Welcome to Unit 4.2

Inpatient General Surgery, Plastic Surgery & Burn Unit

Halifax Infirmary
4th floor - Unit 4.2
1796 Summer Street
Halifax, NS B3H 3A7

Phone:
902-473-7527 or
902-473-7528

www.nshealth.ca
Welcome to Unit 4.2 at the Halifax Infirmary

Your room number is: ________________
Your bed number is: ________________

General information
Unit 4.2 at the Halifax Infirmary is an inpatient unit with 18 beds. This unit cares for people who are in the hospital for plastic or general surgery. Sometimes patients with other needs or conditions are cared for on this unit.

Unit 4.2 has a few private rooms along with semi-private rooms and wards. From time to time, we may need to move patients from one room to another for various reasons. We try to do this as little as possible. You will probably share a room with other patients. We thank you in advance for your understanding.

Burn Unit
The Burn Unit is a 6-bed specialized unit that is separate from the 18 inpatient beds. It is used for patients recovering from major burns. Patients in the Burn Unit require close observation and monitoring.
Your health care team

Doctors
A team of doctors will be caring for you. This team includes surgeons, residents, and clinical clerks or medical students. Emergency surgery may be done by the on-call surgeon at night or on the weekend. Your care for the first few days after surgery will be directed by the attending surgeon at the Halifax Infirmary. Follow-up care will be given by the surgeon who was on call when you had your surgery.

A resident is a fully qualified doctor who is training to become a specialist. Residents typically do rounds early in the morning. If you would like to speak to the doctors at another time, please tell your nurse or the charge nurse.

Charge nurse
The charge nurse keeps the unit running smoothly. They act as the “go to” person to deal with issues that come up for staff, patients, and your family. The charge nurse is on the unit between 6 a.m. and 6 p.m. every day.

Registered nurse (RN)
The RN oversees your care. They assess your needs and plan your care. The RN gives you medication and treatments, looks after your personal care, looks for changes in your condition, and teaches you about your care.
Care team assistant (CTA)
CTAs help with basic patient care, such as bathing, getting up, meals, and walking. They also check your temperature, pulse, blood pressure, and blood sugar if needed.

Unit manager
The unit manager looks after the administration and leadership of the unit. They address concerns that are not able to be resolved on the unit.

Unit clerk
The unit clerk keeps patient charts in order, answers the phone, orders meals, and makes appointments for tests. They can often help you with general questions.

Unit aide
The unit aide makes sure that staff have the supplies and equipment needed in order to care for you. They order supplies, restock rooms, and deliver water to patients.

Other members of your health care team may include clinical nurse specialists, social workers, dietitians, physiotherapists, occupational therapists, respiratory therapists, pharmacists, home care coordinators, spiritual care staff, therapeutic assistants, and recreational therapists.
Communication

We understand that this may be an emotional and difficult time for you. We are here to talk about your needs and condition with you and your family at any time. Personal details will only be given to your immediate family or other people you choose. We ask that you name one family member or friend to get and give details to the rest of your family. This will help protect your privacy, avoid confusion, and let the health care team spend more time with you.

This unit can be reached at 902-473-7527. We ask that your family avoid calling between 6:45-7:45 a.m. and between 6:45-7:45 p.m., because this is when shift changes occur.

You will have a phone by your bed. To activate the phone, call 499 and follow the instructions. To call you, your family and friends can call 902-473-1510. They will be connected to an operator who will then connect them to your phone. Friends and family can call you whether or not you activate the phone in order to make calls.

Interpreter

Interpreter services are available for patients, family, and staff. If you need an interpreter, please speak with your nurse.
When can I have visitors?
We know that visitors are an important part of your healing. During times when you are not feeling well, we may ask your family and friends to keep visits short. Plenty of rest will help you get better. Visitors may be asked to wait in the family waiting room during certain procedures. The family waiting room and a bathroom are close to the elevators.

Best times for visitors:
› 11 a.m.-2:30 p.m.
› 3:30-8 p.m.

Rest period:
› 2:30-3:30 p.m. every day

What will a normal day be like?
• 6:45-7:45 a.m.: Nursing shift change and doctors’ rounds
• 8 a.m.-5 p.m.: Visits from members of your health care team, bathing, exercise, tests, and procedures
• 6:45-7:45 p.m.: Nursing shift change
• 8:30 p.m.: Nurses help patients get ready for bed
When are meals served?
› Breakfast: 8 a.m.
› Lunch: noon
› Dinner: 5 p.m.

Your family may help you during meal times. Staff will help with meals as needed. Please check with us before you bring food from home.

Your family can also help you fill in the menu for your meals. The food that you order on your menu is ordered 2 days ahead.

Food trays are picked up 3 times a day, after each meal. If there is something you want to eat later, put it aside so staff can still pick up your tray.

Personal belongings and valuables
Each patient in a room has a closet where personal belongings can be kept. However, we strongly encourage you to leave all valuables, such as jewelry, cash, and credit cards, at home. Hospital staff are not responsible for the loss of any item. If you have valuables with you, send them home with a family member or friend. You may also lock them up through the security department on the 1st floor.
Do I have to bring personal care items from home?

Some small personal care items may be available at the hospital in limited quantities, such as toothbrushes, toothpaste, and shaving cream. Please ask family or friends to bring personal items you may need. All products must be scent-free. It is important that you have non-slip shoes and/or slippers. Make sure you have your glasses and hearing aids, if needed.

Television

Turn on the TV in your room and follow the on-screen guidelines.

If your insurance covers a semi-private or private room, the cost of the TV will also be covered.

Parking

There are a limited number of metered parking spaces at the Summer Street entrance. There is also a parking garage at the Robie Street entrance available at an hourly rate. If you have been in the hospital for more than 14 days, your family may apply for a reduced parking rate. Forms are available from the unit clerk.
Accommodation for families

The hospital does not have rooms available for families and your family cannot stay overnight in your room. The list below shows some of the hotels near the Halifax Infirmary.

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Website</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantica Hotel</td>
<td><a href="http://www.atlanticahotelhalifax.com">www.atlanticahotelhalifax.com</a></td>
<td>1980 Robie Street</td>
<td>902-423-1161 or <a href="mailto:reservations@atlanticahalifax.com">reservations@atlanticahalifax.com</a></td>
<td></td>
</tr>
<tr>
<td>Cambridge Suites Halifax</td>
<td><a href="http://www.cambridgesuiteshalifax.com">www.cambridgesuiteshalifax.com</a></td>
<td>1583 Brunswick Street</td>
<td>1-800-565-1263 or <a href="mailto:askhalifax@cambridgesuiteshotel.com">askhalifax@cambridgesuiteshotel.com</a></td>
<td></td>
</tr>
<tr>
<td>Lord Nelson Hotel and Suites</td>
<td><a href="http://lordnelsonhotel.ca">http://lordnelsonhotel.ca</a></td>
<td>1515 South Park Street</td>
<td>1-800-565-2010 or <a href="mailto:ask@ldnelsonhotel.com">ask@ldnelsonhotel.com</a></td>
<td></td>
</tr>
<tr>
<td>Point Pleasant Lodge</td>
<td><a href="https://pointpleasantlodge.com">https://pointpleasantlodge.com</a></td>
<td>1121 South Park Street</td>
<td>902-421-1599 or <a href="mailto:reservations@pointpleasantlodge.com">reservations@pointpleasantlodge.com</a></td>
<td></td>
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</table>
Prince George Hotel  
www.princegeorgehotel.com  
1725 Market Street  
Phone: 1-800-565-1567 or  
ask@princegeorgehotel.com

The Westin Nova Scotian  
www.thewestinnovascotian.com  
1181 Hollis Street  
Phone: 1-877-993-7846 or  
reservations@westin.ns.ca

### Hospital amenities

<table>
<thead>
<tr>
<th>amenity</th>
<th>location</th>
<th>hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank machines</td>
<td>1st floor (by Summer Street entrance)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4th floor (by Robie Street entrance)</td>
<td></td>
</tr>
<tr>
<td>Cafeteria</td>
<td>2nd floor</td>
<td>Weekdays: 7:30 a.m.-7 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Weekends/holidays: 8 a.m.-7 p.m.</td>
</tr>
<tr>
<td>Chapel</td>
<td>1st floor</td>
<td></td>
</tr>
<tr>
<td>Family room</td>
<td>Next to the unit entrance, by the kitchenette</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There is a TV and a telephone available for patient and family use. Please dial 9 to call out.</td>
<td></td>
</tr>
<tr>
<td>Service</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Hairdresser</td>
<td>There is a hairdresser who provides hair care for patients at a cost. Please speak with your nurse for more information.</td>
<td></td>
</tr>
<tr>
<td>Kitchenette</td>
<td>Next to the unit entrance, by the family room</td>
<td></td>
</tr>
<tr>
<td>Library</td>
<td>2nd floor&lt;br&gt;Weekdays only: 8:30 a.m.-4:30 p.m. &lt;br&gt;Weekends/holidays: closed&lt;br&gt;Computers and free wi-fi are available for public use.</td>
<td></td>
</tr>
<tr>
<td>Shoppers Drug Mart</td>
<td>4th floor, by the Robie Street entrance&lt;br&gt;Weekdays: 8:30 a.m.-5 p.m. &lt;br&gt;Weekends/holidays: closed</td>
<td></td>
</tr>
<tr>
<td>Tim Hortons</td>
<td>4th floor, by the Robie Street entrance&lt;br&gt;Weekdays: 6:30 a.m.-1 a.m. &lt;br&gt;Weekends/holidays: 7 a.m.-1 a.m.</td>
<td></td>
</tr>
<tr>
<td>Washroom</td>
<td>Just before the unit entrance</td>
<td></td>
</tr>
<tr>
<td>Wi-Fi</td>
<td>Free (network name: QEII_wifi) You do not need a password.</td>
<td></td>
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</table>
Wheelchairs

This unit is not equipped with wheelchairs. If you need a wheelchair when you are being discharged, we will request that a porter take you by wheelchair to the hospital entrance. This may take up to half an hour depending on how busy Porter Services is. There are also wheelchairs to borrow on the 1st floor by the Summer Street entrance and on the 4th floor by the Robie Street entrance. A loonie ($1 coin) is required to get the wheelchair. You will get the loonie back when the wheelchair is returned.
Infection control
Washing your hands is the best way to prevent infections. Remember to clean your hands after using the washroom, after touching objects or surfaces in your room, and ALWAYS before eating.

• Family and friends should not visit if they are unwell. Even a cold can be serious for a patient in hospital.

• Visitors should clean their hands both before and after visiting.

• Visitors should clean their hands between visiting patients in the same room.

• Visitors should not use patient bathrooms or sit on the beds while visiting.

• Visitors should follow special precaution signs as posted. If you have questions, please ask staff.

Health records
When you are being discharged, your nurse will provide you with discharge instructions and medication prescriptions. A brief summary about your hospital stay will be sent to your family doctor. Unfortunately, the unit cannot provide you with a copy of your detailed health record, but you may request a copy through the hospital’s health records department. Please speak with your nurse for more information.
Questions?
If you have any questions about your care, please speak to your nurse. If you still have concerns after speaking to your nurse, please contact the charge nurse. The charge nurse can put you in contact with the nurse manager, administrative coordinator, and patient representative. The patient representative is available to patients and families who have concerns about any aspect of hospital care. The patient representative’s office is on the 4th floor, Room 4507. The phone number is 902-473-2880.

There is a space on the back of this pamphlet for notes about any questions you have. If you have questions after leaving the hospital, please contact your family doctor or call 811 (NS Health Telecare Service).

If you have a medical emergency, call 911 or go to the nearest Emergency Department.
QEII Health Sciences Centre
is made up of 10 buildings located on two sites

Halifax Infirmary Site
1a. Halifax Infirmary
1b. Emergency Dept.
2. Abbie J. Lane Memorial Building
3. Camp Hill Veterans’ Memorial Building

VG Site
4. Nova Scotia Rehabilitation Centre
5. Bethune Building
6. Mackenzie Building Laboratories
7. Centre for Clinical Research
8. Dickson Building
9. Victoria Building
10. Centennial Building

P Patient Parking
▷ Entrance Doors

Please do not wear scented products when you come to the QEII.
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!
Nova Scotia Health Authority
www.nshealth.ca

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