

Patient & Family Guide  
2017

# Rehabilitation (Rehab) & Restorative Care

## Patient & Caregiver Education

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[www.nshealth.ca](http://www.nshealth.ca)

# **Rehabilitation (Rehab) & Restorative Care**

## **Welcome to Harbour View Hospital**

The Rehab & Restorative Care Program at Harbour View site consists of 15 rehab and 6 restorative care beds. This program will help you to recover as much as possible.

Members of your health care team are available to answer questions about your stay and plan of care. We hope this booklet will give you important information and remind you to ask questions. Please read it, share it with your family and friends and look back at it as often as needed.

An important part of this program is to encourage and support you to do as much as possible for yourself so you may become independent again as quickly as possible.

## **What is Rehab & Restorative Care?**

The Rehab & Restorative Care Program is a 2-8 week program to help you become as independent as possible. During the first week, you will be assessed by a health care team.

During the second week, the team will meet with you and your family to talk about goals and give an estimated discharge date of when you will leave the hospital.

**During your stay the team will assess things such as your ability to:**

- › Bathe, groom, use the toilet, and dress yourself
- › Swallow
- › Speak and understand
- › Move
- › Enjoy things that interest you

And they will check your vital signs (temperature, blood pressure, heart rate, pulse, and breathing)

**You will be discharged from the Program if you:**

- › Do not meet criteria
- › Have not identified your goals after the first 2 weeks
- › Are no longer improving
- › Become sick and need to go back to the hospital for treatment
- › Cannot or will not do your therapy
- › Are disruptive or act inappropriately
- › Are discharged by your doctor

## **What do I need to bring?**

- Sleep wear
- Casual clothes (pants, shorts, or clothing suitable for exercise)
- Well-fitting shoes or sneakers and socks
- Personal supplies (soap, shampoo, toothpaste, etc.)
- Water bottle (fluid intake is important to your recovery)
- Laundry bag (you will be responsible for your own laundry)

## **What is a usual day like?**

You will be expected to take part in the following daily routine:

- › Be awake and out of bed early
- › Wash and dress
- › Have breakfast in your room (8 a.m.)
- › Do morning and/or afternoon therapy sessions (These may include Recreation Therapy, Physiotherapy, Occupational Therapy, and Speech Therapy)
- › Have lunch (11:50 a.m.) and supper (4 p.m.) in the dining room
- › Free time in the evening

There will be no therapy sessions on weekends and holidays. Weekend and evening passes to leave the Rehab & Restorative Care Unit may be available. Your health care team will tell you if you can get a pass. If you are able to get a pass, you will be strongly encouraged to use it. Passes are an important piece of the discharge planning process.

Food Services will visit you when you first arrive to talk about what you like to eat. Be sure to let kitchen staff know if you have any problems or concerns.

## **Who is on my health care team?**

### **Doctor**

Your doctor will be overseeing your care during your stay.

Doctor: \_\_\_\_\_

### **Dietitian**

Your dietitian checks to see what you are eating and can make suggestions on what you should be eating based on your health needs. These suggestions can help you improve your health and manage diseases such as high blood pressure and diabetes.

Dietitian: \_\_\_\_\_

## **Nurse (RN and LPN)**

Your nurses provide care to make sure your needs are met. They will treat wounds, give you medication, monitor your vital signs, and help you with bathing, dressing, and going to the bathroom, if needed. The nurses will also work with your health care team to help meet your needs.

Nurse(s): \_\_\_\_\_

## **Occupational Therapist (OT)**

Your OT will help you to do as much as you can for yourself. This may include washing, dressing, cooking, bathing, and using the bathroom. They may help to find equipment to make things safer and allow you to do as much as possible for yourself. They may also visit your home to try and find ways for you to get around easier.

OT: \_\_\_\_\_

## **Physiotherapist**

Your physiotherapist will help you exercise so you can get stronger and improve your strength, mobility (movement), and fitness.

Physiotherapist: \_\_\_\_\_

## **Recreation Therapist (RT)**

Your RT assesses your ability to do things that are meaningful and enjoyable to you. They will work with you to help you do the things you enjoyed before you got hurt or sick. They may also help you to try new activities.

RT: \_\_\_\_\_

## **Social worker**

Your social worker looks at your family situation to help plan for you to go home or to another living situation safely. Your social worker can also give you and your family emotional support and help finding community programs.

Social worker: \_\_\_\_\_

## **Speech and Language Pathologist (SLP)**

Your SLP looks at your ability to speak and understand words. If you have trouble speaking or understanding, your SLP will help you try to improve your ability to understand, speak, read, or write. SLPs also work with your dietitian to make sure you are eating and swallowing safely.

SLP: \_\_\_\_\_

## Visitors

Your family plays an important role in helping you get better. Family are welcome 24 hours a day. Free parking is available but is limited.

- Children under 12 must be under adult supervision (by someone other than a patient) at all times.
- There may be limited space for a large number of family members, but we'll try our best.
- Please refer to our *Family Presence Guidelines* included in your admission package for more information.

### **Safety guidelines for your visitors:**

- Rest is important for recovery. You can have visitors whenever you wish, as long as you respect other patients if you share a room. Visiting may be restricted to protect the privacy and rights of other patients.
- Visits may be interrupted by staff to provide care.



### **Please do not visit if you:**

- › Feel sick
- › Have an infection
- › Have flu-like or respiratory (breathing) symptoms
- › Have any sort of contagious disease
- › Have recently been in contact with anyone with any of the above symptoms

## **Discharge planning**

As your discharge date gets closer, your health care team will work closely with you and your family, as well as any other community agencies and/or support services. We will help to create a safe discharge plan to meet your needs and those of your family.

## **Other information**

### **Caregiver stress**

When a person is sick or hurt, their family might experience worry, sadness, fear, frustration, and grief. During this stressful time, it is important for family to take care of themselves, get enough rest, and make time for things they enjoy.

Eating well and being active are also important to staying healthy. If you are feeling stressed or overwhelmed, it is important that you seek professional help.

## **Depression**

Depression is common among people who have been injured or gotten sick. The good news is that there is help available. Knowing the signs and symptoms of depression is important in order to get help fast.

**Some of the signs and symptoms of depression include:**

- › Trouble sleeping
- › Weight loss
- › Less energy
- › Irritability (feeling annoyed)
- › Trouble concentrating
- › Feelings of hopelessness and/or helplessness
- › Isolation
- › Negativity
- › Withdrawal from activities you used to enjoy

These are just some of the signs and symptoms of depression. If you or your family think that you might be experiencing depression, please talk to your health care team.

# Notes:

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## **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>

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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.