Welcome to 7.3 Neurosurgery
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You or your family member have been admitted onto the Neurosurgery unit 7.3. This unit is for people with brain and/or spinal cord injury or disease. Our goal is to give the best possible care to patients and their families during a critical and stressful time. We use a team approach to provide care.

We have different levels of care to support your recovery.

Unit 7.3 offers 2 levels of care depending on your needs:

- Neurosurgery Intermediate Care Unit (IMCU)
- Neurosurgery floor

Most people are admitted to the floor, but your stay may include admission to both of these care areas.

Intermediate Care Unit (IMCU)

Patients who need close observation and monitoring are cared for in our 6-bed IMCU.

Neurosurgery floor

Nearly all of our patients will spend part of their stay on the neurosurgery floor. Most of our patients’ recovery takes place in this 31-bed area.
**Transitioning from ICU**

Coming to the IMCU or neurosurgery floor from the Intensive Care Unit (ICU) is an important step in your recovery. The ICU nurse will call 7.3 and tell us about your treatment plans.

- You will have the same neurosurgeon and neurosurgery residents as you did in the ICU.
- As you get better, we will not need to check your vital signs as often and you may not be connected to a monitor.
- In the IMCU, there are 3 registered nurses (RNs) caring for 6 patients. All 6 of our rooms are private rooms.
- Each nurse assigned to help with your care will also be caring for other patients. You may not see a nurse at all times.
- You will have a call bell to alert the nurse if you need anything, but please be patient. Your nurse may be helping another patient.
Visitors

• The IMCU has visiting hours from 11:30 a.m.-2:30 p.m. and 3:30-8:30 p.m. An afternoon rest is helpful and we try to protect this time (from 2:30-3:30 p.m.) for our patients.

• We believe that family and friends are important to a patient’s recovery. If you are not able to decide who may visit, your next of kin will decide with guidance from a nurse. Families should keep in mind that rest is an important part of the healing process.

• We understand that this may be an emotionally trying time for you. Please talk to us about any needs that come up. We try to limit visitors to 2 at a time. If a patient becomes agitated or upset, we may ask that visitors leave the room to lower the amount of stimulation and maintain a peaceful healing environment.

We do not encourage visitors to stay overnight. Leaving the hospital to rest and take care of personal matters will optimize your role as part of the health care team. It will also help prepare you for when your family member is discharged. If you exhaust yourself now, you will be less able to help after discharge.
If you need a place to stay, there are not-for-profit lodgings near the QEII that have rooms for patients and families.

**Halifax Haven Guest Home**  
Email: halifaxhaven@gmail.com  
5897 Inglis Street  
Phone: 902-421-1650

**Point Pleasant Lodge**  
www.pointpleasantlodge.com  
1121 South Park Street  
Phone: 902-421-1599

**The Dr. Susan K. Roberts Lodge That Gives**  
Canadian Cancer Society  
www.cancer.ca  
5826 South Street  
Phone: 1-800-639-0222 or 902-420-1849

Local hotels also have discounted rates for families. Please ask your nurse or the unit clerk for help when deciding where to stay.
The neurosurgery team will oversee your care. The team is in the hospital at all times, but there may not be a doctor on the floor at all times. This means that you may have to wait to speak with a doctor for family meetings or non-urgent issues. We will try to help you plan ahead if you would like to speak with a doctor.

We encourage your family to help with your care.
- Families can help with tasks such as feeding or physiotherapy.
- Meal times are often busy with activities such as patients returning from the operating room (OR) or getting medications. Help with meal trays is greatly appreciated.

TV service is available on the floor.
- TVs are provided by the Hospitality Network. You must pay for this service. There are no TV carts or portable TVs.

Telephone service is limited in the IMCU.
- There are no patient phones but cell phones can be used.
Our Team Members

You and your family
The care, love, and support of family are some of the best medicines. We are happy to arrange a team conference to answer your family’s questions and concerns.

Nurses
Our nurses have special knowledge in neuroscience nursing. They watch for changes in your condition and coordinate your care with other team members.

Charge Nurse
The charge nurse is responsible for the general coordination of care and patient movement within the unit. The charge nurse is also a resource and support for staff, patients, and families.

Nurse Practitioner (NP)
The NP is a Registered Nurse (RN) with advanced knowledge, skills, and education. The NP works closely with you, your family, and other health care professionals to address complex health needs and manage acute and chronic illnesses.
Brain Tumour Coordinator
The Brain Tumour Coordinator is an RN with advanced knowledge in the care and support of patients with tumours. The Brain Tumour Coordinator helps to transition your care from hospital to home and coordinate any follow-up visits.

Transsphenoidal (TSS)/Pituitary Nurse
The pituitary nurse provides education in both pre-op and post-op periods. She will act as your liaison; answering questions and helping you navigate and understand your medications, blood work, and followup appointments with the multidisciplinary team. She will tell you about various research projects at NSHA and how you may participate. She will be your point of contact for questions and advice after your discharge home.

Dietitian
The dietitian works with other team members to make sure you are getting the right type and amount of food. The dietitian and the speech language pathologist can help with any swallowing problems you may have.
Occupational Therapist (OT)
The OT helps you to do more of your daily activities on your own, such as washing, dressing, eating, and doing kitchen tasks. They can also assist with your memory and problem-solving skills. The OT may also suggest needed equipment to make your return home as safe and easy as possible.

Physiotherapist (PT)
The PT helps you to do as much as you can on your own. They will work with you on your strength, balance, and movement. Your family is encouraged to help too.

Recreation Therapy
The recreation therapy team helps you improve and/or keep your abilities in the areas of concentration, and physical, emotional, and social health. They help to support you in doing more for yourself and in making healthy leisure choices.

Unit Manager
The unit manager looks after the administration and leadership of the unit together with the hospital’s administration staff.
Patient Representative
This service is available to patients and/or families who have concerns or compliments about any part of hospital care. You can call the patient representative at 902-473-2133 or toll-free at 1-844-884-4177, or email healthcareexperience@nshealth.ca.

Social Worker
The social worker can help you and your family cope with the stress and hard decisions that often come with illness and being in the hospital. They can also help with financial concerns, plans for going home, and setting up a family meeting if needed.

Speech Language Pathologist (SLP)
The SLP works with patients who have trouble speaking and understanding spoken and/or written words. The SLP also helps with swallowing problems.

Spiritual Care
Spiritual care services are available for your support. The nursing staff will help you contact them. The chapel is on the 1st floor of the Halifax Infirmary site at the Summer Street entrance, down the hallway by the Security office.
Helpful Hints

Parking
The parking lot on Robie Street charges an hourly rate to a maximum of $14.50 per day. After you have been in the hospital for 2 weeks, the unit clerk can give your family a form to get a discounted rate. There is metered parking on Summer Street. There is also 1 and 2-hour parking on the streets around the hospital. Please note that these times are strictly enforced and if the meter runs out you may get a parking ticket.

Personal belongings
The hospital and staff are not responsible for any valuables or personal items. Please send any valuables or money home with your family.

Libraries
There are two Health Sciences Libraries in the QEII. One is on the 5th floor of the Dickson Building at the Victoria General (VG) site, and the other is on the 2nd floor of the Halifax Infirmary (HI) Building, HI site. They are open on weekdays from 8:30 a.m.-4:30 p.m. Patients, families, and staff are welcome to use the libraries. Free Wi-Fi and computers are available to use.
Crisis room
This is a quiet room for families. They can talk privately with a health care team member and/or their loved one about the patient’s plan of care.

Brain Repair Centre
The Brain Repair Centre brings together a group of research scientists. They focus on the treatment and repair of the brain and how it is affected by diseases such as Parkinson’s, ALS, stroke, spinal cord injury, and depression.

Barbara Newman Room
This is an educational resource room for medical staff, nurses, and patients.

Waiting room
There is a waiting room for families between units 7.2 and 7.3. This is a comfortable area with puzzles, magazines, and a TV. The visitors’ washroom is beside the entrance to 7.3.
Important phone numbers
IMCU: 902-473-2668
7.3 Nurses’ station:
  902-473-2088 or 902-473-2089
QEII Patient Line: 902-473-1510

Conveniences at the HI site
• Summer Savory Restaurant
  › 2nd floor
  › Open 7:30 a.m.-7:30 p.m.
• Starbucks
  › 4th floor
  › Open 6:30 a.m.-1 a.m. weekdays
  › Open 7 a.m.-1 a.m. weekends and holidays
• Shoppers Simply Pharmacy
  › 4th floor
  › Open 8:30 a.m.-5:30 p.m.
  › Prescription service is available

What are your questions?
Please ask. We are here to help you.
Looking for more health information?
Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides
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

Prepared by: Neurosurgery Nursing Staff
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The information is not intended to be and does not constitute health care or medical advice.
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