

About the Rehab Unit

Helpful information

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Staff from Food and Nutrition Services will bring you a menu and explain how room service works (see page 10).

Time on the rehab unit is typically an abrupt and often overwhelming change from our planned lives. As we yearn for full recovery or cure and a return to normal life, gains can seem painstakingly small and the effort exhausting. But each gain is valuable and each step forward furthers your progress.

Take heart that you are in one of the nation's very best hospital-based rehab units. The doctors and staff are absolutely dedicated to helping you each and every day to maximize your recovery of daily activities. Through the sadness and the joy, work hard! Your time on 8-North will pass very quickly.

~ Patient Advisor

This section of *Rehab and Beyond* describes your room and the rehab unit. If you have questions about the unit, please ask your nurse or any member of your care team.

Rehab Unit Layout

The rehab unit is on the 8th floor of the hospital, in the 8-North wing near the Pacific elevators.

The unit has 18 beds. There are 5 single rooms and 9 double rooms, arranged in the shape of a rectangle. The nurses' station and main services are at the entrance to the unit. Besides patient rooms, other rooms on the unit include the Laundry Room and the Patient and Family Lounge/Conference Room.

Your Room

Your room is designed for your comfort and safety, and to make it easy for your care team to help you.

- Your bed can be adjusted. Your nurse will teach you how to adjust your bed and bedside table so you are comfortable and safe.
- There are wall lights above the bed. The controls for these lights are near the door. If you need help with your lights, please ask your nurse or other staff.
- There is a special ceiling light that your doctor or nurse may use. It is controlled by a timer switch on the call panel near the head of your bed.
- There is a bathroom in your room. There is an emergency call button/pull cord right next to the toilet.
- For each bed in the room, there is 1 chair for visitors to use.
- There is space in the room to store your personal items.
- Your room is cleaned every day.

Call Button

Use your call button to call for your nurse if you need help. The call button unit can be clipped close to you so that you can reach it easily. When you push the call button, you may hear a nurse answer through the call panel intercom near the head of your bed.

The call button unit also includes controls for the TV so that you can change channels and adjust the volume.

If you cannot operate the controls on the call button unit, talk with someone on your care team about other options. We can change the controls to make them easier to use.

Heating/Cooling

If you are too hot or too cold, please tell your nurse. We can give you a fan or extra blankets.

Phone in Your Room

There is a phone for each bed in your room. To make local calls outside the hospital, enter 9 before entering the phone number.

We also have phones for patients with special needs. Ask your nurse if you need this kind of help.

For long-distance calls:

- You can use a calling card that you bring from home.
- You can buy phone cards at the Gift Shop, on the 3rd floor (main level).
- To make a collect call, enter 9 and then 0 to talk with an outside operator.

Cell Phones

Some patients prefer to use their cell phones to make phone calls. If there is medical equipment that your cell phone will interfere with, you may be asked to turn off your cell phone.

Internet

You can use your own laptop computer while you are on the rehab unit. There is free Wi-Fi service in your room. You must have your own Internet service provider. Ask your social worker about how to get an Internet service provider if you do not already have one.

To access the Internet:

- Turn on your laptop, smartphone, or other wireless device.
- Choose the network “Patients and Visitors.”

- Open your Internet browser.
- Review the Terms and Conditions.

Entertainment

Your room has a TV that is mounted on the wall. Your call button unit has a TV channel changer and volume control. You can ask for a hand-held TV remote from your nurse. DVD players are also available for you to use.

To learn more about services in the hospital, watch channel 2, our Information Channel. It covers a lot of useful information in a 15-minute show that runs 24 hours a day.

Also, entertainment and educational videotapes and DVDs are available at the front desk of the unit. Your recreational therapist can tell you about other entertainment options while you are in the hospital.

Meals and Food

Meal Service

The medical center offers room-service meals to inpatients. Staff from Food and Nutrition Services will bring you a menu and explain how room service works. You can choose what to eat from the menu.

Food will be delivered to your room outside of your scheduled therapy times. **Please note that your medical needs may decide what foods you can and cannot eat.**

An after-hours Food Cart with sandwiches and snack foods has a planned route through the hospital every night from 7 p.m. to 3:30 a.m. The schedule of stops is posted on most floors and is available at the front entrance desk. Or, ask a staff person when the Food Cart will be in the rehab unit.

There is also a small kitchen, called the Nourishment Room, on the unit. It has simple snack foods and drinks for patients.

Food from Home

If you want to store food from home in the refrigerator in the Day Room, please tell your patient services specialist (PSS),

patient care technician (PCT), or nurse (RN). All foods must be labeled with your name and the date you place them in the refrigerator.

If you are on a special diet, your doctor will need to approve any foods brought from outside the hospital.

Visitors

Your family and friends are welcome to visit at any time, but we ask that they respect your therapy schedule. Visitors may be limited if you have a roommate or for your own health needs.

A visitor ID is needed between 9:30 p.m. and 5:30 a.m. Your visitors can get their ID in the hospital lobby on the 3rd floor.

Infection Control

It is very important to guard against infection while in the hospital. You and your loved ones will be asked to follow infection control guidelines during your stay.

All guests and staff must clean their hands with soap and water or hand sanitizer when they enter your room. This is for your safety and the safety of others on the unit.

Smoking

UWMC is a smoke-free and tobacco-free hospital. We are committed to a safe and healthy environment for our patients and the entire hospital community.

If you smoke or use tobacco, please ask your nurse for more information about these resources:

- UWMC's handout called "Resources to Quit Smoking or Using Tobacco"
- Nicotine patches or gum to use during your stay
- Quit-smoking session with a pharmacist

Family members and visitors who smoke can buy low-cost nicotine gum in the Gift Shop on the 3rd floor or from the after-hours Food Cart.

Rehabilitation Services Library

There is a Rehabilitation Services Library on the unit. It has patient education videos and materials and is located in the Conference Room next to the entrance to the rehab unit.

Questions?

Your questions are important. Talk to your doctor, nurse, or other health care provider if you have questions or concerns.

While you are a patient on UWMC's inpatient rehab unit, call 8-4800 from your bedside phone. From outside the hospital, call 206-598-4800.

After discharge, call your primary care provider or UWMC's Rehabilitation Clinic: 206-598-4295