

About the Rehab Unit

Helpful information

In this section:

- ***Rehab Unit Layout***
- ***Your Room***
- ***Meals and Food***
- ***Visitors***
- ***Smoking***



Staff from Food and Nutrition Services will bring you a menu and explain how room service works (see page 8).

Our time on the Rehab Unit is often

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 UWMC - Montlake. It is in the 8N (8-North) wing of the hospital, near the Pacific elevators.

The unit has 16 beds. The nurses' station and main services are at the entrance to the unit. There are 2 bathrooms on the unit that are like bathrooms you would find in a house. One has a tub and shower stall and the other has a large walk-in shower. There is also a Laundry Room and a Patient and Family Lounge/Conference Room.

Your Room

Your room is set up 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 and a special ceiling light that your doctor or nurse may use.
- There is a bathroom in your room. There is an emergency call button/pull cord right next to the toilet.
- 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 when you need help. When you push the call button, you may hear a nurse answer through the panel near the head of your bed.

The call button unit can be clipped close to you so that you can reach it easily. The unit includes controls for the TV so that you can change channels and adjust the volume.

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

Heating and 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.

Cell Phones

If you prefer, you may use your cell phone to make calls.

Internet

You can use your own smartphone, tablet, or laptop computer while you are on the Rehab Unit. Most areas of the hospital have free Wi-Fi access. To connect to the internet:

- Open your wireless device (such as laptop or smartphone).
- Choose the network called “Patients and Visitors.”
- Open your internet browser.
- Review our Terms and Conditions.

Entertainment

Your room has a TV mounted on the wall. Your call button unit has a TV channel changer and volume control. You can also use your own streaming or smart TV device.

Rehabilitation Gym

You will work with your therapists at the Rehab Gym. The gym is in the hospital, just a short distance away from 8N. Staff will help you get to and from the gym.

The gym has:

- Mat tables for you to lie or sit on to practice moving and doing your exercises

- Parallel bars and other equipment to help you with walking
- Weights, bikes, and other equipment to help you gain strength and endurance in your arms and legs
- Puzzles, games, small items, and other equipment to help you with fine motor coordination

Meals and Food

Meal Service

The hospital offers room-service meals to inpatients. Staff from Food and Nutrition Services will bring you a menu and explain how the service works. Your meals 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.

Hospital Cafeteria

The cafeteria is called the Plaza Café. It is on the 1st floor of the hospital, near the Pacific elevators. It is open every day.

Espresso and Coffee

There are 3 Espresso stands in the hospital:

- Near the Gift Shop, 3rd floor, open weekdays and weekends
- In the rear of the Plaza Café, 1st floor, open weekdays
- In the Surgery Pavilion, 1st floor, open weekdays

You can also buy drip coffee in the Gift Shop on the 3rd floor.

Food from Home

If you want to bring food from home:

- Tell your patient services specialist (PSS), patient care technician (PCT), or nurse (RN).
- 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.

Hospital visitors need to wear an ID badge between 9:30 p.m. and 5:30 a.m. Your visitors can get their ID in the lobby on the 3rd floor.

Smoking

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

If you are a patient and you smoke or use tobacco, ask your nurse about:

- Our handout called “Resources to Quit Smoking or Using Tobacco”
- Nicotine patches or gum to use during your stay
- Quit-smoking session with a pharmacist

