

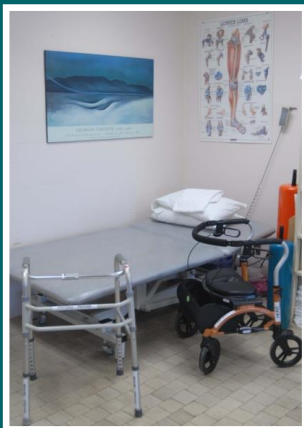
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# Welcome to Rehabilitation

## Information for patients and families

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Juravinski Hospital  
Section M – Ward M2  
Musculoskeletal & Oncology Rehabilitation  
905-389-4411, ext. 43171



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### Visiting hours

To make the most of your therapy you will need to be well rested. We encourage you to tell your visitors that you need a good night's rest so that you can fully participate in your program.



Visitors are welcome 24 hours a day, however visits should not interfere with your therapy. Please check with your care team regarding your treatment times.

M2 is a busy place with many people staying here for rehabilitation. We ask that you and your visitors be respectful of the needs of others, and the need for all of our patients to be well rested.

You may leave the unit for short periods, if you notify your nurse and fill in the sign-in sheet at the front desk.

If visitors are sick, please ask them not to come to the hospital.

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## Welcome to the Rehabilitation Unit

### Notes

During your stay, you will be cared for by a team of health care providers.

### You are the most important member of the team.

We want to know what is most important for you to become as independent as you can be. You, your family and close friends, will work together with the team to set your treatment goals.



There is a lot to learn and do during your stay here. Your days will be busy with therapy and learning new skills. Please ask us questions about your medications, treatments and therapy.

Depending on your goals and needs, your stay in the program is about 2 weeks. If you have concerns about your discharge plan, talk with any team member. We are here to help you.




**Notes**

**Family and friends**

We encourage you to have your family and close friends be a part of the team. They can help by giving you emotional support and understanding as you adjust to changes in your lifestyle. They can go with you to some therapies and learn how to help you.

If family and friends are sick, please tell them not to visit, as this can put yourself and other patients at risk for becoming ill.

	Please tell all visitors to stay at home if they are sick.
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When they visit you and you are hard at work doing your therapy, please let them know that this is what you need to do! They can go with you to therapy, and learn how to help you.

Family and friends can also help you when you are ready to spend some time out of the hospital practicing your new skills. They can attend meetings concerning your progress and help you return to the community.



## Clean your hands



Clean your hands well and often to stop the spread of germs and infection..



## Notes

### Teaching hospital

We are a teaching hospital. Students from many professions learn here. Our staff is committed to helping students become successful health care providers.

Students need and appreciate your help too. You can play an important role in training tomorrow's health care providers.

If you have questions about students, please speak with a staff member.

## Notes

### About your care

#### Team meetings

As part of your care, the team meets regularly to discuss your progress and when you will be able to go home.



I need to remind the team about ...

Please let a member of your team know if you have any concerns to be discussed with the team.

#### Skin care

Lying in bed puts pressure on your skin. This pressure can lead to wounds or sores. The pressure may cause burning, redness or pain; especially around your ears, shoulders, elbows, buttocks, ankles and heels. If you have any of these signs, please tell your nurse or other health team member right away.

The best way to prevent skin problems is to change positions often, and avoid lying down in bed for long periods of time. Members of your health team will encourage you to **get up and move** as much as possible. Eating and drinking well also supports healthy skin.



Continue to take care of your skin when you are at home.

For more information ask for the “Keeping your skin healthy and free of pressure ulcers” handout.

## Healthy eating and drinking

## Notes

Eating a healthy and balanced diet will help you heal, decrease your risk of infection, maintain your muscles, increase your strength and support your progress in rehabilitation. Drink plenty of fluids (water, milk, tea/coffee) as recommended by your doctor. Try to eat three meals daily, with snacks in between. Aim to have a protein food at each meal.

Ask to see the dietitian if you do not feel like eating, have lost weight without trying to, or if you need help choosing the right foods for you.

### Protein foods:

Breakfast: eggs, peanut butter, milk, yogurt and cheese

Lunch: sandwich, hummus, eggs, cottage cheese, cream soups, milk, yogurt and cheese

Dinner: chicken, turkey, beef, pork, fish, beans, eggs, milk, yogurt and cheese

## Food from home

Have family and friends bring in healthy and hearty foods, such as homemade chili, casseroles or soups, nuts, fruits and vegetables (instead of chocolates or candies).

## Outside food

Friends and family may bring you food, but only if these items are allowed within your nutrition orders. If you would like to use the patient fridge, please label all items with your name.

Please note: Once food has been in a patient room it may not be placed in the shared fridge.

## Notes

### **Personal care**

As part of your rehabilitation, you will be expected to do as much of your daily personal care as possible. Please expect only 2 to 3 showers a week. We do not have bathtubs.

### **Clothing and shoes**


Every morning, you will need to get up, get dressed and remain dressed all day. Wearing loose fitting, comfortable clothing will make therapy easier! Clothes need to be taken home to be washed. For your safety, you must always wear non-slip footwear.

You may need a special kind of shoe. Please check with your therapists before buying new shoes.



### **Personal items**

You will need to bring in your own personal items, such as toothpaste, shampoo and grooming supplies. This includes eye glasses, hearing aids, and dentures. Send all items that you do not need home, including personal medications.

	<p>You are responsible for all personal items. Please label your items.</p>
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Staff are not responsible for lost or misplaced items.



### **Fragrance restricted**

**We are a fragrance restricted hospital.**



Please do not wear or bring perfume, cologne, aftershave, scented hair spray or other scented products.

**Notes**

### **Electrical appliances**

All electrical appliances such as blow dryers and shavers must be checked for their safety by the Engineering/Maintenance Department. Please give any such items to your nurse. Curling irons are not allowed.

### **Money**

Please keep only a small amount of money with you. Leave large amounts of money, credit cards, jewelry and other valuables at home.

### **Latex free**

Do not bring latex balloons into the hospital.

You may bring in mylar foil balloons only.

If you have a latex allergy, please let your nurse know.



**Notes**

**Smoking**

We are a smoke-free hospital and cancer centre. 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:

- Talk to a member of your health care team
- Contact Smokers' Helpline toll free at 1-877-513-5333 or [www.smokershelpline.ca](http://www.smokershelpline.ca)

**Televisions, telephones and cell phones**

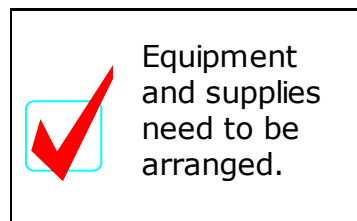
If you wish to rent a television or telephone, please talk with your nurse.

You may use a cell phone. To be respectful of others please keep voices and sounds low.

## Passes from the hospital

When you are able to function well on your own, you may be encouraged to go on a pass out of the hospital before you go home. Your team needs to approve your pass, and it must be arranged ahead of time.

Before you can go out on a pass, your medical condition must be stable. You may spend a few hours, a day, overnight or even a weekend at home. This is part of your treatment. This will help you adjust to returning back home and to your community.



Going home on a pass is a good way to see how well you will do at home. Not everyone needs a pass before leaving our program, but some people do.

### Weekend pass

A full weekend begins at 4:00 pm on a Friday and ends at 8:00 pm on Sunday. You may return earlier if you have any problems, or phone the ward to discuss your concerns with a nurse. When you return, the team will discuss these problems and change your rehabilitation plan as needed.

## Notes

### **Equipment and supplies while out on a pass**

Before going out on a pass, you must be able to do certain things on your own or with the help of others.

These include:

- Being able to get around with equipment and/or have help in place if needed.
- Being able to transfer in and out of a vehicle.
- Being able to climb up and down the stairs alone or with help, if needed.

### **Medications while out on a pass**

Before you go out on pass, you will need to be able to take your medications on your own, or have someone around to help you.



Before you leave on a pass of any sort, please check with your nurse and review all medications that you are taking with you.

Please bring back any unused medications and give them to your nurse when you return.

## Pass questionnaire

While out on your pass, you will need to complete a questionnaire.

The questionnaire will identify your concerns so that they can be addressed before your final discharge from the hospital.

It is most helpful if the questionnaire is completed at the end of your pass by yourself or a person who had close contact with you during your pass.



## Notes

### Before you leave on any pass

At the nursing station, pick up:

- the pass questionnaire
- your medications

Pass checklist:

- ✓ medications
- ✓ equipment
- ✓ aids
- ✓ questionnaire

Make sure you take the equipment and aids that the therapy staff have given you.

### When you return from your pass

Let us know how you did during your pass. If you had a problem with falls or medications, tell your nurse.

Please give the questionnaire to your nurse as soon as you get back.

## Notes

### Transportation

While in the hospital, you will need to arrange a pass to:

- attend follow-up appointments with other health care specialists
- attend personal appointments
- go home
- attend a community activity
- visit with family and friends



It is your responsibility, with the help of family or friends, to arrange for transportation to and from such activities.

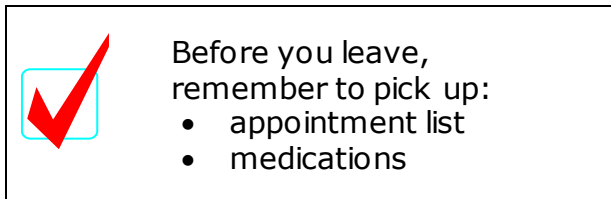
Please note: Some appointments may require someone to be with you when you leave.



## Discharge day

On your discharge day, the discharge time is 8:00 am. Please pack your belongings the evening before your discharge day. You may need to wait in the lounge area for your ride so that we can prepare the room for the next patient to arrive.

Before leaving, please pick up your appointment list and medication prescriptions from your nurse.



## Home and Community Care (LHIN)

If you feel you need home care, please talk with any of your team members. If you and your health care team agree that home care is needed, a referral will be made to the Local Health Integration Network (LHIN).

After the referral is made, a care coordinator will come and discuss your needs with you.

**Notes**

**Notes**

**Websites**

- Alzheimers Society  
[www.alzhh.ca](http://www.alzhh.ca)
- Arthritis Society  
[www.arthritis.ca](http://www.arthritis.ca)
- Cancer Assistance Program  
[www.cancerassist.ca](http://www.cancerassist.ca)
- CanWell - An Exercise and Education Program for Cancer Survivors  
[www.canwellprogram.ca](http://www.canwellprogram.ca)
- Healthy Living Hamilton – Do it well!  
[www.doitwell.ca](http://www.doitwell.ca)
- Older Adult Programs and Services Database  
Hamilton, Niagara, Haldimand, Brant  
- Local Health Integration Network  
[www.rgpc.ca/oapsd](http://www.rgpc.ca/oapsd)
- Osteoporosis Canada  
[www.osteoporosis.ca](http://www.osteoporosis.ca)
- Regional Geriatric Program Central Hamilton  
[www.rgpc.ca](http://www.rgpc.ca)
- Regional Joint Assessment Program  
Brantford, Hamilton and Niagara  
[www.replacemyjoint.ca](http://www.replacemyjoint.ca)



## Members of the health care team

Notes

Team member	How they help
Chaplain	<ul style="list-style-type: none"><li>• Available to offer spiritual and emotional support for issues related to you being in hospital.</li></ul>
Clinical Educator	<ul style="list-style-type: none"><li>• Supports staff in addressing their learning needs.</li><li>• Supports team in providing the best quality of care.</li></ul>
Clinical Nurse Specialist (CNS)	<ul style="list-style-type: none"><li>• Brings research evidence to the unit to assist the team to provide the best level of care.</li></ul>
Clinical Manager	<ul style="list-style-type: none"><li>• Manages the resources and the day-to-day issues on the unit.</li><li>• Develops the team, so that the best care possible is provided.</li></ul>
Community Care, LHIN Coordinator	<ul style="list-style-type: none"><li>• Assesses your eligibility for home care.</li><li>• Helps with your discharge planning if home care is needed.</li></ul>
Dietitian, Registered (RD)	<ul style="list-style-type: none"><li>• Assesses, recommends and explains the need for all special diets.</li></ul>
Dietetic Assistant (DA)	<ul style="list-style-type: none"><li>• Works with the dietitian to identify nutrition issues.</li><li>• Checks the success of nutrition care.</li></ul>
Environmental Associate (EA)	<ul style="list-style-type: none"><li>• Keeps our environment clean.</li><li>• Helps with your meal trays and drinking water.</li><li>• Looks after daily supplies for the bathrooms and bedrooms.</li></ul>

**Notes**

<b>Team member</b>	<b>How they help</b>
Nurse Practitioner	<ul style="list-style-type: none"><li>• Assesses patients referred to the rehabilitation program.</li><li>• Works with the team to coordinate your care with various specialists.</li><li>• Prescribes and reviews medications, tests and procedures.</li></ul>
Occupational Therapist (OT)	<ul style="list-style-type: none"><li>• Assesses and recommends ways for you to safely do daily tasks such as dressing, going to the bathroom, eating, doing household chores, and skills needed for work.</li><li>• Assesses your thinking skills and memory.</li><li>• Plans a program to increase your independence and safety in daily activities.</li><li>• Makes recommendations for changes in the home, and for self-care equipment and aids as needed to improve your safety.</li><li>• Works with caregivers and families to ensure your safety and independence.</li></ul>

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<b>Team member</b>	<b>How they help</b>
Pharmacist	<ul style="list-style-type: none"><li>• Makes recommendations about medications, and helps ensure their safe use.</li><li>• Provides education and information on medications.</li></ul>
Pharmacy Technician	<ul style="list-style-type: none"><li>• Works with the pharmacist to make sure medications are dispensed safely.</li></ul>
Physician (doctor)	<ul style="list-style-type: none"><li>• Manages your medical care.</li><li>• Examines you when you first come in and checks your progress throughout your stay.</li><li>• Prescribes and reviews medications, tests and procedures.</li><li>• A physiatrist is a doctor who is a specialist in rehabilitation.</li><li>• A hospitalist is a doctor who works on our units to look after your day-to-day medical issues.</li></ul>

**Notes**

<b>Team member</b>	<b>How they help</b>
Physiotherapist (PT)	<ul style="list-style-type: none"><li>• Assesses your physical abilities.</li><li>• Helps to improve your strength, coordination, flexibility, balance and fitness.</li><li>• Develops a program to improve your physical function during such activities as walking, climbing stairs, moving in and out of bed or a chair.</li><li>• Provides exercises that you may do with your therapists or for you to do on your own.</li><li>• Works with caregivers and families to ensure your safety and independence.</li></ul>
Occupational/ Physiotherapist Assistant (OTA/PTA)	<ul style="list-style-type: none"><li>• After OT and PT assess your needs, they may assign part of your therapy to an OTA/PTA, who works closely with you and your family to achieve your treatment goals.</li><li>• Provides you with adaptive aids and equipment needs or modifications as needed.</li></ul>

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Team member	How they help	Notes
Registered Nurse (RN) and Registered Practical Nurse (RPN)	<ul style="list-style-type: none"> <li>• Address your physical care issues such as hygiene, wound management, medication administration, &amp; nutritional intake.</li> <li>• Encourage your physical and emotional well-being.</li> <li>• Reinforce and support the skills you have learned in other rehabilitation therapies such as exercises and walking.</li> <li>• Provide health teaching for you and your family and close friends.</li> <li>• We have nurses who are experts in blood-clotting problems, wound management and managing infections. They are a part of your team, as needed.</li> </ul>	
Social Worker	<ul style="list-style-type: none"> <li>• Is available to see all patients and family/close friends, with patient's permission.</li> <li>• Arranges family meetings and discharge planning meetings as requested or needed.</li> <li>• Provides counseling and emotional support around problems that may be concerning to you in your life.</li> <li>• Provides patient and family education as you adjust to the changes in your lifestyle.</li> <li>• Links you with resources in the community who offer supportive follow-up such as counseling and housing.</li> </ul>	

**Notes**

<b>Team member</b>	<b>How they help</b>
Speech- Language Pathologist	<ul style="list-style-type: none"><li>• Assesses for swallowing problems.</li><li>• Works with the dietetic staff to make sure you are eating safely.</li><li>• Sets up a treatment plan, if needed, with you and/or your family.</li><li>• Assesses if you have a communication problem due to your medical condition, and makes suggestions for support.</li></ul>
Student	<ul style="list-style-type: none"><li>• Helps health care providers with assessments and treatments.</li><li>• Supports other team members in giving quality care to you and your family.</li></ul>
Unit Leader/ Charge Nurse	<ul style="list-style-type: none"><li>• Helps with keeping the unit organized.</li><li>• Supports other team members in giving quality care to you and your family.</li></ul>

## Patient team members

**Notes**

Profession	Name
Chaplain	
Clinical Manager	
Dietitian	
Dietitian Assistant	
Doctor, Hospitalist	
Doctor, Rehab Physiatrist	
Local Health Integration Network (LHIN) Care Coordinator	
Nurse, RN or RPN	
Nurse Practitioner	
Nutrition Aide	
Occupational Therapist, OT	
Occupational/ Physiotherapist Assistant, OTA/PTA	
Pharmacist	
Pharmacy Technician	
Physiotherapist, PT	
Social Worker	
Speech-Language Pathologist	

