Welcome to Unit 7.4: General Neurology & Acute Stroke Care Unit
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Information for patients, families, and friends

Welcome to 7.4. We are a 30 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 the healthcare team works to meet your needs.

Your healthcare team

We know that this is an emotional time for you. At all times we will be open to talking about any specific needs that may come up. Personal details about you 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 the healthcare team spend more time with you.
Who will help me?
The following team members will work with you and your family to help in your recovery:
Who is on my team?

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

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 and/or progress in your condition and plan your care with the other team members.

Charge nurse
Working with the entire team, the charge nurse plans the overall care and patient movement within the unit. He or she acts 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
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 prevent future problems.

Ward clerk
The ward clerk looks after all 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 will have a neurologist. You will also meet many 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 test to make sure that you can swallow safely.

Speech language pathologist
They 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 some help. They may also help you with deep breathing and coughing.

Occupational therapist
They work with you to help you do things like bathe, dress, eat, and more on your own. 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. The nursing staff will help you contact them. A chapel is located on the 1st floor of the Halifax Infirmary on Summer Street near the security office.

Recreation therapist
They hold 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 patients’ healing. Part of healing also includes time for rest.

For this reason, we ask that you respect our visiting hours as follows:
  › 11 a.m.–2:30 p.m.
  › 3:30 p.m.–8:30 p.m.
Before and after these hours, patients are busy being cared for by staff and may not be available to visit. We would also ask that you respect the needs of other patients in your room and limit the number of visitors to 2 at a time.

**Parking**
The parking lot on Robie Street charges an hourly rate. Metered parking is also available on Summer Street.

**Food and drink**

**Summer Savory Restaurant**
2nd floor (Summer Street entrance)
Weekdays: 7 a.m.–7 p.m.
Weekends & holidays: 7:30–7 p.m.

**Tim Hortons**
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 close to the hospital. Many have a lower rate for family members.

You may also wish to check the listings offered on our website at www.cdha.nshealth.ca (look under “Patients, Clients & Visitors”, then “Places to Stay”).

You may also speak to the social worker about finding lodging at a lowered rate.

Personal belongings
All valuables and money should be taken home. 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 can be found outside the door. The visitor washroom is outside 7.4.

Family room
This is a quiet room for families located beside the patient kitchen. It is a comfy place where you and your loved ones can talk privately with a healthcare team member about your plan of care.
Write down the names of your healthcare team:
Staff Neurologist ______________________

Resident ________________________________

Unit Manager____________________________

Charge Nurse ____________________________

Nurse Practitioner________________________

Dietitian ________________________________

Occupational Therapist _________________

Speech Language Pathologist ____________

Physiotherapist _________________________

Social Worker ____________________________

Spiritual Care Worker ____________________

Recreation Therapist _____________________

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