

Provincial Acute Stroke Unit Patient Information

Welcome to the Provincial Acute Stroke Unit

This is a special 10 bed unit staffed by a team skilled in the care of stroke patients. The makeup of your team depends on your needs.

The first days after a stroke are very important for healing and preventing complications.



We will:

- make sure your health is stable by regularly checking your blood pressure, heart rate and brain functioning
- do tests to identify the cause of your stroke
- treat you to reduce the risk of further strokes or other complications
- start stroke rehabilitation as soon as possible (usually within 1-2 days).

Family Spokesperson

Please identify one person to ask questions and update family and friends. This helps the team spend more time with you and protect your privacy.

The contact person can talk with staff in person or by phone by calling 902-894-2574; a message can be left if staff is busy.

Visiting Hours

Although there are no set visiting hours, keep in mind that you will likely need lots of rest and time for therapy. Rest time from 1:30-2:30 pm is very important as people with stroke often feel tired.

In the morning, patients will have breakfast, medications and get cleaned up. Therapy and tests happen during the rest of the day.

Children under 12 are welcome under the supervision or care of another adult. No more than two people per patient should visit at a time. Consider the needs of the person(s) who may be sharing the room and make use of common spaces for visiting.

Feel free to limit visitors to manage your energy and schedule as needed. It is your right not to have visitors.

Shift Change

Shift changes are: 7:30 am, 3:30pm, 7:30pm and 11:30 pm. At this time, staff are busy reviewing patient information and oncoming staff will meet patients in their rooms. The best time for family to get information about a patient is about one hour after a shift change.





Meals

Meals usually come around 8:00am, 12:15pm and 4:45pm.

Swallowing problems and difficulty eating are common after a stroke. Visitors may be distracting and make eating more difficult.

The speech-language pathologist may recommend you change what you eat and drink. That's because some foods are hard to chew and thin liquids are often hard to swallow safely. Food and drink brought in from outside of the hospital must meet recommendations to avoid choking or infection.

Family can talk with staff to understand your needs and how to best help.

Notes

Patient White Boards

There is a white board in each room with the date, nurse's name, goals, and the estimated date you will leave hospital. You or your family can also write questions or leave contact information. Consider what you share as others can see it.

Personal Space and Belongings

We value your need for privacy, rest and recovery. We use privacy curtains to help create a distinct space for each person. Please keep noise to a minimum and use headphones when watching TV, listening to the radio, or using mobile devices.

Please bring only the belongings you need from home. Label all personal belongings with your name and leave valuables at home.

