

Welcome to the Palliative Care Unit at Aberdeen Hospital

Valuing Every Moment

835 East River Road
New Glasgow, Nova Scotia
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Phone: 902-752-7600 ext. 5510

Welcome to the Palliative Care Unit at Aberdeen Hospital

The Palliative Care Unit at Aberdeen Hospital has 6 large private rooms. Each room has plenty of space for visitors, a bathroom and a large window with a great view of New Glasgow.

Our goal is to make you as comfortable as possible during your time with us. We try to make the rooms comfortable and encourage patients and families to bring items from home, such as pictures, comfortable clothing or blankets.

If you would like a tour of the Palliative Care Unit, please ask a nurse or volunteer.

Health care team

The health care team includes doctors, Registered Nurses (RNs), Licensed Practical Nurses (LPNs), Physiotherapists (PTs), Dietitians, Spiritual/Pastoral Care, Social Workers, volunteers, and sometimes others.

Care plan meeting

Within the first few days after admission, a care plan meeting will be arranged for your family members with the palliative care team.

The team's goal is to make your journey as fulfilling as possible and we would like to know what your preferences for care are. At this meeting we will talk about values, beliefs, goals of care, plan of care and any other concerns you may have.

Care plan meetings will be arranged to try to accommodate family members that may have to work. We look forward to connecting with you and your family.

Infection prevention

Hand washing is the best way to prevent the spread of germs.

Please wash your hands before and after eating, after using the bathroom, and before using the Family/Kitchen area or ice machine.

Ask your visitors to wash their hands before and after they visit you. There are hand rub (Purell®) stations throughout the hospital.

Visiting hours

We know that family and friends are an important part of healing and we encourage them to visit as much as they wish.

If you need to access the unit after midnight, please ring the bell located at the entrance of the building.

Children are welcome but must be supervised. We have books and other items available for children. Please remember that, while our patients do need your support and presence, they also need quiet, and a calm and peaceful environment.

Sleeping accommodations are available for family. Please ask the nurse on duty for more information.

Pets

We welcome well-behaved pets. If you would like to arrange for your pet to visit the hospital, please call the manager of Palliative Care at 902-752-7600 ext. 1200 **before visiting**.

Your pet must be kept on a leash and you must pick up any messes, both inside the hospital and outside on the property.

Winter boots

Salt and boots may damage the floors and cleaning staff work hard to keep the floors clean. If you are able to and feel comfortable, please take off your footwear when you visit the unit. Feel free to use the slippers located in the basket at the front entrance.

Family/Kitchen area

Please feel free to use this shared area.

Please be respectful of family members who may be sleeping in this area.

Remember to tidy up when finished.

There is a computer for general use in this area.

There is also a CD/DVD player. There are some CDs available, and you are welcome to bring your own. Please ask staff if you need help.

Library

This is a quiet room. Please check with staff for palliative care reading material if you wish.

Smoking

Nova Scotia Health Authority is smoke-free, vape-free and scent-free. There is no smoking or vaping allowed on hospital property.

Alcohol

If you have any questions or concerns about the use of alcohol, please talk with a member of the health care team.

Cost

There are no costs to residents of Nova Scotia. All costs are covered by the Nova Scotia Medical Services Insurance (MSI) Program.

Transportation

Transportation is provided for medical services not available at the hospital (for example, radiation therapy or consultations, etc.). You are responsible for any other transportation costs.

Parking

Weekly parking passes can be purchased at the Security Office for \$20. You will receive \$10 back at the end of the week as a rebate.

Passes

We are happy to provide day passes if your condition allows, and if you are comfortable with this.

Helpful hints

Meals

You will receive all meals in your room, but you are welcome to eat in the Family/Kitchen area if you choose. There are some kitchen items available in this area.

If your visitors bring in food, please label it with your name and the date.

Each room has a small fridge. Please clean it out before going home at the end of your stay.

Mail

Your mail will be delivered to your room.

Newspaper

Five free copies of The Evening News are delivered to the unit daily for all to share. If you would like your own copy, please arrange to have it delivered to your room.

Telephone

Bell Aliant provides telephone services to each room on the Palliative Care Unit for local calls only.

You may call a patient on the Palliative Care Unit at 902-755-6260. You will need to know their room number before you call.

Television

TV and cable are provided free of charge in each room. Donations to our unit help us provide this service.

iPads

iPads are available in each room on the unit. You can connect to the Internet using the hospital's wi-fi. Please be aware that this is an open connection, so it is unsecured and there is no password.

Hairdresser

Please ask staff if you would like to arrange for a hairdresser.

Laundry

A washer and dryer is located on the 5th floor. We encourage you to wear your own clothes while on the unit. Families and volunteers may help by washing clothes.

Blanket warmer and ice machine

A blanket warmer and an ice machine are available on the unit.

Spiritual/Pastoral Care

The chapel is on the 2nd floor and is available to you and your family 24 hours a day, 7 days a week. This is a quiet space. Spiritual care is provided on an individual basis. Please ask nursing staff for a list of clergy.

We would like to take this time to thank the Aberdeen Health Foundation, Ladies Auxiliary and the Palliative Care Society, as well as all of the families who have made donations to the Palliative Care Unit. All support is greatly appreciated and has been a huge support!

The Aberdeen Health Foundation supports our Palliative Care Unit with funding for our equipment needs, staff education and comfort items.

The Palliative Care Society supports our community needs and education.

Your Palliative Care Team

What are your questions?

Please ask. We are here to help you.

