

# Unit 8.1: Orthopedic Medicine

## Halifax Infirmary (HI)

Our goal is to get you home.

# Unit 8.1: Orthopedic Medicine

- The 8.1 Orthopedic Medicine Unit is for people who have a health condition that needs treatment right away.
- There are 3 health care services on Unit 8.1:
  - › Orthopedic Service (ORS)
  - › Hospitalist Medicine Service (HMS)
  - › Medicine Teaching Unit (MTU)
- Staff provide acute (short-term) care to adults with complex medical or surgical conditions.
- While you are in the hospital, you and your essential care partners will work with your members of your health care team to create a care plan based on your needs. This plan will help guide your care during your hospital stay.
- For your health care team to be able to give you the best care, it is important to talk to them about:
  - › Your goals during your stay on Unit 8.1
  - › What you and your essential care partners can do to make your care plan a success

## Home First and discharge planning

- It is important to start planning for your discharge home as soon as you are admitted to the hospital. Right now, you may not feel ready to go home. Our team will work with you to make sure that you have the support you need to go home.
- We know that for most people, living at home is where they want to be.
- Home First is about:
  - › creating a discharge plan with the goal of getting you back home.
  - › providing the care you need to keep living at home.
- We know it can be stressful to find and put in place all the programs and services you need. Please ask a member of your health care team for a referral to Home First. We can connect you to programs and services in your area.
- We can help you figure out the best next step for you if:
  - › You are facing health changes that affect your ability to meet your needs.
  - or**
  - › You are helping a loved one who wishes to return home from the hospital, but needs help to do this.

- We work with you and your essential care partners to find the best ways to support you at home.

**The following organizations can help you find resources to support your discharge from the hospital or your care at home:**

- Caregivers Nova Scotia
  - › <http://caregiversns.org/>
  - › Phone (toll-free): 1-877-488-7390
  - › Email: [info@caregiversns.org](mailto:info@caregiversns.org)
- 211
  - › [www.ns.211.ca](http://www.ns.211.ca)
  - › Phone: 211
  - › Email: [help@ns.211.ca](mailto:help@ns.211.ca)
  - › Text: 211
  - › Live chat is available online Monday to Friday, 9 a.m. to 4 p.m.

**What can I expect on the unit?**

- You will be cared for by nursing staff. They will give you your medication and help with your daily care.
- Each nurse cares for several patients. If your nurse is not available, you will get care from another member of the nursing team.

- You will have a call bell to tell the nurses if you need something. It may take some time for nursing staff to get to you.

## **Your health care team**

You will be cared for by a team that includes:

### **You and your essential care partners**

- You and your essential care partners are the most important members of your team. It is important that you and your essential care partners take an active role in your care and recovery. This may include:
  - › Asking questions about your care
  - › Being involved in making decisions about your care
- If you and your essential care partners would like to ask questions or share concerns, please talk to a member of your health care team. They will help arrange a meeting with the team.

## **Nursing staff**

- Nurses on the unit are trained in orthopedic medicine. They will:
  - › Assess your needs
  - › Give you medications and treatments
  - › Help you with your personal care
  - › Teach you and your essential care partners about your care
  - › Check for changes in your condition
  - › Work with other team members to coordinate your care

## **Charge nurse**

- The charge nurse is responsible for coordinating patient care and movement on the unit. They keep the unit running smoothly.
- They are also a resource and support for staff, patients, and essential care partners. Please talk with the charge nurse if you have any concerns.

## **Health services manager**

- The health services manager looks after the administration and leadership of the unit.

## **Occupational Therapist (OT)**

- The OT will:
  - › look at how well you can do daily activities (like washing, dressing, eating, and housework) on your own.
  - › work with you and your essential care partners to suggest equipment and tools that can make your return home safer and easier.
  - › teach you what the equipment is for and how to use it.

## **Physiotherapy**

- A physiotherapist (PT) and a physiotherapy assistant (PTA) will work with you on your range of motion, strength, walking, and transfers (moving from one position or place to another, like from a bed to a chair). This will help you to be as independent as possible when you go home.
- If the physiotherapy team says it is safe, your essential care partners can also help you with your exercises and with getting out of bed more often.

## Dietitian

- The dietitian helps people who need better nutrition. They can help you order a healthy amount of nutritious food to help prevent weight loss.

## Continuing Care Coordinator

- The continuing care coordinator works with you and your health care team to help you return home safely.
  - They will work with you to find out what services you may need at home or in a clinic, and connect you with those services.
  - For more information, please ask a member of your health care team for pamphlet 2120, *Continuing Care: Important Information for You:*
    - › Visti: [www.nshealth.ca/patient-education-resources/2120](http://www.nshealth.ca/patient-education-resources/2120)
- or

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)





## **Spiritual Care**

- Spiritual care providers give counselling that offers spiritual and emotional support. They can support patients and essential care partners of any ethnic or religious background.

## **Social worker**

- The social worker works with you and your circle of care team to find resources (financial or other types of resources and services) you will need during your hospital stay and after you go home.
- They can also help you and your essential care partners cope with the stress and decisions that often come with illness and being in the hospital.

## **Patient Representative**

- This service is available to patients and essential care partners who have concerns, compliments, or feedback about any part of your hospital stay.
- To talk with a patient representative:
  - › Phone (toll-free): 1-844-884-4177
  - › Email: [CZpatientrelations@nshealth.ca](mailto:CZpatientrelations@nshealth.ca)

## Visiting

- Visitors are an important part of your healing. Rest is also important.
- Visiting hours:
  - › **11:30 a.m. to 2:30 p.m.**
  - › **4:30 to 8:30 p.m.**
- There is a rest period from **2:30 to 4:30 p.m.** each day.
- If you are not feeling well, we may ask your visitors to keep their visit short. Visitors may be asked to wait in the family waiting room (located between Unit 8.1 and Unit 8.4) during certain procedures.
- **Your essential care partners should not visit if they are sick.** Sickness that may feel mild to them could be severe (very bad) for a patient in the hospital.
- **Visitors cannot sit on a patient's bed or use patient bathrooms.**
- There are chairs in each patient room for visitors to use. Please ask a nurse if you need more chairs.
- There is a public bathroom near the entrance to the unit.
- Your essential care partners are important for your recovery. If you cannot decide who may visit, your next of kin or essential care partner can decide for you (with help from a nurse).

## How your essential care partners can help you in the hospital

- **It is important for you and your essential care partners to take an active part in your care.** Patients who are more involved with their care are likely to heal better and faster. This includes taking part in every decision about your care.
- Your essential care partners can help with tasks like eating or physiotherapy. Please talk with your health care team about how your essential care partners can help with these and other parts of your care.
- **We do not recommend that visitors stay overnight.** It is important for them to leave the hospital to rest and take care of other parts of their life. This will help them to:
  - › be a strong part of your health care team.
  - › get ready for when you are discharged. If they get too tired now, it will be harder to help you after you leave the hospital.
- We understand that this may be an emotional time for your essential care partners. They can talk to health care team about any needs that come up.

## Rights and privacy

- Staff on the unit respect and value your privacy. It is important for patients, visitors, and staff to respect each other's rights and privacy.
- Before you take photos or videos on the unit, please ask staff if it is OK.
- For more information, please ask a member of your health care team for pamphlet 0466, *Your Rights and Responsibilities*:
  - › [www.nshealth.ca/patient-education-resources/0466](http://www.nshealth.ca/patient-education-resources/0466)



## TV service

- TV service is provided by an outside company.
- To get TV service in your room:
  - › Visit: [www.ConnectMyBed.ca](http://www.ConnectMyBed.ca)
  - › Phone (toll-free): 1-866-223-3686
- You can also ask a member of your health care team for information.

## Parking

- There is a parking garage on **Summer Street** across the street from the Summer Street entrance.
- The garage has **hourly and daily rates**. For current rates, visit:
  - › [www.nshealth.ca/locations-and-facilities/halifax-infirmery](http://www.nshealth.ca/locations-and-facilities/halifax-infirmery)

## Parking discount

- If you have been in the hospital for **14 consecutive (in a row) days**, your essential care partners can get a discount on parking.
  - › They can ask staff at the nursing desk for help applying for the parking discount.
  - › They can apply **once a week** (7 days). The discount is valid for 1 week. After the week is over, they can apply again.

## Street parking

- There is **metered parking** on Summer Street.
- There is **1 and 2-hour** parking on streets near the hospital.
- You may get a parking ticket if your meter time runs out.

## Personal belongings

- If you have valuables (like jewelry, money, credit cards, or cheque books) with you, send them home with your essential care partners.
- **The hospital is not responsible for the loss of any items.**
- If you cannot send your valuables home, please talk with a member of your health care team.
- **Nova Scotia Health is scent-free.** Please do not wear any scented products.

## Waiting room

- There is a public waiting room between Units 8.1 and 8.4.

## Bathroom

- There is a single-stall, public bathroom beside the entrance to Unit 8.1.

## **Accommodations for visitors**

- If your essential care partners need a place to stay in Halifax:
  - › There are not-for-profit lodgings near the QE II that have rooms for patients and their essential care partners.
  - › Local hotels may also have discounted rates for essential care partners of patients in the hospital. They can ask about this when they book their room.

### **Halifax Haven Guest Home**

5897 Inglis Street

- › <https://halifax-haven.wixsite.com/haven>
- › Phone: 902-421-1650
- › Email: [halifaxhaven@gmail.com](mailto:halifaxhaven@gmail.com)

### **Point Pleasant Lodge**

1121 South Park Street

- › Phone: 902-421-1599
- › [www.pointpleasantlodge.com](http://www.pointpleasantlodge.com)

### **Sobey Cancer Support Centre (run by the Canadian Cancer Society)**

5826 South Street

- › Phone (toll-free): 1-800-639-0222 or 902-423-6183
- › <https://cancer.ca/en/living-with-cancer/how-we-can-help/accommodation>

## Conveniences at the HI site

### Bank machines

- There is an ATM in the Camp Hill Veterans' Memorial Building (VMB), which is attached to the HI.
  - › VMB main entrance, 1<sup>st</sup> floor

### Summer Savory Restaurant

Halifax Infirmary Building, 2<sup>nd</sup> floor

- › **Weekdays:** 7:30 a.m. to 7 p.m.
- › **Weekends and holidays:** 8 a.m. to 7 p.m.

### Veterans' Memorial Cafeteria

Camp Hill VMB, main floor

- › **Weekdays:** 7:30 a.m. to 2:30 p.m.
- › **Weekdays and holidays:** Closed

### Drugstore

Shoppers Drug Mart

Halifax Infirmary building, 1<sup>st</sup> floor

Summer Street entrance

- › **Weekdays:** 8:30 a.m. to 5 p.m.
- › **Weekends and holidays:** Closed



## **Quiet prayer and meditation space**

Halifax Infirmary building, 2<sup>nd</sup> floor (beside the library entrance)

- This space is open 24 hours a day. It is for anyone who wants a quiet, peaceful place. The space has an area for worship, prayer, and meditation.

## **Wi-Fi**

- Patients and visitors at the QE II have free access to wireless Internet services (Wi-Fi).
- Wi-Fi areas are marked with signs.
  - › Network name: QEII-Public
  - › No password is needed

## Questions?

- If you have any questions about your care, please talk to your nurse.
- If you still have concerns after talking to your nurse, please contact the charge nurse.
- The charge nurse can help you contact the unit manager, administrative coordinator, or patient representative, as needed.

## Important phone numbers

- › Unit 8.1 nursing station: 902-473-7500
- › Halifax Infirmary patient switchboard: 902-473-1510

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* Orthopedic Medicine Unit, HI  
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To be reviewed January 2028 or sooner, if needed.