your care by walking with you or helping encourage you to do more activity.
- **Leave all valuables (like jewelry, money, credit cards, cheque books) at home. The hospital is not responsible for the loss of any item.**
- Ask your loved one(s) or support person(s) to bring any special equipment you may need while in the hospital (like glasses, hearing aid(s), walking aid(s), shoes, clothes, CPAP or BiPAP machine).

# What to expect during your stay

## Whiteboard in your room

- The whiteboard gives you, your loved one(s) and/or support person(s), and your health care team information about your:
  - › Mobility (how far you need to walk each day)
  - › Vital signs (like blood pressure, pulse, heart rate)
  - › Expected date of discharge (EDD)
- Please check the whiteboard each day.

## Activity

- While you recover, you will be expected to do more activity as you are able. For example:
  - › Bathing
  - › Dressing
  - › Eating
  - › Changing positions in bed
  - › Sitting up on the side of the bed
  - › Getting out of bed
  - › Sitting up in a chair
  - › Walking
- **It is important to move.** This helps you to recover and get your energy back. Activity can help you:
  - › Recover faster
  - › Improve your mood
  - › Sleep better
  - › Have more energy

- To help lower your chance of falling or slipping, it is important to:
  - › Wear shoes that are flat, with a non-skid sole and an enclosed heel.
  - › Put shoes on before standing up.
  - › Ask for help if you feel dizzy, weak, or unstable.
  - › Use your call bell (at your bedside or in the bathroom) if you need help.

Before you leave the hospital, we want to make sure you feel ready to go home. We are happy to answer any questions and address any concerns you may have.

## **Home First and discharge planning**

- It is important to start planning for your discharge home as soon as you are admitted to the hospital. Right now, you may not feel ready to go home. Our team will work with you to make sure that you have the support you need to go home.
- We know that for most people, living at home is where they want to be. Home First is about:
  - › creating a discharge plan with the goal of getting you back home.
  - › providing the care you need to keep living at home.

- We know that it can be stressful to find and put in place all of the programs and services you need. **Please ask for a referral to Home First.** We can connect you to programs and services in your area.
- We can help you figure out the best next step for you if you meet one of these:
  - › You are facing health changes that affect your ability to meet your needs.

**OR**

- › You are helping a loved one who wishes to return home from the hospital, but needs help to do this.
- We work with you and your loved one(s) to find the best ways to support you at home.

**The following organizations can help you find resources to support your discharge from the hospital or your care at home:**

**Caregivers Nova Scotia**

- › <http://caregiversns.org/>
- › Phone (toll-free): 1-877-488-7390
- › Email: [info@CaregiversNS.org](mailto:info@CaregiversNS.org)

## 211

- › [www.ns.211.ca](http://www.ns.211.ca)
- › Phone: 211
- › Email: [help@ns.211.ca](mailto:help@ns.211.ca)
- › Text: 21167
- › Live chat is available online  
Monday to Friday, 9 a.m. to 4 p.m.

## Continuing Care Coordinator

- A continuing care coordinator helps arrange for services you may need when you go home. Please read the pamphlet *Continuing Care: Important Information for You* for more information:
  - › [www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2120.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2120.pdf)

We encourage you and your loved one(s) or support person(s) to:

- › Ask questions if you do not understand something or would like more information
- › Take part in your care as much as you can
- › Move as much as you can
- › Work on your discharge plan as soon as you are admitted to the hospital

# Resources

## Patient switchboard

- › Phone: 902-473-1510

## Patient and Family Feedback (Patient Relations)

- › Phone (toll-free): 1-844-884-4177

## Continuing Care (home care)

- › Phone (toll-free): 1-800-225-7225

## Canadian Red Cross – Health equipment loans

- › Phone: 902-424-1420

## Veterans Affairs Canada

- › Phone (toll-free): 1-866-522-2122

## 811

- › You can call 811 to talk with a registered nurse about your health care questions 24 hours a day, 7 days a week.

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