

About the Transitional Care Unit

Adapted from: Capital Health, Province of Nova Scotia, QE II TCU Implementation ©

The Transitional Care Unit provides care for people who no longer need to be in a hospital and are waiting for a place in a nursing home or other community space. There is a daily charge to the patient once transferred to a Transitional Care Unit that is not covered under MSI.

The Goals of a Transitional Care Unit

- To provide a safe and comfortable environment to our patients who are receiving restorative, convalescent or palliative care, or waiting for nursing home placement.
- To work with you and your family to provide the individual care you need.
- To help you to maintain and/or improve your skills and abilities so that you may be as independent as possible.
- To make sure our staff has the knowledge and skills to care for you.
- To create partnerships with nursing homes and the Department of Health for those individuals waiting to be placed in a nursing home, and to make sure the transfer is smooth and timely.

The following facts and tips will help your family as you get ready for your stay on the Transitional Care Unit. If you have questions, please ask any member of our staff. We will be happy to help you.

Visiting

Your family and friends are a big part of your health care team. Visiting hours are open and as flexible as possible within the hospital unit. A family lounge offers a private and cozy place for you to visit.

Parking

This is the responsibility of the family. While there should be lots of parking available it will come at an additional cost. There may be reduced rates for family of patients who stay at the hospital more than 14 days in a row. Please see the unit clerk for information.

Clothing

We ask you to wear your own clothing and to bring outfits that are comfortable and easy to put on. Please put your name on all your clothing. Our storage space is limited, so please limit your clothes to five or six changes of clothing.

Laundry

Family members are in charge of your laundry. There may be washers and dryers on site but be prepared to take the laundry home to clean.

Valuables

Valuables such as cash, jewellery and credit cards should be taken home by family members. The hospital is not responsible for the loss of valuables or personal items such as hearing aids, dentures and eyeglasses.

Suggested Personal Belongings to Bring to Transitional Care Unit (TCU)

(Please label all items with name)

Clothing

Cozy, well-fitting and easy-to-put-on clothing.

Shoes

This is the footwear of choice with no heels and cozy, easy-to-join stretchy laces or Velcro.

Slippers

Research has given us proof that wearing slippers raises the chance of falls. If you must wear slippers, do not use the slip-on type and a good sole is best. Velcro fasteners for swelling are ideal.

PJ's/nightgowns

Should be loose fitting and warm. (Hospital gowns may be available)

Grooming items

Bring toothpaste, toothbrush, denture cleaner, deodorant, comb/brush, shaving supplies. All products are to be scent free. These items must be supplied by you and your family.

Photo album/Pictures

Small, pocket size. For those with memory problems, kindly write in who is in the pictures.

Food items

If they are brought in, they should be individually packaged and sealed in small amounts. Patients and families are in charge of checking the food to avoid spoilage.

Flowers and plants

If you do bring in, please use a vase that is not easy to break (like plastic). Artificial flowers are preferred.

Phone

There is a phone at each bedside, which can receive incoming calls. Outgoing service can be set-up for a fee. Use the instructions on the phone.

TV

TV service can be supplied. The sales person will return your call and arrange for prepayment.

Health Care Team

We have listed the members of your health care team. This interdisciplinary team meets daily to review your care, your individual goals, and to plan for your discharge (leaving the hospital). The most important member of this team is you, the patient. You and your family are included in all aspects of your care.

Clinical leader

The clinical leader is a registered nurse who works closely with and provides support to the nursing staff and other team members. He/she is available to address any concerns and questions you or your family may have. The clinical leader is accountable and responsible for providing competent, safe, and ethical nursing care.

Team leader

The team leader is a Licensed Practical Nurse (LPN) who works with you, your family, and other team members to coordinate your care.

Licensed practical nurse

The LPNs provide safe, competent care to their patients.

Family doctor

Visiting the unit daily, the doctor provides medical care during your stay with us.

Physiotherapist and physiotherapy assistant

These team members provide you with treatment programs aimed at maintaining and building your strength, balance, and ability to move.

Nutritionist

The nutritionist works with you and other team members to provide good nutritional care and to take care of any nutritional concerns you might have.

Social worker

The social worker works with you and the team to assess your plan of care and goals. The social worker also provides counselling and support to you and your family.

Palliative care consult nurse

The palliative care consult nurse works with members of the interdisciplinary team. He/she is available to talk about end-of-life issues with palliative care patients and their families.

Pharmacist

The pharmacist reviews your medications with the doctor and nurse regularly. He/she is available to provide information on current and new medications your doctor orders. The pharmacist alerts the nursing staff and doctor of possible drug interactions or adverse reactions. The pharmacist will also help you learn about your medications, should you need them.

Environmental services

The unit housekeeper keeps the Unit, patient rooms, and patient lounge clean.

Spiritual care

A list of spiritual care providers is kept at the Central Registry. If you want a spiritual care provider to visit you, please tell your nurse.

*You viewed this article on the Caregivers Nova Scotia website www.CaregiversNS.org. For more information, contact us toll-free at 1.877.488.7338.