

Unit 7.4: General Neurology, Acute Stroke Care Unit, and Epilepsy Monitoring Unit

Halifax Infirmary (H.I.)

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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To be reviewed February 2026 or sooner, if needed.

Our goal is to get you home.

My health care team:

Neurologist _____

Resident _____

Health Services Manager _____

Charge Nurse(s) _____

Nurse Practitioner _____

Dietitian _____

Occupational Therapist _____

Speech Language Pathologist _____

Physiotherapist _____

Social Worker _____

Spiritual Care Worker _____

Recreation Therapist _____

Pharmacist _____

Welcome to Unit 7.4

We are a 33-bed unit caring for people with stroke and other problems of the brain and nervous system.

We want to give you and your loved ones the best possible care. This pamphlet will help you learn about how your health care team works to meet your needs.

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 that it can be stressful to find and put in place all of the programs and services you need. **Please ask 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 meet 1 of these:
 - › 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 loved ones 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
- 211
 - › www.ns.211.ca
 - › Phone: 211
 - › Email: help@ns.211.ca
 - › Text: 21167
 - › Live chat is available online Monday to Friday, 9 a.m. to 4 p.m.

Waiting room

There is a waiting room by the elevator between 7.1 and 7.4. This is a cozy room with a TV, puzzles, and magazines.

There are recreation therapy activities here each day. The schedule is posted outside the door. The visitor bathroom is outside 7.4.

Family room

This is a comfortable, quiet room for loved ones beside the patient kitchen. You and your loved ones can use this room to talk privately with your health care team about your plan of care.

Places to stay in Halifax

Ask the ward clerk or your nurse for a list of places to stay near the hospital. Many have a lower rate for loved ones.

You may also talk with the social worker about finding a place for your loved ones to stay at a lower rate.

Parking

The parking lot on Summer Street charges an hourly rate. There are also parking meters. After you have been in the hospital for 14 days, you can get a discount on parking rates. Please ask the ward clerk for more information.

Food and drink

Summer Savory Restaurant

2nd floor (Summer Street entrance)
> 7:30 a.m. to 11 p.m. (everyday)

Drugstore

1st floor (Summer Street entrance)
> Weekdays: 8:30 a.m. to 5 p.m.

Personal belongings

Leave all valuables (like jewelry, money, credit cards, cheque books) at home. The hospital is not responsible for the loss of any item. Ask your loved ones to bring in comfortable clothes and sturdy, non-skid shoes (like sneakers) for physical activity.

Important telephone numbers

- > Unit 7.4: 902-473-2258
- > Patient switchboard: 902-473-1510

Please name 1 person to get and give details to the rest of your loved ones. This avoids confusion and lets your health care team spend more time with you.

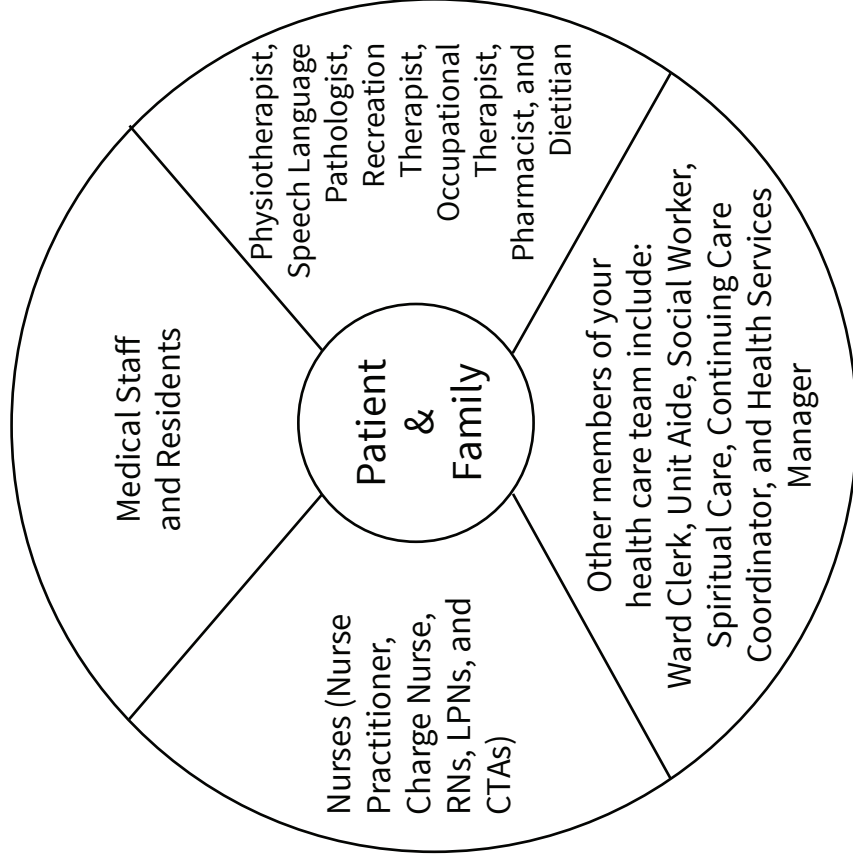
Nursing staff give a handover report between 6:30 to 7:30 a.m., and 6:30 to 7:30 p.m. every day. Patient updates may not be available during this time.

What are your questions?

Please ask. We are here to help you.

Your health care team

We know that this is an emotional time for you. We are here to talk with you about your needs at any time. Your personal details will only be shared with people who you choose as family.



Patient Relations representative

They will help you and your loved ones with any concerns you may have about your hospital stay or care.

- > **Phone: 1-844-884-4177 (option 4)**

While you are here

Visitors

We believe that spending time with your loved ones is important for your healing. Rest is also important for healing. We do not have formal visiting hours. We ask that your loved ones respect:

- > your need for rest.
- > when you are busy being cared for by staff and are not able to visit.
- > the needs of other patients in your room. Please limit the number of visitors to 2 at a time when possible.
- > the equipment that is stored in the hallways and in patients' rooms.
- > patient bathrooms. These are for patient use only. Public bathrooms are located outside the unit.

If you need towels, blankets, or anything else, please ask a member of your health care team.

Social worker

The social worker can help you and your loved ones with concerns about being in the hospital. They can offer support with money issues and help plan for your return home.

Spiritual Care

Spiritual Care serves all faiths. Ask your nurse to help you contact them. There is a chapel on the first floor of the Halifax Infirmary, on Summer Street near the security office.

Recreation therapist

They plan fun group activities. You will learn about new hobbies and skills you may want to try when you go home.

Continuing Care Coordinator

The continuing care coordinator helps arrange for services you may need when you go home. For more information, please ask for a pamphlet or visit:

> www.nshealth.ca/patient-education-resources/2120

Health services manager

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

Who is on my team?

You and your loved ones

The care, love, and support of your loved ones is very important. We welcome your loved ones questions and ideas. Please tell a member of your health care team if you would like us to meet with your loved ones to talk about their questions and concerns.

Nurses

Our nurses (RNs, LPNs, and CTAs) have special training in working with patients who have brain conditions. They are with you 24 hours a day to watch for changes in your condition, and to plan your care with your other team members.

Care Team Assistants (CTAs) help with basic patient care, like bathing, dressing, feeding, and answering call bells.

Charge nurse

Working with the whole team, the charge nurse plans the overall care and patient movement within the unit. They act as the “go-to person” for staff and patients.

Nurse practitioner (NP)

The NP has extra training in working with people who have brain and/or nervous system conditions. They will work with you and your loved ones during your stay.

They work with the team to make you as healthy as possible and to prevent future problems.

Ward clerk

The ward clerk looks after clerical issues (like keeping patient charts in order, answering the phone, ordering meals, and making appointments for tests). They can often help you with your questions.

Unit aide

The unit aide orders supplies. They make sure that rooms are stocked with what you and your nurse will need for the day. They may also help set up meal trays.

Medical staff

You will have a neurologist (doctor who specializes in the nervous system). You will also meet doctors at different levels of their training. Medical staff often change every few weeks. This means that you may have different doctors caring for you during your stay.

Pharmacist

The pharmacist will review your medications and help your team decide on any medication changes that may be needed during your stay. If you have any questions about your medications, please ask the pharmacist.

After we go over your medications with you, we suggest asking a family member or friend to take home all medications that you will not need during your stay.

Dietitian

The dietitian works with the team to make sure you get the right type and amount of food. They also check to make sure that you can swallow safely.

Speech language pathologist (SLP)

SLPs work with people who have trouble talking and understanding others. They will give you tools to help you communicate.

Physiotherapist

They will work with you to help you build your strength. They will teach you how to get around on your own, or with help. They may also help you with deep breathing and coughing exercises.

Occupational therapist

They will work with you to help you do things on your own (like bathe, dress, eat, and more). They will show you how to do things in different ways to make them easier. They may also suggest tools that you can use at home.