

Welcome to 6 South

Surgical Trauma Unit

Hamilton General Hospital

Information for patients and their families

Curing - Caring - Comforting

905-521-2100, ext. 46600

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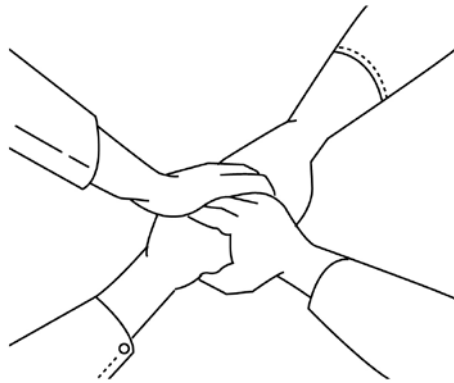
About 6 South ...

6 South cares for patients with multiple injuries from trauma and patients with general surgical conditions.

Types of surgical patients include General Surgery, Plastics, Urology, Orthopedics, and Ear, Nose & Throat.

Staying in the hospital can be a stressful time. We hope this booklet will help answer some of your questions about 6 South.

Any member of the health care team will be pleased to answer your questions at any time – no question is too simple to ask.



The Health Care Team

A team of people work together to provide your care on 6 South. You and your family are important members of our team.

Members of the health care team will teach you and your family about:

- what has happened
- what treatment and care is needed
- what to expect during your stay on the unit
- what to expect when you leave the hospital

Team member	How they help
Clinical Manager	<ul style="list-style-type: none"> • organizes the overall running of the unit • answers any concerns about your care
Surgeon (most responsible physician)	<ul style="list-style-type: none"> • the doctor in charge of your care
Resident/Fellows	<ul style="list-style-type: none"> • a doctor in training who works under the direction of the doctor in charge of your care
Trauma Nurse Clinician	<ul style="list-style-type: none"> • a nurse with the trauma team who has specialized training in trauma care and helps coordinate your health care needs
Registered Nurse Registered Practical Nurse	<ul style="list-style-type: none"> • coordinates your care with other health team members • provides ongoing monitoring and treatments to improve your condition • teaches you and your family about your condition
Occupational Therapist/ Occupational Therapist Assistant	<ul style="list-style-type: none"> • helps you to be more independent with your daily activities • teaches you to use special equipment which allows you to do more for yourself • helps you identify what supports you will need when you are planning to leave the hospital • helps you to rent or buy equipment you will need for your home
Physiotherapist/ Physiotherapist Assistant	<ul style="list-style-type: none"> • helps you to gradually increase your physical activity • helps you to improve your strength, flexibility and balance • teaches you to use aids such as a cane or walker if needed

Team member	How they help
Speech-Language Pathologist	<ul style="list-style-type: none"> • helps you with your communication difficulties • assesses and makes suggestions for managing your swallowing problems
Enterostomal Therapist	<ul style="list-style-type: none"> • teaches you and your family about your ostomy • helps you to prepare for managing your ostomy at home
Dietitian/ Dietetic Assistant	<ul style="list-style-type: none"> • makes sure you meet your nutritional needs and receive the foods that are best for you • teaches you and your family about your diet
Social Worker	<ul style="list-style-type: none"> • helps you and your family learn ways of coping with the changes in your lives • gives you information about financial and community support services • helps with your planning when it is time to leave the hospital • gives you information about Power of Attorney • helps you with insurance papers
Pharmacist	<ul style="list-style-type: none"> • assesses your medications and dosages • answers your questions about medications
Respiratory Therapist	<ul style="list-style-type: none"> • helps the team with your respiratory care which includes: • caring for your tracheostomy • testing your lung function • looking after your oxygen needs
Chaplain	<ul style="list-style-type: none"> • gives you spiritual guidance and support
Environmental Aide	<ul style="list-style-type: none"> • keeps the unit clean and safe • delivers and picks-up meal trays

Team member	How they help
Business Clerk	<ul style="list-style-type: none"> • greets and directs families and friends who visit the unit • directs telephone calls received at the nurses' station to the right person • answers your call bells and gets you the help you need
Students	<ul style="list-style-type: none"> • 6 South helps train health care students. The students will help the nurse, physiotherapists, occupational therapists and dietitians with your needs while in hospital.

What personal items will you need on 6 South?

Please bring these items to 6 South:

- personal care items such as a hairbrush, comb, shampoo, soap, lotion, deodorant, safety or electric razors and shaving cream
- toothbrush, toothpaste and mouthwash
- if you wear dentures, please bring cleaning and fitting products, and a denture cup clearly labelled with your name. Ask your dentist to label your dentures with your name.
- loose clothing such as track suits
- sleepwear and non-skid, full back slippers
- a pair of walking or running shoes for therapy

If you bring electronic equipment, the maintenance department must check it for safety.

Flowers are not allowed in our Step Down Units.

Do not leave valuables or money in the hospital.
 Patients and their families are responsible
 for personal items left at the bedside.

Room set up ...

- Place all flowers, cards, gifts, personal items and clothing on the windowsill, wall shelf or in bedside table drawers. Please arrange these items so they do not crowd patient areas or increase a patient's risk of falling.
- If you move chairs or furniture into or around the room, please put them back when you are finished.
- Send anything home you are not using.



Who can visit 6 South?

Families and friends may visit 6 South. **Only 2 visitors at a time.**

Visiting hours are between 11:00 am and 8:00 pm.

If you need to visit at a different time please speak with the patient's nurse.

Visitors please note:

- You must talk to a Nurse, Dietitian, Dietetic Assistant or Speech-Language Pathologist before giving any food or drink to a patient.

They may be on a special diet that prevents you from directly feeding them or bringing in preferred foods.

- Call a nurse if you see that a patient needs help rather than give help yourself.

Infection

Infections spread easily. **Prevent the spread of infection by:**

- Cleaning your hands with the alcohol rub before and after visiting.
- Not using a patient's washroom.
Public washrooms are located by the elevators.



Do not visit if you are not feeling well.

Patient safety

Staff, patients and visitors have a role in patient safety. Here are some reminders to help keep our patients safe.

Isolation

If your loved one is in an isolation room, please STOP and read the sign posted on the door to the room or the curtain. You may need to wear a gown, mask and gloves before entering. Please ask the nurse for help.



Reminders:

- Clean your hands with the alcohol rub when you enter and leave the patient's room.
- Put coats and other personal belongings, such as hand-bags in the "clean dedicated" zone within the patient's room. Use the coat hooks or plastic bags provided.
- Do not put any personal belongings on the patient's bed or other surfaces in the patient's room.
- Before you leave the patient's room, throw the gowns and gloves in the correct bins.
- Clean your hands with alcohol rub after you take off the gloves.

Risk of falls

You will see this sign if the patient you are visiting is at risk for a fall.



Do not lower bedrails or help the patient to get up without first speaking to the nurse, physiotherapist or occupational therapist.

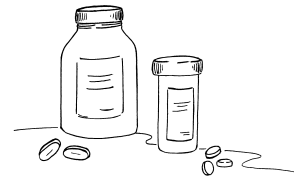
Patients:

- wear footwear with full backs and non-skid soles.
 - keep the room clutter free at all times, and keep canes or walkers within reach.
 - do not get out of bed without talking with your physiotherapist.
-

Medications

While you are on 6 South:

- you will be asked to give us a list of all the medications you take at home.
- your nurse will give you your medications.
- send other medications home unless you are told otherwise.



Do not take medications on your own.

Allergies

Tell the nurse if you have any allergies to medications or foods.

Can my family member stay overnight?

Sometimes, family members want to stay overnight. Talk to the nurse if you feel that it would help you or your family member.

The decision on whether your family member stays depends on others in the room and your needs and comfort.

What is a family spokesperson?

We ask that one person be chosen as the family spokesperson. The health care team will speak to this person who can pass information on to family and friends. Information over the phone will only be given to the spokesperson. The nurse may not always be available to speak with you. Please be patient when you call.

Give the nurse all telephone numbers where the next-of-kin can be reached. It is important to leave a work and home telephone number.

The doctor will only give out information and test results to the patient, family spokesperson and the next of kin or substitute decision maker.

A family meeting can be arranged as needed. If you would like one arranged please speak with the Social Worker or any member of the health care team.

Meals

Meals are served at 8:00 a.m., 12:00 noon, and 5:00 p.m.



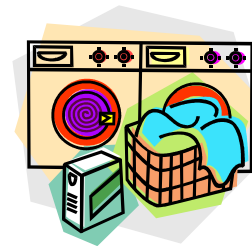
You will be told if you are on a special diet. An ice machine, refrigerator and microwave are available for you to use on the unit. If allowed, you may have food brought in. Please label any food kept in the refrigerator with your name.

Education resources

There are education resources available for you and your family. Please visit our information resource centre just outside of the nurses' station across from room 16. You can also ask any member of the health care team for information.

Laundry

Bedding will be changed as needed. Please send clothes home for washing. You may bring in your own pillow for comfort.



Preferred accommodation

If you have preferred accommodation coverage, we will try to get you into a private or semi-private room as soon as we can.

Please check your coverage with your insurance company. They may pay all or only part of the cost.

TV and telephones

To request TV or telephone hook-up, fill out a Hospitality Network card located by the nurses' station. Put the completed card and method of payment in the drop box. Payphones are located on the main level.

Mixed gender room

You may be moved into a room that has both male and female patients. Please talk to a member of your health care team if you have any questions.

We are smoke-free

Hamilton Health Sciences is smoke-free. This means that smoking is not allowed anywhere on the grounds, including parking lots, garages and vehicles.



For support or help to stay smoke-free:

- We can provide you with nicotine replacement products to make your hospital stay more comfortable. Talk to a member of your health care team at Hamilton Health Sciences.
- contact Smoker's Helpline toll-free at 1-877-513-5333 or www.smokershelpline.ca

Fragrance restricted

We are a fragrance restricted hospital. Please do not wear or bring perfume, cologne, aftershave, scented hair spray or other scented products.



Discharge

Discharge planning begins on the day you are admitted to hospital. Once your healthcare team has completed your treatment, your doctor will discharge you.

Arrange to have someone pick you up at the hospital on the day of your discharge. If this is not possible:

- You will need to book and pay for a taxi.
- The health care team will give you information about transportation companies. You will need to pay for the cost of this transportation at the time of booking.

If you do not live in Hamilton, you may be transferred back to your local hospital to complete your recovery closer to home. Our staff will arrange any transportation. You may be charged a transportation fee.

For your safety, before you leave hospital you need to know...

- How to care for your incision?
- Who will remove your staples or sutures?
- When you are scheduled for a follow up appointment?
- If your medications have changed since surgery?
- What activities you are not allowed to do?

If you have a collar or brace you need to know...

- How to apply your collar or brace?
- When you are allowed to have your collar or brace off?
- If you are allowed to shower with the collar or brace off?
- How to change and wash your collar pads?

Members of your health care team will discuss and answer these questions before you leave the hospital. There are also patient education materials on the unit for you to take home for reference. If you have any questions, please ask a member of your health care team.



Other information ...

- the Marketplace Cafeteria is located on Level 1 and is open Monday to Friday, 7:00 am to 6:30 pm.
- vending machines are located outside of the Marketplace Cafeteria on Level 1.
- the Barton Bean Coffee Shop is located on Level M (Main), and is open 24 hours, 7 days a week.
- the Gift Shop is located on Level M (Main) by the main entrance.
- a bank machine is located on Level M (Main).
- the Hamilton General Drugstore is located on Level M (Main). Hours are Monday to Friday, 9:00 am to 5:00 pm.
- a Chapel is available to visitors on Level M (Main).
- the Information Desk is located on Level M (Main) close to the main entrance at the front of the hospital.
- visitor washrooms are located by the visitor elevators on each level of the hospital.
- For current information about parking rates and long term parking options go to www.hhsc.ca and click on "Parking & Directions". You can buy long term parking passes at the Parking Office located on the ground level of the parking ramp.

Phone: 905-521-2100, ext. 44061

Email: parkingoffice@hhsc.ca

Office Hours: Monday to Friday, 8 am to 8 pm
Weekend and holidays closed

- Wifi is available for a fee. For more information ask your business clerk or visit www.hhsc.ca/hotspots.

The Mark Preece House



The Mark Preece House is available at a minimal cost for out-of-town families to stay when wanting to be near their loved one.

Please ask a team member for more information.

Names of your team members

Clinical Manager	
Clinical Leader	
Doctor(s)	
Trauma Nurse Clinician	
Nurse(s)	
Occupational Therapist	
Physiotherapist	
Occupational/ Physiotherapist Assistant	
Enterostomal Therapist	
Dietitian	
Speech-Language Pathologist	
Social Worker	
Pharmacist	
Chaplain	
