

Restorative Care Unit (RCU)

All Saints Springhill
Hospital

Mailing address

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Restorative Care Unit (RCU)

Welcome to the Restorative Care Unit (RCU) at All Saints Springhill Hospital. The goal of the RCU is to help you get back to living as independently as possible.

When you are admitted to the hospital, your health care team will start working with you and your essential care partners to plan for your discharge. Your essential care partners are people you have chosen to give you physical, psychological, and emotional support (like help making decisions, coordinating your care, and communicating with your health care team).

Your health care team

You will be cared for by a team. This includes people who are involved in your care each day, and people who are consulted or involved as needed.

Dietitians

- Dietitians help find out your nutritional needs and work with your health care team to find the best way to meet these needs.
- Tell your health care team if you have any food allergies or intolerances (like celiac disease or lactose intolerance).

- Tell your health care team if you have any nutrition needs or concerns (like trouble swallowing or chewing, or other concerns). The dietitian will meet with you and your essential care partners to give nutrition care and education.

Doctors

- Several doctors will care for you in the RCU. Please tell a nurse if you would like to talk with a doctor.
- Specialists will be consulted, as needed.

Occupational therapists (OTs)

- OTs help you learn how to do daily activities on your own. Their services may include:
 - › Prescribing a custom wheelchair for sitting and positioning
 - › Making devices to help with independent living
 - › Home assessment for accessibility
 - › Cognitive (thinking) and perceptual (awareness) assessment and retraining
 - › Hand assessment and therapy
 - › Helping with self-care and activities of daily living

Physiotherapists (PTs)

- Everyone admitted to the RCU for rehabilitation (rehab) will have physiotherapy.
- The PT will work with you to improve your mobility (movement), strength, and balance. They will also help with any movement or walking. This may include using walking aids (like a cane or a walker).
- When you are discharged from the RCU, you may need follow-up care with a PT at your local outpatient or community clinic. We will refer you, if needed.

Registered nurses (RNs)

- RNs monitor and care for patients 24 hours a day. They will help you to care for yourself and be as independent as possible. They will also answer your questions and address your concerns.

Social workers

- Social workers help with discharge planning to your home, a nursing home, or another community setting. They can also arrange and help with family meetings, refer you to community services, and help you access financial (money) resources, if needed.

Speech Language Pathologists (SLPs)

- SLPs help with swallowing assessments and speech therapy. An SLP is available by request, as needed.

To be admitted to the RCU:

- You must be referred by your primary health care provider (family doctor or nurse practitioner) using the RCU referral form.
- You must agree to take part in activities at the RCU to the best of your ability.

About the RCU

- The RCU includes:
 - › Single and double rooms
 - › A shared tub and shower room for all patients on the unit
 - › A lounge and a dining room with a small kitchen for patients to use
- You may be moved to accommodate other patients, as needed.

What should I bring to the hospital?

Clothing

Bring a few outfits to wear. Your clothes should be comfortable and easy to wash, like:

- Comfortable, loose-fitting pants
- T-shirts
- Sweaters
- Underwear, bras, and socks
- Pyjamas
- Shoes with a closed toe and heel that fit well (like sneakers). Shoes with rubber soles and laces are best.

There are no laundry machines on the RCU. Ask your essential care partner to pick up your dirty laundry once a week (7 days). If you do not have someone who can do this, please talk to an RCU staff member.

Personal items

The RCU does not provide personal items. Bring any items you usually use at home, like:

- Any medications you are taking (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements).
- Toothbrush

- Toothpaste
 - Deodorant (unscented)
 - Soap (unscented)
 - Shampoo (unscented)
 - Lotion (unscented)
 - Razor or electric shaver
 - Comb or brush
 - Glasses and case, if you use them
 - Contact lenses and case, if you use them
 - Hearing aids, if you use them
 - Dentures, cleaner, fixing agents, and case, if you use them
 - CPAP machine, if you use one
- You will use these in your therapy.

Equipment

- Bring walking aids (like a walker or a cane), if you use them.

Valuables

- Leave all valuables (like jewelry, money, credit cards, cheque books) at home. **The hospital is not responsible for the loss of any item.**
- You are responsible for your belongings. Staff cannot store or lock up your valuables.

- Any personal items left on the RCU will be thrown away within 1 week after your discharge.

Scent-free policy

All Nova Scotia Health buildings are scent free. Please **do not** bring scented products.

Meals

Choosing your meals

- All patients on the RCU use the food service program called Bedside Assist. Dietary staff will visit you in your room and show you the menu on a tablet. They will go through the menu with you and record your choices.

Meal times:

- › Breakfast: 7:30 a.m.
- › Lunch: 11:30 a.m.
- › Supper: 4:30 p.m.
- If visitors bring you food, please tell your nurse. Put any items that need to be kept cold in the fridge. **Food and drinks must be labelled with your name.**
- We encourage you to make yourself at home and use the kitchen. Please keep the patient kitchen clean.

Visiting hours

- Visiting hours are from 11 a.m. to 8 p.m. each day.

Phone

- There is a phone beside each bed. The phone number is posted at the bedside. There is no cost to receive phone calls in your room.
- Local calls are free. Dial 7 before the phone number.
- You cannot make long distance calls from these phones unless you call collect.

TV

- There is a TV in each room.

Wi-Fi

- Patients and visitors on the RCU have free access to wireless Internet services (Wi-Fi).

Recreation

- There is a calendar of activities posted on the fridge in the patient kitchen. Activities include:
 - › Card games
 - › Bingo
 - › Musical guests

Passes

- To use a day, overnight, or weekend pass, you must:
 - › have a health care provider approve your pass.
 - › sign a *Temporary Leave of Absence* form before leaving the RCU.

Smoking

- **Smoking and vaping are not allowed anywhere on Nova Scotia Health property.**
- The hospital's main doors are locked between 8 p.m. and 6 a.m.
- Products to help you stop smoking are available. Please ask your nurse for more information.

Infection control

- All staff follow provincial guidelines to make sure that food, equipment, and living spaces are clean and safe for patient use.
- Washing your hands often is the best way to prevent the spread of infection.
- There is also hand sanitizer available throughout the RCU.
- Isolation precautions are sometimes needed to keep germs from spreading from one patient to another. If you are on isolation precautions:
 - › You will stay in a single room.
 - › **Do not** put food items from your room in the fridge. You may only put items in the fridge if they have **not** been in contact with you or your room.
- Please **do not** visit the RCU if you are sick. This is to help lower the spread of infection.

Staying healthy

- An essential care partner must bring you to and from any appointments outside of the hospital. If you do not have someone who can do this, please talk to an RCU staff member.
- Flu shots are offered to patients in the RCU in the fall.

Pets

- Pets are **not** allowed on the RCU.

Fall and injury prevention

- Falls are the most common cause of hip fractures for frail and older adults.

Why am I at risk of falling?

- You may be at a higher risk of falling if you:
 - › are in a new environment.
 - › recently had an illness or surgery.
 - › wear slippers or footwear that do not fit well.
 - › have an urgent need to go to the bathroom.
 - › have confusion.
 - › are taking medications that may cause drowsiness or lower your blood pressure.

Ways to stay safe

- Ask your nurse for help, especially at night. Use your call bell and wait for the nurse.
Do not try to get up on your own unless your health care team says it is OK.
- Falls often happen when you get up to go to the bathroom. Be sure to ask for help if you need it. Use the handrails by the toilet and sink.

- **Do not** use furniture to support yourself. It may be on wheels, or not strong enough.
- Make sure the brake on any movement aids (like a wheelchair or walker) are on before sitting down or standing up.
- Keep personal items where you can reach them.
- Wear your glasses and hearing aids, if you use them. Make sure they are working properly.
- Wear footwear that fits well. Flat shoes with enclosed heels, rubber soles, and laces are best. **DO NOT** wear slippers unless they fit well and have nonslip soles.

Remember:

- If it is dark, have the lights turned on over your bed and/or in your room.
- Sit on the bed for a minute before you stand up. If you stand up quickly or have been in bed for a long time, you may get dizzy.
- If you have a walking aid, make sure you use it at all times. Ask for help if your walking aid is not within reach.
- Get your balance before you start to walk.

Your rights and responsibilities

- Ask for pamphlet 0466 - *Your Rights and Responsibilities*.
 - › www.nshealth.ca/patient-education-resources/0466



What are your questions?

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

Notes:

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>

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