

Unit 8.1: Orthopedic Medicine

Halifax Infirmary (HI)

Our goal is to get you home.

Unit 8.1 Orthopedic Medicine

- You or your loved one has been admitted to the Orthopedic Medicine unit at the Halifax Infirmary (HI) site of the QEII. This unit is for people who have a health condition that needs to be treated right away.
- There are 3 health care services on Unit 8.1:
 - › Orthopedic Service (ORS)
 - › Hospitalist Medicine Service (HMS)
 - › The Medicine Teaching Unit (MTU)
- Staff on 8.1 provide acute care to adults with complex medical or surgical conditions 24 hours, 7 days a week.
- While you are in the hospital, you and your support persons will work with your health care team to create a care plan based on your care needs. This plan will help guide your care during your hospital stay.
- For your health care team to be able to give you the best care, it is important to talk to them about:
 - › your goals for your hospital stay.
 - › what you and your support persons can do to make your care plan a success.

Home First and discharge planning

- It is important to start planning for your discharge home as soon as you are admitted to the hospital. Right now, you may not feel ready to go home. Our team will work with you to make sure that you have the support you need to go home.
- We know that for most people, living at home is where they want to be. Home First is about:
 - › creating a discharge plan with the goal of getting you back home.
 - › providing the care you need to keep living at home.
- We know that it can be stressful to find and put in place all of the programs and services you need. **Please ask for a referral to Home First.** We can connect you to programs and services in your area.
- We can help you figure out the best next step for you if you meet one of these:
 - › You are facing health changes that affect your ability to meet your needs.

OR

- › You are helping a loved one who wishes to return home from the hospital, but needs help to do this.
- We work with you and your loved ones to find the best ways to support you at home.

The following organizations can help you find resources to support your discharge from the hospital or your care at home:

- Caregivers Nova Scotia
 - › <http://caregiversns.org/>
 - › Phone (toll-free): 1-877-488-7390
 - › Email: info@caregiversns.org
- 211
 - › www.ns.211.ca
 - › Phone: 211
 - › Email: help@ns.211.ca
 - › Text: 21167
 - › Live chat is available online
Monday to Friday, 9 a.m. to 4 p.m.

What can I expect on the unit?

- You will be cared for by nursing staff. They will give you your medication and other treatments, and help with your daily care.
- Each nurse cares for several patients. If your nurse is not available, you will get care from another member of the nursing team.
- You will have a call bell to let the nurses know if you need something. It may take time for the nursing staff to get to you.

Your health care team

You will be cared for by a team that includes:

You and your loved ones

- The care, love, and support of loved ones are some of the best medicine. It is important that you and your loved ones take an active role in your care and recovery. This may include:
 - › asking questions about your care.
 - › being involved in making decisions about your care.
- If you and your support persons would like to ask questions or share concerns, please talk to a member of your health care team. They will help arrange a meeting with the team.

Nurses

- Nurses on 8.1 are trained in orthopedic medicine. They will:
 - › assess your needs.
 - › give you medication and treatments.
 - › help you with your personal care.
 - › teach you and your loved ones and support persons about your care.
 - › check for changes in your condition.
 - › work with other team members to coordinate your care.

Charge nurse

- The charge nurse is responsible for the general coordination of care and patient movement on the unit. They keep the unit running smoothly.
- The charge nurse is also a resource and support for staff, patients, and loved ones. They are the go-to person for dealing with concerns.

Health services manager

The health services manager looks after the administration and leadership of the unit.

Occupational Therapist (OT)

- The OT will look at how well you can do daily activities (like washing, dressing, eating, and housework) on your own.
- The OT will work with you and your loved ones to suggest equipment and tools that can make your return home safer and easier. They will teach you what the equipment is for and how to use it.

Physiotherapy

- A physiotherapist (PT) and a physiotherapy assistant (PTA) will work with you on your range of motion, strength, walking, and transfers (moving from one position or place to another, like from bed to a chair). This will help you to be as independent as possible when you go home.
- If the physiotherapy team says it is safe, your loved ones can also help you with your exercises and with getting out of bed more often.

Dietitian

- The dietitian sees patients who need help getting better nutrition. They can help you eat a healthy amount of nutritious food and prevent weight loss.

Continuing Care Coordinator

- The continuing care coordinator works with you and your health care team to help you return home safely.
- They will work with you to find out what services you may need at home or in a clinic and connect you with those services.
- Please read the pamphlet *Continuing Care: Important Information for You* for more information:
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2120.pdf

Spiritual Care

- Spiritual care providers give counselling that offers spiritual and emotional support. They can support patients and loved ones of any ethnic or religious background.

Social worker

- The social worker works with you and your health care team to find resources (financial or other types of resources and services) you will need during your hospital stay and after you go home.
- They can also help you and your loved ones cope with the stress and decisions that often come with illness and being in the hospital.

Patient Representative

- This service is available to patients and support persons who have concerns, compliments, or feedback about any part of their hospital stay.
- To talk with a patient representative:
 - › Phone: 902-473-2133
 - › Phone (toll-free): 1-844-884-4177
 - › Email: healthcareexperience@nshealth.ca

Visiting

- Visitors are an important part of your healing. Rest is also important.
- Visiting hours:
 - › **11:30 a.m. to 2:30 p.m.**
 - › **4:30 to 8:30 p.m.**
- There is a rest period from **2:30 to 4:30 p.m.** each day.
- If you are not feeling well, we may ask your loved ones to keep their visit short. Visitors may be asked to wait in the family waiting room (located between Unit 8.1 and Unit 8.4) during certain procedures.
- **Your loved ones should not visit if they are sick.** Sickness that may feel mild to them could be severe (very bad) for a patient in the hospital.

- **Visitors cannot sit on a patient's bed or use patient bathrooms.**
 - › There are chairs in each patient room for visitors to use. Please ask a nurse if you need more chairs.
 - › There is a public bathroom near the entrance to the unit.
- Your loved ones are important for your recovery. If you cannot decide who may visit, your next of kin or support person can decide for you (with help from a nurse).

How your loved ones can help you in the hospital

- **It is important for you, your loved ones, and your support persons to take an active part in your care.** Patients who are more involved with their care tend to heal better and faster. This includes taking part in every decision about your care.
- Your loved ones can help with tasks like eating or physiotherapy.
- Please talk with your health care team about how your loved ones can help with these and other parts of your care.

- **We do not recommend that visitors stay overnight.**
 - › It is important for them to leave the hospital to rest and take care of other parts of their life. This will help them to be a strong part of your health care team.
 - › It will also help them get ready for when you are discharged. If they get too tired now, it will be harder to help you after you leave the hospital.
- We understand that this may be an emotional time for your loved ones. They can talk to your health care team about any needs that come up.

Rights and privacy

- Staff on the unit respect and value your privacy. It is important for patients, visitors, and staff to respect each other's rights and privacy.
- Before you take photos or videos on the unit, please ask staff if it is OK.
- Please read the pamphlet *Your Rights and Responsibilities* for more information:
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0466.pdf

TV service

- TV service is provided by an outside company.
- To get TV service in your room:
 - › www.ConnectMyBed.ca
 - › Phone (toll-free): 1-866-223-3686
- You can also ask your nurse for information.

Helpful information

Parking

- There is a parking garage:
 - › On **Robie Street** at the Robie Street entrance
 - › On **Summer Street** across the street from the Summer Street entrance
- **The Robie Street garage is closer to the hospital doors** than the Summer Street garage. It may be more accessible, because the trip from your car to the hospital doors will be shorter.
- Both garages have **hourly and daily rates**. For current rates, visit:
 - › www.nshealth.ca/locations-details/Halifax%20Infirmiry%20Robie%20Street%20Entrance%20-%20QEII

Parking discount

- If you have been in the hospital for **14 consecutive (in a row) days**, your support persons can get a discount on parking.
- They can ask staff at the 8.1 nursing desk for help applying for the parking discount.
- They can apply **once a week**. It is valid for one week. After the week is over, they can apply again.

Street parking

- There is **metered parking** on Summer Street.
- There is **one and 2-hour** parking on streets near the hospital.
- You may get a parking ticket if your meter or time runs out.

Personal belongings

- If you have valuables (like jewelry, money, credit cards, or cheque books) with you, send them home with a loved one.
- **The hospital is not responsible for the loss of any items.**
- If you cannot send your valuables home, please talk with your nurse.

Conveniences on Unit 8.1

- These can be found next to the unit entrance.
- There is a room next to the kitchenette. It is a quiet room for patient support persons. They can talk privately with each other or with a health care team member about their loved one's care. **At times, this room may not be available.**

Waiting room

- There is a public waiting room between Units 8.1 and 8.4.

Bathroom

- There is a single-stall public bathroom beside the entrance to Unit 8.1.

Accommodations for visitors

- If your support persons need a place to stay in Halifax, there are not-for-profit lodgings near the QEII that have rooms for patients and their support persons.
- Local hotels may also have discounted rates for support persons of patients in the hospital. Ask about this when you book your room.

Halifax Haven Guest Home

5897 Inglis Street

- › Phone: 902-421-1650
- › Email: halifaxhaven@gmail.com

Point Pleasant Lodge

1121 South Park Street

- › Phone: 902-421-1599
- › www.pointpleasantlodge.com

The Dr. Susan K. Roberts Lodge That Gives

The lodge is run by the Canadian Cancer Society.

5826 South Street

- › Phone (toll-free): 1-800-639-0222
or 902-420-1849
- › <https://cancer.ca>

Conveniences at the HI site

Bank machines

- There are 2 bank machines in the Halifax Infirmary Building:
 - › **First floor**, at the **Summer Street entrance**
 - › **4th floor**, at the **Robie Street entrance**

Summer Savory Restaurant

Halifax Infirmary Building, Second Floor

Weekdays: 7:30 a.m. to 7 p.m.

Weekends and holidays: 8 a.m. to 7 p.m.

Coffee Shop on Robie

Halifax Infirmary Building, 4th Floor

Weekdays: 6:45 a.m. to 11 p.m.

Weekends and holidays: 3:30 to 11 p.m.

Camp Hill Veterans' Memorial Cafeteria

Camp Hill Veterans' Memorial Building,
Main Floor

Weekdays: 7:30 a.m. to 2:30 p.m.

Weekdays and holidays: Closed

Quiet prayer and meditation space

Halifax Infirmary Building, Second Floor,
Beside the entrance to the library

- This space is open 24 hours a day. It is for anyone who wants a quiet, peaceful place.
- The space has an area for worship, prayer, and meditation.

Drugstore

Shoppers Drug Mart
Halifax Infirmary Building, 4th Floor
Robie Street entrance

Weekdays: 8:30 a.m. to 5 p.m.

Weekends and holidays: Closed

Wi-Fi

- Patients and visitors at the QEII have free access to wireless Internet services (Wi-Fi).
- Wi-Fi areas are marked with signs.
 - › Network name: QEII_wifi
 - › No password is needed.

Questions?

- If you have any questions about your care, please talk to your nurse.
- If you still have concerns after talking to your nurse, please contact the charge nurse.
- The charge nurse can help you contact the unit manager, administrative coordinator, or patient representative, as needed.

Important phone numbers

- › Unit 8.1 nursing station: 902-473-7500
- › QEII patient switchboard: 902-473-1510

This pamphlet is just a guide. If you have questions, please talk to your health care team. We are here to help you.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

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 promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Unit 8.1, HI, QEII

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The information in this pamphlet 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.