



Patient & Family Guide
2026

Geriatric Medicine Inpatient Unit (V3East)

**Veterans' Memorial
Building (VMB), QE II**



www.nshealth.ca

Geriatric Medicine Inpatient Unit

What is the Geriatric Medicine Inpatient Unit?

- The Geriatric Medicine Inpatient Unit (V3East) helps people who are 65 years old or older to improve their quality of life after a hospital stay. Our team provides care for 2 groups of people:
 - › **Orthogeriatric rehabilitation:** After surgery, we help older people meet their orthopedic rehabilitation goals to be more independent and do their daily activities.
 - › **Acute care of the elderly:** We help older people manage their acute (short-term) and chronic (ongoing) illnesses.

Who is on my health care team?

- While you are in the hospital, you may see different members of the health care team. This will depend on your needs and goals for care.
- You, your loved ones, and your support persons are also important members of the team.

Members of your health care team may include:

- › Care team assistants
- › Continuing care coordinator
- › Dietitian
- › Doctors
- › Residents (student doctors)
- › Medical students
- › Nurse practitioners (NPs)
- › Occupational therapists (OTs)
- › Occupational therapy assistants (OTAs)
- › Pharmacist
- › Physiotherapist (PT)
- › Recreation therapist (RT)
- › Registered nurses (RNs)
- › Licensed practical nurses (LPNs)
- › Social worker
- › Spiritual Care
- › Unit aides and clerks

What should I bring with me to the unit?

- ☐ 3 or 4 outfits
 - › Choose comfortable clothes that you would normally wear at home
 - › Please ask your support persons to take your laundry home. There is no laundry service on the unit.
- ☐ Sturdy, non-slip shoes (like sneakers)
- ☐ Pyjamas
- ☐ Hearing aids, glasses, and dentures (if you have them)
- ☐ Personal care items (like a comb or a hairbrush, a toothbrush and toothpaste)

Do not bring:

- Medications from home
- **Scented products** (like scented deodorant, hairspray, perfume, or powders)
 - › **Nova Scotia Health is scent-free**
- Valuables (like jewelry, money, credit cards, cheque books)
 - › **The hospital is not responsible for the loss of any item**

What will happen when I arrive on the unit?

- A nurse will ask you questions about your health and your health history. They will also talk to you about the unit and how it works.

How long will I stay on the unit?

- Everybody's care journey is different. Your health care team will work with you to try and set an estimated discharge date (E.D.D.). This will help you plan and meet your goals.
- Depending on your progress, your discharge date may change on short notice.

What can I do to get ready for discharge?

- It is important to start planning for your discharge as soon as you are admitted to the hospital.
- Right now, you may not feel ready to go home. Your team will work with you to help you get ready.

- Before you leave the hospital, your health care team will give you a copy of pamphlet 2173, *Preparing for Home - Supporting Your Transition from Admission to Discharge* before you go home. You can also scan the QR code below or visit:
 - › www.nshealth.ca/patient-education-resources/2173

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- Ask a member of your team if you have questions or concerns about your discharge. We are here to help you get ready to go home.

Infection control

- Washing your hands well with soap and water or using an alcohol-based hand rub is the best way to prevent infections.
- **Wash your hands often.**



Additional precautions

- Sometimes the hospital needs to use **additional precautions** (extra steps) to stop germs from spreading between people.
- Staff, visitors, and patients may need to wear personal protective equipment (also called **PPE**), like gloves, gowns, and masks.
- You and your support persons may notice signs in the hospital listing the extra steps that are being taken and why. **Please follow any instructions on these signs.**
- Ask a staff member if you have any questions about these precautions.
- At times, visiting may be restricted. This is done for the health and safety of patients, visitors, and staff.
- **Please do not visit the hospital if you are sick.**

Smoking and alcohol

- Nova Scotia Health is smoke-free, vape-free and alcohol-free.



Parking

- There is a parking garage under the Veterans' Memorial Building (VMB) that has free parking.
- You can get a parking pass from the main floor across from the security desk.

Food

- You can order meals through **Room Service** by calling:
 - › Phone: 902-473-8545
- There is a restaurant on the main floor of the VMB.
 - › Hours: 7:30 a.m. to 2:30 p.m.*,
Monday to Friday
 - *These hours may change.
- There is a patient kitchen on the unit. If you are bringing food from home, please make sure it is in a labelled with your name and date in a closed container.

Geriatric Medicine Inpatient Unit (V3East)

› Phone: 902-473-6219

Switchboard

› Phone: 902-473-1510

What are your questions?

Please ask a member of your health care team. We are here to help you.

Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:

<https://library.nshealth.ca/patient-education-resources>