Welcome to Unit 7.4

General Neurology, Acute Stroke Care Unit, & Epilepsy Monitoring Unit
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Welcome to 7.4. We are a 33-bed unit caring for people with stroke and other problems of the brain and nervous system.

We want to give the best possible care to our patients and families during a critical and stressful time. This pamphlet will help you learn about how your health care team works to meet your needs.

Your health care team

We know that this is an emotional time for you. We are open to talking with you about any specific needs that come up at any time. Your personal details will only be shared with those who you name as family.

Important telephone numbers

› Main desk (7.4): 902-473-2258
› Patient switchboard: 902-473-1510

Please name one family member to get and give details to the rest of your family. This avoids confusion and lets your health care team spend more time with you.

Nursing staff give a handover report between 6:30-7:30 a.m./p.m. every day, so patient updates may not be available during this time.
Who will help me?
The following team members will work with you and your family to help in your recovery:

- Patient & Family
- Unit Manager
- Staff Doctor
- Nurse Practitioner
- Charge Nurse
- Occupational Therapist
- RN & LPN
- Recreation Therapist
- Social Worker
- Physiotherapist
- Speech Language Pathologist
- Dietitian
- Resident
Who is on my team?

You and your family
The care, love, and support of family are very important. We welcome your questions and ideas. At your request, we can plan a meeting to talk about your questions and concerns.

Nurses
Our nurses have special training in working with patients who have brain conditions. They are with you 24 hours a day to watch for changes in your condition, and to plan your care with the other team members.

Charge nurse
Working with the whole team, the charge nurse plans the overall care and patient movement within the unit. They act as the “go-to person” for staff and patients.

Unit manager
The unit manager looks after the administration and leadership of the unit.

Nurse practitioner (NP)
The nurse practitioner has extra training in working with people who have brain and/or nervous system conditions. They will work with you and your family throughout your stay. They work with the team to focus on making you as healthy as you can be and preventing future problems.
**Ward clerk**
The ward clerk looks after clerical issues, like keeping patient charts in order, answering the phone, ordering diets, and making appointments for tests. They can often help you find the answers to your questions.

**Unit aide**
The unit aide takes care of ordering supplies and makes sure that all of the rooms are stocked with what you and your nurse need for the day. They may also help set up meal trays.

**Medical staff**
Each patient has a neurologist (doctor who specializes in the nervous system). You will also meet doctors at different levels of their training. Medical staff often change every few weeks. This means that the doctor caring for you may change during your stay.

**Dietitian**
The dietitian works with other team members to make sure that you get the right type and amount of food. They will also check to make sure that you can swallow safely.

**Speech language pathologist (SLP)**
SLPs work with patients who have trouble speaking and understanding others. They will give you tools to help you communicate.
Physiotherapist
They will work with you to become as strong as you can. They will teach you how to get around on your own, or with help. They may also help you with deep breathing and coughing exercises.

Occupational therapist
They work with you to help you do things on your own like bathe, dress, eat, and more. 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 at home.

Social worker
The social worker can help you and your family with concerns about being in the hospital. They can offer support with money issues and help plan for your return home.

Spiritual Care
Spiritual Care serves all faiths. Ask nursing staff to help you contact them. There is a chapel on the 1st floor of the Halifax Infirmary, on Summer Street near the security office.

Recreation therapist
They plan fun group activities to help fill your days. You will learn about new hobbies and skills you may want to try when you go home.
Patient representative
They will help you and your family with any concerns you may have about your hospital stay or care. You can reach the patient representative at 902-473-2880.

While you are here

Visiting hours
We believe that family and friends are important to a patient’s healing. Part of healing also includes time for rest. As we do not have formal visiting hours, please respect patients’ need for rest.

During certain times patients are busy being cared for by staff and may not be available to visit. We also ask that you respect the needs of other patients in your room and limit the number of visitors to 2 at a time when possible.

During your visit, please respect the patient-specific equipment that is stored in hallways and patient rooms. Patient bathrooms are for patient use only. Public bathrooms are located outside the unit. If you need towels, blankets, etc., please ask a staff member.
Parking
The parking lot on Robie Street charges an hourly rate. Metered parking is also available on Summer Street. After 14 days of admission, you are entitled to a discount in parking rates. Please see the ward clerk for further information.

Food and drink
Summer Savory Restaurant
2nd floor (Summer Street entrance)
Weekdays: 7:30 a.m.-7 p.m.
Weekends & holidays: 8 a.m.-7 p.m.

Starbucks®
4th floor (Robie Street entrance)
Weekdays: 6:30 a.m.-1 a.m.
Weekends & holidays: 7 a.m.-1 a.m.

Gift shop
4th floor (Robie Street entrance)
Weekdays: 7 a.m.-8 p.m.
Weekends: 11 a.m.-8 p.m.

Shoppers Drug Mart
4th floor (Robie Street entrance)
Weekdays: 8:30 a.m.-5 p.m.
Places to stay in Halifax
The ward clerk or your nurse can give you a list of places to stay near the hospital. Many have a lower rate for family members of patients.
You may also talk with the social worker about finding lodging at a lowered rate.

Personal belongings
Leave all valuables (e.g., jewelry, money, credit cards, cheque books) at home. The hospital is not responsible for the loss of any item. Please ask your family to bring in comfy clothes and sturdy, non-skid shoes (such as sneakers) for physical activities.

Waiting room
There is a waiting room between 7.1 and 7.4 by the elevator. This is a cozy room with puzzles, magazines, and a TV. Recreation Therapy also holds activities here each day. The schedule is posted outside the door. The visitor bathroom is outside 7.4.

Family room
This is a quiet room for families beside the patient kitchen. It is a comfy place where you and your loved ones can talk privately with a health care team member about your plan of care.
Write down the names of your health care team:
Staff Neurologist __________________________
Resident ________________________________
Unit Manager _____________________________
Charge Nurse _____________________________
Nurse Practitioner _________________________
Dietitian _________________________________
Occupational Therapist _________________
Speech Language Pathologist _____________
Physiotherapist _________________________
Social Worker ____________________________
Spiritual Care Worker _____________________
Recreation Therapist _____________________

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: Unit 7.4 Staff
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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 health care or medical advice.
If you have any questions, please ask your health care provider.

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