

Restorative Care Unit (RCU)

All Saints Springhill
Hospital

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Restorative Care Unit (RCU)

Welcome to the Restorative Care Unit (RCU) at All Saints Springhill Hospital. The goal of the RCU is to help you live as independently as possible.

When you are admitted to the hospital, your health care team will start working with you and your family to plan for your discharge.

To be admitted to the RCU:

- You must be referred by your doctor or nurse practitioner (NP) using the RCU referral form.
- You must agree to take part in activities to the best of your ability.

About the RCU

- There are single and double rooms on the unit.
- There is a shared tub and shower room for all patients on the RCU.
- There is a lounge and a dining room with a kitchenette on the unit.
- You may be moved to accommodate other patients, as needed.
- If you are on isolation precautions, you will stay in a single room.

What should I bring to the hospital?

Clothing

Bring several outfits to wear during the day. They should be casual, washable, and loose.

For example:

- › Comfortable, loose-fitting pants
- › T-shirts
- › Sweaters
- › Underwear, bras, socks
- › Pyjamas
- › Shoes with a closed toe and heel that fit well (like sneakers). Shoes with rubber soles and laces are best.

Laundry facilities are not available onsite. You must choose someone (like a family member or a support person) to pick up your dirty laundry once a week. If you do not have someone to do your laundry, please talk to a staff member.

Personal items

The RCU does not provide personal items. Bring any items you would usually use at home, as they will be used for your therapy. For example:

- › Any medication(s) you are currently taking
- › Toothbrush
- › Toothpaste
- › Deodorant (unscented)
- › Comb/brush
- › Soap (unscented)
- › Shampoo (unscented)

- › Dentures, denture cleaner, and fixing agents (if you have them)
- › Hearing aids (if you have them)
- › Eyeglasses (if you have them)
- › Contact lenses and a case to store them in (if you have them)
- › Moisturizer
- › Shaver
- › CPAP machine (if you have one)

Do not bring scented products. Nova Scotia Health is scent-free.

Equipment

Bring your walking aid(s), like a walker, a cane, etc. (if you have one).

Valuables

- Leave all valuables (jewelry, money, credit cards, cheque books) at home. Do not bring valuables to the hospital with you. The hospital is not responsible for the loss of any item.
- You are responsible for your belongings. Staff cannot store or lock up your valuables.
- Any personal items left on the RCU will be thrown away within 1 week (7 days) after your discharge.

Meal times

- › Breakfast: 7:45 a.m.
- › Lunch: 11:45 a.m.
- › Supper: 4:45 p.m.

A light snack is served every evening. You can order your meals through the Dial for Dining service by using the phone in your room.

Visiting hours

Visiting hours are from 11 a.m. to 8 p.m. each day.

Phone

- There is a phone beside each bed. The phone number is posted at the bedside. There is no cost to receive phone calls in your room.
- Local calls are free. Dial 7 before the phone number.
- You cannot make long distance calls from these phones unless you call collect.

TV

There is a TV in each room.

Wi-Fi

Patients and visitors on the RCU have free access to wireless Internet services (Wi-Fi).

Recreation

There is a calendar of events posted on the fridge in the kitchenette. Activities include:

- › Card games
- › Bingo
- › Musical guests

Passes

- You must have a health care provider's approval to use a day, overnight, or weekend pass.
- You must sign a *Temporary Leave of Absence* form before leaving the RCU.

Smoking

- Smoking is not allowed anywhere on Nova Scotia Health property.
- Stop-smoking products are available. Please ask your nurse for more information.
- The hospital's main doors are locked between 8 p.m. and 6 a.m.

Infection control

- All staff follow provincial guidelines to make sure that food, equipment, and living spaces are clean and safe for patient use.
- **If you are on isolation precautions, you cannot put food items from your room in the patient fridge.** You can only put items in the fridge if they have not been in contact with you or your room.
- Washing your hands often is the best way to prevent the spread of infection.
- Hand sanitizer is available throughout the RCU.
- Visitors with communicable (can be spread to someone else) infections should not visit the RCU while they are infectious.

Staying healthy

- Your family and/or friends are responsible for bringing you to and from any appointments outside of the hospital, if they are able to do so safely.
- Flu shots are offered to patients in the RCU in the fall.

Pets

Pets are not allowed on the RCU.

Your health care team

Nurses

- Nurses are available 24 hours a day to answer questions or address your concerns. Nurses will help you to care for yourself and be as independent as possible.

Doctors

- In the RCU, you will be under the care of several doctors. Please tell a nurse if you would like to talk with a doctor.
- Specialists will be consulted, as needed.

Speech Language Pathologist (SLP)

- An SLP is available on request as needed.
- SLPs help with swallowing assessments and speech therapy.

Physiotherapy

The goal of physiotherapy is to help you reach and keep up your highest level of physical functioning. This may include the use of walking aids (like a walker or cane).

- The physiotherapist will work with you to improve your mobility (movement), strength, balance, and any problems with movement and walking.
- Everyone admitted to the RCU for rehabilitation will receive physiotherapy.
- When you are discharged from the RCU, you may need follow-up care with a physiotherapist at your local outpatient/ community clinic. The RCU physiotherapist will refer you, if needed.

Occupational Therapy

The goal of occupational therapy is to prevent disability and to promote, restore, or keep up activities of daily living. Services may include:

- › Prescribing a custom wheelchair for sitting and positioning
- › Making devices to help with independent living
- › Cognitive (thinking) and perceptual (awareness) assessment and retraining
- › Hand assessment and therapy
- › Helping to restore and improve self-care
- › Helping with activities of daily living
- › Home assessment for accessibility

Social Worker

The social worker is available to:

- › help with discharge planning to your home, a nursing home, or another community setting.
- › arrange and help with family meetings.
- › arrange for services you may need from the community when you are discharged.
- › help you access resources for money concerns.

Dietitian

- The dietitian works with your health care team to offer meals that meet your needs.
- Tell your health care team if you have any food allergies or intolerances (like celiac disease or lactose intolerance).
- If you have special needs (like trouble swallowing or chewing) or other nutritional concerns, the dietitian will meet with you and your family to give nutrition care and education.
- If visitors bring you food, please tell the nurse. Cold snacks must be labelled with your name and stored in the fridge in the kitchenette.
- We encourage patients to make themselves at home and use the kitchenette. Please keep this area clean.

Fall and injury prevention

Falls are the most common cause of hip fractures among frail and older adults.

Why am I at risk of falling?

You may be at a higher risk of falling if you:

- › have recently had an illness or surgery.
- › wear slippers or footwear that do not fit well.
- › have an urgent need to go to the bathroom.
- › have confusion.
- › are taking medication(s) that may cause drowsiness or lower blood pressure.
- › are in a new environment.

Ways to stay safe

- Ask your nurse for help, especially at night. Use your call bell and wait for the nurse.
Do not try to get up on your own unless your health care team says that it is OK.
- Falls often happen when getting up to go to the bathroom. Be sure to ask for help if you need it. Use the handrails by the toilet and sink.
- Do not use furniture to support yourself. It may be on wheels.
- Make sure your wheelchair and/or walker brakes are on before sitting down or standing up.
- Keep personal items within reach.

- Wear your glasses and hearing aids, if you have them. Make sure they are working properly.
- Wear footwear that fits well. Flat shoes with enclosed heels, rubber soles, and laces are best. **DO NOT** wear slippers unless they fit well and have nonslip soles.

Remember:

- If it is dark, have the lights turned on over your bed and/or in your room.
- Sit on the bed for a minute before you stand up. If you stand up quickly or have been in bed for a long time, you may get dizzy.
- If you have a walking aid (like a cane or walker), make sure you use it at all times. Ask for help if your walking aid is not within reach.
- Get your balance before you start to walk.

Your rights and responsibilities

Ask for the pamphlet:

Your Rights and Responsibilities.

- › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0466.pdf

