

Dr. Doug Watt Rehabilitation and Restorative Care Unit

Harbour View Hospital

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This 21-bed unit is located within the Harbour View Hospital, in Sydney Mines. It is our goal that during your time in our physical rehabilitation (rehab) program, we can help you go back to a life that is as full and rewarding as possible.

During your stay on the unit, your health care team will:

- › help you to recover as much as possible.
- › encourage and support you to do as much as you can on your own. This will help you to become independent again as quickly as possible.
- › answer any questions you may have about your stay and your plan of care.

This pamphlet gives important information. Please read it, share it with your support persons, and look back at it as often as needed.

What is the Rehabilitation and Restorative Care Program?

- This is a 2 to 8-week program to help you become as independent as possible.

- During your stay, your health care team will meet with you and your support persons to talk about your goals and give an estimated discharge date of when you will leave the hospital.
- Your health care team will assess your ability to:
 - › Bathe, groom, and dress yourself
 - › Use the bathroom
 - › Swallow
 - › Speak and understand
 - › Move
 - › Enjoy things that interest you
- They will also check your vital signs (temperature, blood pressure, heart rate, pulse, and breathing).

You will be discharged from the program if you:

- › Meet your rehab discharge goals
- › No longer meet the program criteria
- › Get sick and need to go back to the hospital for treatment
- › Have not identified your goals after 2 weeks
- › Are no longer improving
- › Cannot or will not do your therapy
- › Are disruptive or not respectful

What should you bring?

- Pyjamas
- Casual clothes (like pants, shorts, or exercise clothes)
- Well-fitting shoes or sneakers and socks
- Orthotics and or braces, if needed
- Personal care items (like soap, shampoo, toothbrush, toothpaste)
- Water bottle (getting enough fluids is important for your recovery)
- Laundry bag (you will be responsible for your own personal laundry)

What is a usual day like?

You will be expected to:

- Be awake and out of bed early
- Wash and dress
- Eat meals in the dining room:
 - › Breakfast: 8 a.m.
 - › Lunch: 11:50 a.m.
 - › Supper: 4 p.m.
- Do morning and/or afternoon therapy (like recreation therapy, physiotherapy, occupational therapy, speech therapy) each day from Monday to Friday. There is no therapy on weekends and holidays.

- Go to an education program on Tuesdays from 5 to 6 p.m.
- Go to a group therapy session on Wednesdays from 2:45 to 3:30 p.m. (if you have had a stroke)

You will have free time in the evenings. Weekend and evening passes to leave the unit may be available. Your health care team will tell you if you can have a pass. If you are able to have a pass, we encourage you to use it. Passes are an important part of the rehab program.

Food Services staff will visit you when you arrive to talk about what you like to eat. Please tell them if you have any problems or concerns.

Who is on my health care team?

Doctors

A team of medical doctors, including a rehabilitation specialist, will oversee your care during your stay.

Dietitian

The dietitian will check what you are eating and can suggest what to eat based on your needs. These suggestions can help you improve your health and manage diseases (like high blood pressure and diabetes).

Nurses

The nurses will work with your health care team to care for you during your stay. They will give you medication, check your vital signs, and help you with bathing, dressing, and going to the bathroom, if needed.

Occupational Therapist (OT)

The OT will:

- › help you to do as much as you can for yourself (like washing, dressing, cooking, bathing, using the bathroom).
- › help to find equipment to make things safer.
- › visit your home to find ways for you to get around easier, if needed.

Physiotherapist (PT)

The PT will help you with an exercise program to help you improve your strength, mobility (movement), and fitness.

Orthotist and Pedorthist

You may see an orthotist or a pedorthist, if needed. They provide orthopedic devices (like orthotics, braces) to improve and support your mobility and orthopedic needs. If you have concerns or need a follow-up visit (inpatient or outpatient):

- › Phone: 902-736-4402

Recreation Therapist (RT)

The RT will assess your ability to do things that you enjoy and that have meaning for you. They will work with you to help you do the things you enjoyed before you got hurt or sick. They may also help you to try new activities.

Social Worker

The social worker will:

- › help you plan to go home or to another living situation safely.
- › give you and your loved ones emotional support, if needed.
- › help you find community programs, if needed.

Speech and Language Pathologist (SLP)

The SLP will check your ability to talk and understand words. If you have trouble talking or understanding, they will help you try to improve your ability to talk, understand, read, or write. SLPs also work with the dietitian to make sure you are eating and swallowing safely.

Visitors

- Your support persons are important in your recovery. Visitors are welcome 24 hours a day (some restrictions may apply). If you have a lot of visitors, we will try to accommodate them.

- Children age 12 and under must be supervised by an adult at all times.
- Please see the Family Presence Guidelines included in your admission package for more information.
- Limited, free parking is available.

Safety guidelines for visitors:

- Rest is important for your recovery. You can have visitors whenever you choose, as long as you respect other patients (in shared rooms).
- Visiting may be restricted to protect the privacy and rights of other patients.
- Staff may interrupt visits to care for you and for you to attend therapy.
- **Visitors MUST NOT come to the hospital if they:**
 - › Feel sick
 - › Have an infection
 - › Have flu-like or respiratory (breathing) symptoms
 - › Have a contagious (can be passed to someone else) disease
 - › Have recently been in contact with anyone with the above symptoms

Discharge planning

When you are admitted, your health care team will work with you, your support persons, and support services to plan your discharge. We will help to create a safe discharge plan to meet the needs of you and your support persons.

Other information

Caregiver stress

It is common for caregivers to experience worry, sadness, fear, frustration, and grief. It is important for your support persons to:

- › Take care of themselves
- › Get enough rest
- › Eat healthy meals
- › Stay active
- › Make time for things they enjoy
- Mental Health and Addictions Crisis Line:
 - › Phone (toll-free): 1-888-429-8167
- Caregivers Nova Scotia:
 - › <https://www.caregiversns.org/>

Depression

Depression is common among people who are injured or sick.

- Symptoms of depression include:
 - › Trouble sleeping
 - › Gaining or losing weight
 - › Less energy
 - › Feeling irritable (annoyed)
 - › Trouble concentrating
 - › Feelings of hopelessness or helplessness
 - › Withdrawing from loved ones
 - › Negative thinking
 - › Not doing activities you used to enjoy

If you or your support persons think you might be depressed, please talk to your health care team. Help is available.

