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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](http://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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*Designed and Managed by:* Library Services

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To be reviewed November 2028 or sooner, if needed.  
Learn more: <https://library.nshealth.ca/patient-education-resources>

# Welcome to 4B

## Hospitalist Medicine Unit (HMU)



## **Important phone numbers**

### **Patient switchboard**

- › Phone: 902-473-1510

### **Patient and Family Feedback (Patient Relations)**

- › Phone (toll-free): 1-844-884-4177

## **Resources**

### **Continuing Care (home care)**

- › Phone (toll-free): 1-800-225-7225

### **Canadian Red Cross – Health equipment loans**

- › Phone: 902-424-1420

### **Veterans Affairs Canada**

- › Phone (toll-free): 1-866-522-2122

## Programs and activities

- Recreation therapy offers social programs, activities, and special events that can help your physical and mental health. These may include:

- › Exercises
- › Crafts
- › Games

- We try to offer activities for every interest and ability.
- Activities are listed in our monthly calendar.

## Foot care

- You can pay for foot care services from outside groups. Nurses with special training will visit you on the unit to treat calluses, corns, and thickened nails. Ask HMU staff for a list of nurses that offer this service.



## Welcome to 4B: Hospitalist Medicine Unit (HMU)

- The 4B Hospitalist Medicine Unit (HMU) is for patients who need some care and are waiting to be discharged from the hospital.
- You may be waiting to go to a facility like Long Term Care (LTC), a developmental services program (DSP), West Bedford Transitional Health (WBTH), a nursing home, or others. We will care for you until you are discharged and go to your new facility.
- We will work closely with you and your loved ones to make a care plan that meets your needs. This helps to provide comfort, dignity, and continuity during your stay.
- The information in this pamphlet will help you and your loved ones get ready for your stay on the HMU. If you have any questions, please ask. We are here to help you.

### **Our goals:**

- To give you a safe and supportive space to live until you are discharged.
- To work with you and your loved ones to give you the care you need.
- To help you keep being as independent as you can.
- To work with a long-term care home or nursing home, and the Department of Health and Wellness, to make your move easier.
- To make sure our staff have the knowledge and skills to care for you.

### **Our expectations of you**

- Nova Scotia Health is committed to fostering a respectful and safe workplace environment. We believe that every employee deserves to work in a space free from discrimination, harassment, and intimidation.
- Our goal is to promote mutual respect, open communication, and well-being, making sure that all team members can contribute their best in a supportive atmosphere.

### **Valuables**

- Leave all valuables (like jewelry, money, credit cards, and cheque books) at home or give them to a loved one to take home.
- You can also lock valuables in the safe in the hospital business office. Ask staff to help you do this.
- **The hospital is not responsible for the loss of any valuables or personal items.**

### **Phone**

- There is a phone at each bedside that can get incoming calls.
- Outgoing service can be set up for a fee. Use the instructions on the phone to set up this service.

### **TV**

- If you would like TV service in your room, please call the number below and leave a message:
  - › Phone: 902-473-2623
- TV service staff will return your call and arrange for payment.
- Ask HMU staff for a TV Guide, if needed.

## Food

- We do not recommend bringing food because other patients and staff may have allergies. Food also attracts fruit flies and other pests.
- If you do bring food, please label it with your name and store it in a **closed plastic container**. You or your support persons are responsible to check if your food is spoiled.

## Flowers and plants

- Flowers and plants are not allowed on the unit. Nova Scotia Health is scent-free. Flowers and plants also attract fruit flies.
- Please use artificial (fake) flowers or plants instead.
- If someone brings you flowers or plants, please use a plastic vase.

## Laundry

- There are no laundry machines on the HMU. Ask a loved one or support person to do your laundry at home and bring it back to the unit.

- To do this, Nova Scotia Health enforces policies against any form of bullying, harassment, or discrimination. We also expect patients, visitors, and loved ones to treat our staff and each other with respect and consideration. This contributes to a positive and safe environment for everyone.
- Together, we try to create a workplace where diversity is celebrated, every voice is heard, and everyone feels safe, valued, and empowered.

## Your health care team

- **You and your loved ones are an important part of your health care team.**
- There are also many other people here to help you. Your health care team will meet often to:
  - › check on your care needs and goals.
  - › plan for your discharge.

- While you are in the hospital, you may see different members of your health care team, depending on your needs. Members of your health care team may include:
  - › Doctors
  - › Registered Nurses (RNs)
  - › Licensed Practical Nurses (LPNs)
  - › Care Team Assistant (CTA)
  - › Continuing Care Coordinator
  - › Dietitian
  - › Dietary Technician
  - › Occupational Therapist
  - › Pharmacist
  - › Physiotherapist
  - › Physiotherapy Assistant
  - › Recreation Therapist
  - › Social Worker
  - › Spiritual Care

## Visiting

- **Your loved ones are an important part of your health care team.**
- There is a family lounge inside the unit that you and your loved ones can use.
- There is also a family room just outside of the unit. You can ask for keys to the family room at the main desk.

## Pictures and cards

- It is a great idea to bring a small, pocket-sized photo album.
  - › If you sometimes have trouble remembering things, please write the names of the people in each photo.

## Music

- If you like to listen to music or audio books, please bring a CD player, an MP3 player, or a cell phone **with headphones**.

## Storage

- There is very little storage space on the HMU. **Do not bring big personal items (like chairs or storage bins).**
- There are lockers on the unit. They are:
  - › 71 inches high
  - › 14 inches wide
  - › 12 inches deep
- You can also store items in your bedside table drawer. The drawer is:
  - › 16 inches long
  - › 15 inches wide
  - › 4 inches deep

## Shoes

- **Do not** bring heeled shoes. They can raise your risk of falling.
- Your shoes should:
  - › Be comfortable
  - › Have laces that are easy to tie, or Velcro®

## Slippers

- **Do not** bring slip-on slippers. They can raise your risk of falling.
- Slippers with a thick, non-slip sole and Velcro® (in case your feet swell) are best.

## Pyjamas

- Pyjamas and nightgowns should fit loosely and be comfortable.

## Personal care items

- Please bring:
  - ☐ A toothbrush
  - ☐ Toothpaste
  - ☐ Denture cleaner (if needed)
  - ☐ Deodorant (scent-free)
  - ☐ A comb or brush
  - ☐ Shaving supplies (scent-free)
- **Nova Scotia Health is scent-free. Do not bring scented items.**

## Parking

- There is a free parking lot in front of the Centennial Building. You can enter the lot from South Park Street or University Avenue. There is also paid street parking on these streets.

## What to expect during your stay

### Your whiteboard

- You will have a whiteboard in your room. Members of your health care team will write information about your health and care on it every day. This gives you, your loved ones, and your health care team information about your:
  - › Mobility (how far you need to walk each day)
  - › Vital signs (like blood pressure, pulse, and heart rate)
  - › Expected discharge date (EDD)

## Activity

- While waiting for your discharge, you will be expected to do more activity as you are able.

For example:

- › Bathing
- › Dressing
- › Eating
- › Changing positions in bed
- › Sitting up on the side of the bed
- › Getting out of bed
- › Sitting up in a chair
- › Walking

- **It is important to move.** Activity can help you:

- › Get your energy back and have more energy
- › Have lower risk of pressure ulcers (bedsores) and muscle weakness
- › Improve your mood
- › Sleep better

## Discharge planning

- **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 leave the hospital. Our team will work with you to make sure you have the support you need.
- We know that it can be stressful to find and put in place all the programs and services you need. We can connect you to programs and services in your area.
- We will work with you and your loved ones to find the best ways to support you.

## What should I bring with me to the HMU?

**Please label all items with your name.**

### Clothes

- Please bring your own clothes with your name on each item. Outfits that are comfortable and easy to put on are best.
- Our storage space is small, so please only bring 5 or 6 outfits.