Welcome to the Hospitalist Medicine Unit (HMU)
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The HMU is for patients 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 and may work with other doctors to meet your care needs.

While in hospital, you may work with different health care team members, depending on your needs. Members of the health care team include doctors and nurses as well as:

› 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 HMU?

• When you arrive on the HMU, a nurse will ask for information that will help the team work with you to help you recover faster.

• Your family or caregiver is encouraged to take part in supporting your recovery while in hospital. Walking with you or supporting you to increase your activity are important ways your family or caregiver can take part in your care.

• Please send any valuables and medications that you do not need home with your family or caregiver.

• Ask your family or caregiver to bring your glasses, hearing aids, walking aids, shoes, clothes, and any other special equipment you may need while in hospital, including a CPAP or BiPAP machine.
What should I expect during my stay on the HMU?

What is the whiteboard in my room used for?
The whiteboard is used to give you, your family or caregiver and your health care team information about your current mobility (how far you need to walk daily), vital signs (for example, your blood pressure) and Expected Date of Discharge (EDD). Please check the whiteboard daily for helpful information.

Activity

• While you recover, you will be expected to increase your level of activity as soon as you are able. Examples of activity include: bathing, dressing, eating, changing position while in bed, sitting up on the side of the bed, getting out of bed, sitting up in a chair and walking.

• Movement is important to help you recover and get your energy back. Activity can help you:
  › Recover faster
  › Improve your mood
  › Sleep better
  › Feel more energetic
• To help decrease the chance of falling or slipping, it is important to:
  › Have footwear that is flat with a non-skid sole and an enclosed heel
  › Put your footwear on before standing up
  › Ask for help if you feel dizzy, weak or unsafe
  › Use the 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. Your health care team is happy to answer any questions and address any concerns that you may have.

• We encourage you and your family or caregiver to:
  › Ask questions if you don’t understand or need more information about something
  › Take part in your care as much as you can
  › Move as much as you can
  › Work on your plan for leaving the hospital starting on day one
  › Talk to members of your health care team and tell us what you need as you get ready for discharge.
Resources

Hospital Switchboard
902-473-1510

Hospital Patient Relations
902-473-2133
1-844-884-4177 (toll-free)

Home Care/VON (Continuing Care Services Nova Scotia)
1-800-225-7225

Red Cross (Equipment Loans)
902-424-1420

Veterans Affairs Canada
1-866-522-2122

Seniors’ Information Line
1-800-670-0065

Nova Scotia Telecare Service
Call 811 for health information and advice from a Registered Nurse, 24 hours a day, 7 days a week.
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 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.