Lying on my back in the Rehab Unit of UWMC, I began to notice the metal ribs that supported the hanging ceiling. There were names, dates, and even some words of advice printed on those narrow metallic strips...

Day by day, what was printed up there began to speak to me: I am not alone; I am not the only one in this new predicament. Others have gone ahead of me, and from their words and presence on the ceiling, they encourage me.

My name is now one of those on the ceiling...When you are ready, consider adding yours.

~ Patient Advisor
This section describes many of the features of your room and the Rehab Unit. If you have questions about the unit, please ask your nurse, social worker, or anyone on your care team.

**Rehab Unit Layout**

The Rehab Unit has over 20 beds in 9 rooms that are arranged on the unit in the shape of a rectangle, with the nurses’ station and main services at the entrance to the unit.

The floor plan at right shows where you and your loved ones can find other rooms such as the Day Room, Laundry Room, and Patient and Family Lounge/Conference Room.

**Your Room**

Your room is designed for your comfort and safety, and to help the nurses and doctors care for 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 main wall lights above the bed. The controls for these lights are near the door. A special ceiling light that may be used by the doctor or nurse is controlled by a timer switch on the call panel near the head of your bed. If you need help with your lights, please ask your nurse or other staff.

There is a bathroom in your room. There is an emergency call button/pull cord right next to the toilet. The shower and tub are in the center of the Rehab Unit.
There is one chair per bed for visitors to use. There is space in the room to store your personal items. Your room is cleaned every day.

**Call Button**

A call button system lets you 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. This remote/unit also includes controls for the TV so that you can change channels and adjust the volume. When you push the call button, a nurse may answer through the call panel intercom near the head of your bed.

If you are not able to operate the controls, talk to someone on your care team about other options. Accommodations can be made to allow easier access.

**Heating/Cooling**

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

**Phone**

Each room has a phone in it. You can make calls to other numbers within the hospital by using the prefix 9 before the number you plan to dial. We also have phones for patients with special needs.

For long distance calls, you can use a calling card that you bring from home. Phone cards are also available to buy at the Gift Shop, located on the 3rd floor (main floor). Collect calls may be made by dialing 9 and then 0, and talking with an outside operator.

Cell phones must be turned off while in the unit. Cell phone signals cause problems with equipment that is used to monitor patients. Cell phones can be used in public areas such as the Day Room.
**Internet**

You can connect your own laptop computer for dial-up or DSL service in your room. You must have your own Internet service provider. Ask your social worker about options to secure an Internet service provider if you do not already have one. Ask your nurse for the instruction card about connecting your computer.

**Entertainment**

Your room has a TV that is mounted on the wall. Your call button remote/unit has a TV channel changer and volume control. You can request a hand-held TV remote you’re your nurse.

Watch channel 2, our Information Channel, as it covers a lot of useful information about our hospital. Entertainment videos are available at the front desk. Your recreational therapist can tell you about other entertainment options.

**Meals and Food**

**Meal Service**

The three main meals of the day are breakfast, lunch, and dinner. The exact times you receive your tray each day may vary.

Your breakfast tray will hold a slip listing the menu choices for the next day. Select your menu for the next day and give the sheet to your nurse before the end of the day. You may also add items to the menu that are listed on the Supplementary Menu. You must ask for this special menu from your dietitian or nurse. Please note that your medical needs may dictate what you can eat.

A snack cart with sandwiches and snack foods travels throughout the hospital at night. The snack schedule is posted on most floors and is available at the front entrance desk.

There is also a small kitchen, called the Nourishment Room, which is equipped to provide simple snack food and drinks for patients at all times.
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 8-North call:
206-598-4800

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

Food from Home
If you wish to store food in the refrigerator, please inform your inpatient patient services representative (IPSR), hospital assistant (HA), or nurse (RN). All foods must be labeled with your name and the date you place them in the refrigerator, and can be stored in the refrigerator in the Day Room.

Visitors
Your visitors and family are welcome 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.

Infection Control
It is highly 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 wash their hands when they come to your room. This is for your safety and the safety of others on the unit.

Smoking
Smoking is not allowed inside the hospital. The smoking area is on the 3rd floor behind the Gift Shop. Please tell your nurse if you would like to use this area.

Rehabilitation Services Library
There is a Rehab 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.