
Welcome to Rehabilitation

Information for patients and families

Juravinski Hospital
Section M – Ward M2
Musculoskeletal & Oncology Rehabilitation
905-521-2100 Ext. 43171

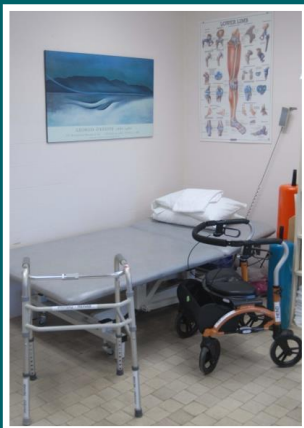


Table of Contents

| | Page |
|--|-------------|
| Welcome..... | 1 |
| About your care | 4 |
| Discharge day..... | 9 |
| Websites..... | 10 |
| Members of the health care team | 11 |
| Patient team members | 17 |
| Keeping your skin healthy and free of pressure injuries..... | 18 |

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 during visiting hours, 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.

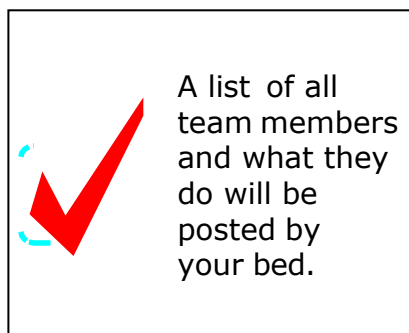


Welcome to the Rehabilitation Unit

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 will range from 1-3 weeks. If you have concerns about your discharge plan, talk with any team member.

We are here to help you.

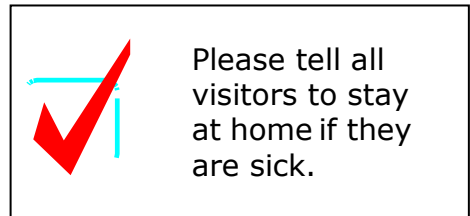


Notes

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.

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.



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! Try and schedule family visits around your therapy time, as this is why you are here and need to make this time a priority.

Family and friends can help you by practicing your new skills outside therapy time. If you or your family have questions, you can request to speak to the therapy staff. If required, friends and family can also attend meetings concerning your progress.



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 are 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.

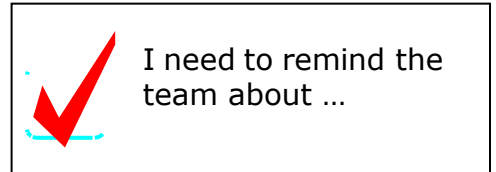
If you have questions about students, please speak with a staff member.

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.

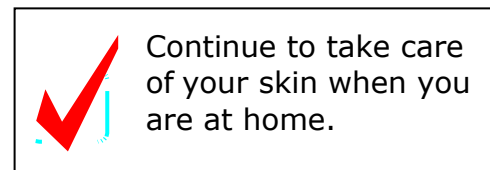


Please let a member of your team know if you have any concerns to be discussed with the team.

Skin care and Pressure Injury Risk

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 care 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 care team will encourage you to **get up and move** as much as possible. Eating and drinking well also supports healthy skin.



For more information, see the end of this booklet for the “Keeping your skin healthy and free of pressure ulcers” handout.

Healthy eating and drinking

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.

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

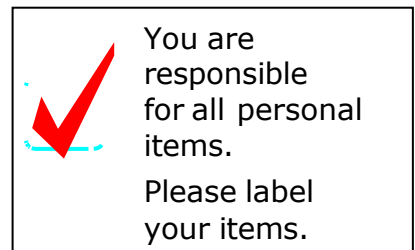
Every morning, you will need to get up, get dressed and remain dressed all day. Wearing loose fitting, comfortable clothing will make therapy easier! Clothes need to be taken home to be washed. For your safety, you must always wear non-slip footwear.

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.



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.

Electrical appliances

All electrical appliances such as blow dryers and shavers must be checked for safety before use.

All appliances brought from home need to be reviewed with your nurse before using. Curling irons are not allowed.

Money

Please leave money, credit cards, jewelry and other valuables at home. We are not responsible for lost or stolen items.

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

Televisions, telephones and cell phones

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

Telephones are available for use at the bedside for no additional cost.

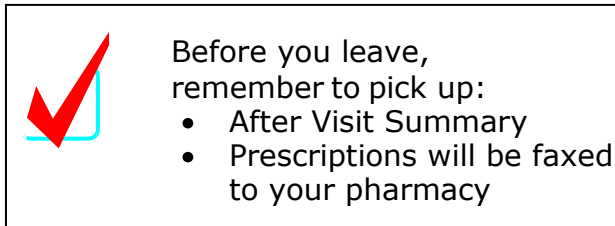
You may use a cell phone. To be respectful of others please keep voices and sounds low.

Discharge day

On your discharge day, you will be given a time of expected discharge. However, on occasion delays may occur and this time could change. The team will update you if this occurs.

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 After Visit Summary that will contain any appointments and medication prescriptions from your nurse.



Home and Community Care

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

Websites

- Alzheimers Society
www.alzhh.ca
- Arthritis Society
www.arthritis.ca
- Cancer Assistance Program
www.cancerassist.ca
- CanWell - An Exercise and Education Program for Cancer Survivors
www.canwellprogram.ca
- Healthy Living Hamilton – Do it well!
www.doitwell.ca
- Older Adult Programs and Services Database
Hamilton, Niagara, Haldimand, Brant
- Local Health Integration Network
www.rgpc.ca/oapsd
- Osteoporosis Canada
www.osteoporosis.ca
- Regional Geriatric Program Central Hamilton
www.rgpc.ca
- MSK CIAC – Hip and Knees Assessment Centre
Brantford, Hamilton and Niagara
www.mskciac.ca

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

Notes

| Team member | How they help |
|--|---|
| Nurse Practitioner/Nurse Clinician | <ul style="list-style-type: none">• Assesses patients referred to the rehabilitation program.• Works with the team to coordinate your care with various specialists.• Prescribes and reviews medications, tests and procedures. |
| Occupational Therapist (OT) | <ul style="list-style-type: none">• 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.• Assesses your thinking skills and memory.• Plans a program to increase your independence and safety in daily activities.• Makes recommendations for changes in the home, and for self-care equipment and aids as needed to improve your safety.• Works with caregivers and families to ensure your safety and independence. |

Notes

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

Notes

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

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

Notes

Welcome to Rehabilitation
Section M, Ward M2, Juravinski Hospital

Notes

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

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 | |
| | |

Keeping your skin healthy and free of pressure injuries

Unrelieved pressure causes skin and tissue damage and can lead to a wound. The wound is called a pressure injury, a pressure ulcer or a bedsore.

When you are sick and in the hospital you may not be moving around as much, which puts your skin at risk for a pressure injury.

A pressure injury can:

- develop around bony areas such as buttocks, hips and heels.
- develop in a few hours, yet take months to heal.
- appear as a very small area on the skin, but the size of the area on the skin may not show the damage under the skin.
- restrict your daily activities which can slow down your recovery.
- cause infection and illness.

How does a pressure injury occur?

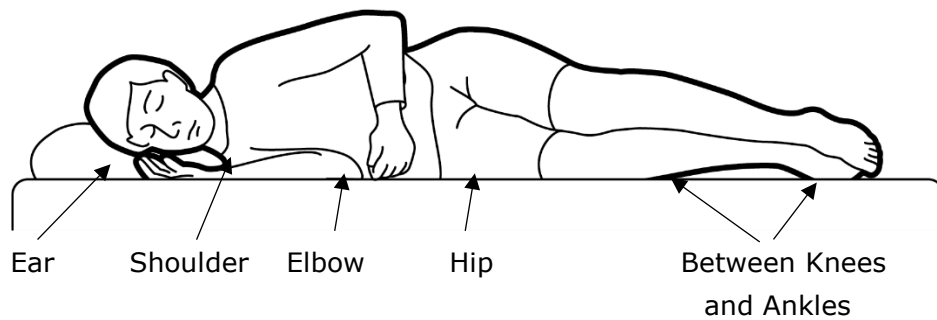
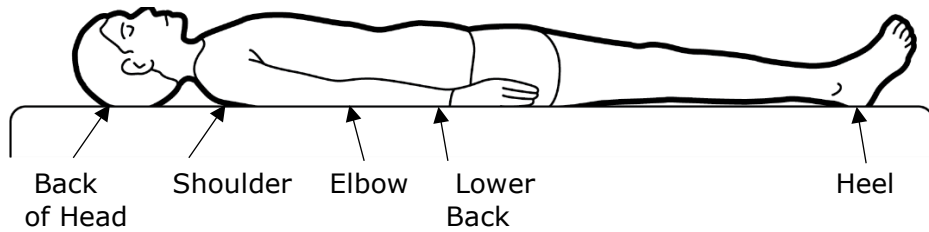
- If an area of skin is under pressure from being in the same position for a long period of time.
- If friction occurs by moving across the bed using heels or elbows.
- If there is a lot of moisture, for example – urine, sweat for a long period of time.

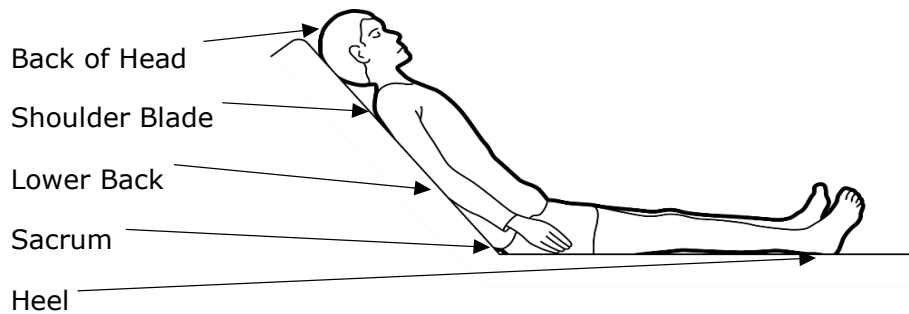
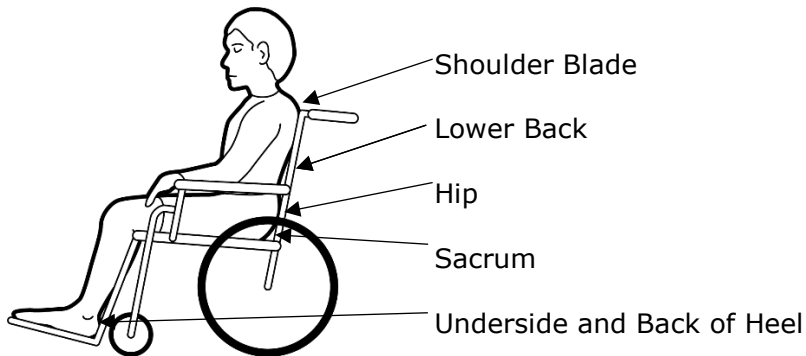
This is why your health care team wants to prevent pressure injuries from happening.

Welcome to Rehabilitation
Section M, Ward M2, Juravinski Hospital

Your health care team wants to help you keep your skin healthy and will be watching your skin for damage. Please tell us if you notice anything at all about your skin that needs attention.

Here are common areas on the body where skin can breakdown:





To prevent pressure injuries, please follow the 6 steps to healthy skin on the next page 



Step 1: Check your skin every day

- Let the staff know if you have any areas of tenderness, redness, blistering or bruising especially over bony areas.
- Watch for numbing or tingling in spots where you support your body such as forearms, shoulders and buttocks.
- Avoid massaging your skin over bony parts of the body.
- Report anything that is causing discomfort such as stockings or bandages.
- Look for darker areas of the skin that may feel hard or warm.



Step 2: Control your pain

- Take pain medication so you feel able to move around.



Step 3: Keep moving – Relieve pressure

- Change your position as often as you can while lying and sitting. Even a slight change can help.
- Get up or move in bed carefully. Try not to slide across the sheets.
- Get out of bed as soon as you are able.
- If you cannot move yourself, your team will help you change positions.



Step 4: Eat well – Your skin needs healthy foods

- Drink plenty of fluids as recommended by your doctor.
- Eat protein such as meats, legumes, seeds and dairy products.
- Ask to see a dietitian if you do not feel like eating or have special dietary needs.



Step 5: Stay clean and dry

- Use gentle soap and water or the hospital's cleanser and moisturizer products to gently clean your skin.
- Apply moisturizing lotion to dry skin to prevent cracking.
- Let staff know if your clothes or bedding are wet or damp.

Step 6: Know about special equipment

- Special equipment such as air mattresses, cushions or pillows may be used to help relieve any pressure areas

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