



Patient & Family Guide
2021

Welcome to the Stroke Unit: 4C

Cape Breton
Regional Hospital



www.nshealth.ca

Welcome to the Stroke Unit: 4C

The Stroke Unit has 30 beds, 13 of which are for people who have had a new stroke. The goal of the Stroke Unit is to help people who have had a new stroke to heal as much as possible and get ready for the next stage of recovery.

You are being cared for by the Acute Stroke Service. Over the next few days, you will be seen by members of the Stroke Team.

Please read this guide and look back at it as needed. Members of your health care team are available to answer questions about your hospital stay and plan of care.

What is the Stroke Unit?

- The Stroke Unit is for stroke patients. Our staff have experience working with stroke patients using a team approach. Treatment on this unit may include:
 - › Trying to find the cause of your stroke
 - › Preventing stroke complications
 - › Preventing another stroke from happening
 - › Providing early rehab

- Stroke patients who are cared for on a stroke unit do better than those who are not. During the first few days in the hospital, you will be assessed by the Stroke Team. They will check your:
 - › vital signs (like temperature, blood pressure, heart rate, pulse, and breathing).
 - › ability to swallow.
 - › ability to talk and understand.
 - › ability to move.
 - › ability to bathe, groom, go to the washroom, and dress.
- The Stroke Team will provide care during the early stage of your stroke. We will work with you, your family, and other community or support programs to make a safe discharge plan that is right for you.
- On Tuesdays at 1:30 p.m. the Stroke Team has rounds where they review patients being cared for by the Acute Stroke Service.
- You will be discharged from the Acute Stroke Service after you have been seen by the Stroke Team and had all of the tests you need. Stroke Team members will keep working with you after discharge, if needed.

- If you do not live in Sydney, you may be transferred to your local hospital once you have been discharged from the Acute Stroke Service.

If you have any questions or concerns, please contact:

- › Stroke Coordinator
- › Phone: 902-567-6291

Who are the members of my Stroke Team?

Doctor

The doctor will oversee your care during your stay and manage your day-to-day medical needs. They work closely with the team to make sure you have the best treatment plan for you.

My doctor: _____

Neurologist

A neurologist is a doctor who deals with problems of the brain, spinal cord, nerves, and muscles.

My neurologist: _____

Nurses

Nurses work with the team to meet your care needs. They treat wounds, give you medication, monitor your vital signs, and help you with bathing, dressing, and going to the washroom, if needed.

My nurse(s): _____

Nurse Practitioner (NP)

NPs are nurses with extra education who can diagnose and treat conditions, order tests, and prescribe medications under the supervision of a doctor. They work with doctors, other health care providers, clients, and families to coordinate a shared approach to stroke care.

My NP: _____

Pharmacist

Pharmacists use their medication knowledge to prepare and manage your medications.

My pharmacist: _____

Respiratory Therapist (RT)

RTs help to evaluate, treat, and keep up your heart and lung function.

My RT: _____

Occupational Therapist (OT)

The OT will help you to do as much as you can for yourself. This may include teaching you to bathe, dress, manage going to the bathroom, and cook so you are able to do more of these activities on your own. They may help to find equipment that makes it safer for you to do things and lets you do as much as you can for yourself. They may also go to your home to try and find ways for you to get around easier.

My OT: _____

Physiotherapist (PT)

The PT will make a treatment program for you to help with your mobility (movement), strength, and balance. They will work with you and your family to teach you and help you to do as much as you can for yourself.

My PT: _____

Rehabilitation (Rehab) Assistant

The Rehab Assistant works under the direction of the Occupational Therapist and Physiotherapist. The Rehab Assistant will help you to improve your fitness, strength, and mobility.

My rehab assistant: _____

Dietitian

The dietitian checks to see what you are eating and may suggest what to eat to help improve your health and manage diseases (like high blood pressure, diabetes, etc.). They are also involved in assessing your ability to swallow safely.

My dietitian: _____

Speech-Language Pathologist (SLP)

A Speech-Language Pathologist looks at how you communicate. They assess the muscles needed for speech and check your ability to speak and understand words. They also look at skills needed to communicate, such as thinking, remembering, problem solving, and judging. If you have a problem in any of these areas, they will work with you to try to improve your ability to communicate. They also work with the dietitian to make sure you are eating and swallowing safely.

My SLP: _____

Communication Disorders Technician (CDT)

The Communication Disorders Technician works under the direction of the Speech-Language Pathologist. They work with you to help improve your communication.

My CDT: _____

Social Worker

The social worker works with you, your family, and the Stroke Team to come up with a discharge plan. They will help you plan to go home, or to another living situation, safely. They will make sure you have the right supports in place and access to any resources you may need at home. Social workers also give patients and their family emotional support, and help to find community programs and services. They are a support for any questions or concerns you or your family may have.

Social workers can help with:

- › organizing supports after illness.
- › choosing a discharge plan that is right for you.
- › guiding you through the health care system.

My social worker: _____

Things to think about

Depression

Depression is common when you are injured or sick. It may affect your desire to take part in activities you like, as well as therapy. Knowing the signs of depression are important so that you can get the help you or your loved one may need, as soon as possible. Signs of depression include:

- › trouble sleeping
- › weight loss
- › having less energy
- › feeling irritable or having negative thoughts
- › trouble concentrating
- › feeling hopeless and/or helpless
- › feeling isolated or withdrawing from things you enjoy

If you think that you or your loved one may be depressed, please talk with the Stroke Team.

Caregiver stress

When your loved one is sick or hurt, you may feel:

- › worried
- › scared
- › sad, like you are grieving
- › frustrated

During this stressful time, it is important for family members to take care of themselves. Make sure you get enough rest and make time for things you enjoy. Eating well and being active are also important for staying healthy.

If you are feeling stressed or overwhelmed, it is important to tell your health care provider.

Contact info:

Cape Breton Regional Hospital

- › Patient switchboard: 902-564-5566
- › Administrative switchboard: 902-567-8000

Stroke Unit: 4C

- › Phone: 902-567-7857

Patient Relations

- › Phone (toll-free): 1-844-884-4177
- › Email: ezpatientfeedback@nshealth.ca

Language Services (interpreters)

- › Phone (toll-free): 1-866-874-3972

Nova Scotia Hearing & Speech Centres

- › www.nshsc.nshealth.ca

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 4C staff, CBRH

Designed by: Nova Scotia Health Library Services

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.

WZ85-2113 © December 2021 Nova Scotia Health Authority

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

