

# **Welcome to B2 South Amputation and Spinal Cord Injury Rehabilitation**

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B2 South is the Amputation and Spinal Cord Injury Rehabilitation Unit in the Regional Rehabilitation Centre at the Hamilton General Hospital.

There are 2 rehabilitation teams on B2 South:

- Amputation Team
- Spinal Cord Injury Team

Your team will help you regain as much independence as possible.

Your family and friends are encouraged to take part in the program and help you with your rehabilitation.

## **What do I need on B2 South?**

Each day you will get up and dress in your regular clothes. Wear loose fitting clothing, such as track pants, and wear supportive and comfortable shoes that you will be able to exercise in. If you are here for prosthesis training, you will be asked to bring in comfortable shorts.

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If you are coming to the program from home, bring in the medications or a list of the medications you currently take on the first day you start the program.

Also bring:

- ✓ at least 3 outfits of loose fitting clothing, such as track pants, t-shirts and sweaters
- ✓ sleepwear, if preferred
- ✓ running shoes and socks
- ✓ personal items, such as toothpaste and toothbrush, shampoo, comb or hairbrush, soap, shaving equipment or cosmetics
- ✓ hearing aid, glasses or dentures
- ✓ special devices you may use such as a walker, wheelchair, canes or brace, CPAP, BIPAP machines and related supplies. Please ensure your equipment is in good working order, for example, wheelchair brakes are working. Repairs are not provided by the Rehab Centre.

You will be given a locker to keep your supplies in. Please do not bring more items than will fit in this locker. Do not bring valuables, jewelry or large amounts of cash. The hospital is **not responsible** for lost or missing items.

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## **What can I expect in the first few days?**

You will meet with members of the health care team to talk about your goals in rehabilitation. Your goals are the things you want to accomplish while you are in rehabilitation. For example, some people want to learn how to walk unassisted in their home or become independent with their prosthesis. Some people want to be able to cook their meals. Each person will have unique goals.

Your rehabilitation team will help you work on your goals.

You will typically have therapy classes every day, from Monday to Friday. Your schedule will be given to you. Aside from these classes, other activities will make up your rehabilitation program, including medical tests, x-rays and/or specialist appointments.

Your team will meet to discuss your progress and discharge plans every second week on Thursday for patients with a spinal cord injury or Friday for patients with amputations.

Remember you and your family are the most important members of the team. We will ask you for your input. You can voice concerns or ask questions to any team member at any time.

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## Planning for your discharge

Discharge planning starts from the time you enter the program. Our team will help you with planning what you will need when you leave the program. Each team will help make your transition out of rehabilitation as smooth as possible. To help prepare for discharge, we recommend that patients go on passes when able.

There are 3 different types of passes:

- **Day Pass** – a few hours away from the hospital.
- **Overnight Pass** – one night away from the hospital during the weekend
- **Weekend Pass** – 2 nights (or 3 nights for long weekends). The pass usually starts Friday after 4:00 pm and you return by 9:00 pm Sunday night.

If you plan to return later than this time, please inform nursing staff of your plan.

### When approved to go on a pass...

Let the team know by Wednesday at noon if you are planning to go on a pass that weekend. This will make sure that the hospital pharmacy has your medication ready to take with you on the pass.

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**When you go on a pass, you need to:**

- pick up your pass medications before you leave
- sign out in the pass book before you leave
- have a caregiver/family stay with you during the pass, if required
- call 911 if you have a medical crisis during the pass, and remember to call the ward to let them know

**When you return from a pass, you need to:**

- bring any unused medication or dosette with you when you return to B2 South
- tell the staff when the last dose of medication was taken at home
- sign in

In the **Spinal Cord Injury Rehabilitation Program:**

- Your occupational therapist may visit and assess your home.

In the **Amputee Rehabilitation Program:**

- When you are ready for a weekend pass, you will need to take your prosthesis home..
  - Before using your prosthesis at home, the occupational therapist may attend your home with you and a family member or friend, to assess your safety needs.
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## Other information about B2 South

### Meals

Breakfast for patients with a spinal cord injury is served in your room. Patients who have an amputation are encouraged to eat breakfast in the dining room. All patients are served lunch and dinner in the patient dining room.



### Laundry

There is equipment for you or your family to do your laundry on B2 North. You will need to bring your own detergent.



### TV and telephones

A rental service allows patients to activate their television and telephone at their bedside. Please ask your nurse or ward clerk for details.

### Computer access

Computers are available for patient use in the B2 North lounge. There are also two computers available in the Rehabilitation Resource Centre.



### WiFi

WiFi is available for a fee on your laptop or tablet. On launching your internet browser and selecting the 'i-visitor' network, you will be prompted through payment and establishing a username and password.



## Visiting hours

B2 South has open visiting hours. Family and friends can visit anytime as decided by the patient and based on their care needs. Open visiting hours allow family and friends to play an important role in a patient's well-being.

Patients in B2 South need a balance of visiting and rest to promote healing and a normal sleep cycle.

Please respect everyone's right to privacy while they are in hospital.

We will discuss a visiting plan with you that will:

- define who can visit
- allow you to support your loved one
- balance the patient's care needs with the needs of families
- identify the best times to visit.



## Who can visit B2 South?

Patients and families decide who may visit.

The number of visitors at one time will be determined in collaboration with the patient, family and health care team.

Children of any age are welcome to visit with the support of an adult who is familiar to them such as a parent or grandparent. Please talk to any team member so we may help you plan your visit.

### Visitors, DO NOT:

- × Use patient showers or washrooms.
- × Use hospital linens or other hospital supplies for your own use.
- × Enter areas that are for staff only such as supply rooms, the equipment room, medication room, charting area or the nurse's station.
- × Sleep in the Patient Lounge.
- × Eat the food provided for patients, including supplements and snacks.

**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:

- talk with a member of your health care team at Hamilton Health Sciences
- contact Smokers' Helpline toll free at 1-877-513-5333 or [www.smokershelpline.ca](http://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.

**Latex-free environment**

Please 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.

**Patient Experience**

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services. If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.

If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the **Office of Patient Experience at 905-521-2100, ext. 75240.**

**The Office of Human Rights** is also available at 905-521-2100, ext. 73475.