

# Information for Teens



PMH



**SickKids®**  
THE HOSPITAL FOR  
SICK CHILDREN

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## Welcome to Princess Margaret Hospital

Soon you will be transferred to Princess Margaret Hospital (PMH) for your ongoing medical care. This brochure has important information about the hospital. When you come to PMH, you will notice some differences between this adult healthcare centre and The Hospital for Sick Children (Sick Kids). Change is never easy. Big changes, like this one, can be stressful and difficult. You may have been cared for by doctors, nurses and other healthcare professionals for a long time, and may have become close to them. Getting to know your new

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healthcare team in a new place can be challenging. We want you and your family to know that we will support you during this time of change. We look forward to getting to know you and your family, and we welcome you to PMH.

## Why come to PMH?

- \* To meet your new health care team.
- \* To continue to have your health monitored.
- \* To make sure you stay healthy.

## Where is Princess Margaret Hospital?

- \* PMH is at 610 University Avenue, just northwest of Sick Kids
- \* Take PMH's Virtual tour: [http://www.uhn.ca/directories/virtual\\_tour/index.html](http://www.uhn.ca/directories/virtual_tour/index.html)
- \* The front entrance is on University Avenue
- \* The back entrance is located on Murray St. - there is a patient drop-off driveway
- \* Parking is available off Murray St. (a reduced monthly rate is available).

## What to bring with you:

- Health coverage information: Your Ontario Health Card and your private health insurance plan information, including policy and identification numbers.
- Important names, addresses and phone numbers: Your emergency contacts, referring and family doctors.
- Medical information: A list of all your medications and dosages and your allergy history. If possible, bring the medications with you.
- Copies of your medical records may have been sent to PMH already. To make sure, please check with your Contact Nurse at Sick Kids before your first appointment at PMH.
- Family member or friend for support: It's important to have someone with you to help you remember what was discussed, to make sure you get to ask all your questions, and to support you.
- Things to help pass the time: Bring a book, magazine, homework, crossword book, a discman, some CDs, or computer laptop. Because we take the time necessary to help



each person with his or her healthcare concerns, you may have to wait for a long time in the waiting room. Be prepared to spend 3-4 hours at the hospital.

## What will happen on your first visit?

- A volunteer will meet you in the clinic.
- We will give you a PMH blue card that has your Medical Record Number (MRN) on it. You will need this card if you ever have to call the hospital for a test result.
- You will meet your primary doctor and nurse at the clinic.
- Blood work will be done and the results will be discussed with you.
- Depending on the doctor's examination and your blood work results, you may need more tests.
- A plan for your care will be developed with you.
- Contact information will be given to you including telephone, fax and pager numbers.

## How are things done at PMH?

Pediatric healthcare centres, like Sick Kids, offer family-centred care. Things might feel a little different at PMH because the focus is more patient-centred care. Although you will be the focus of care here, your family's involvement is welcome.

- Information is given to you, the patient. Parents, family members or friends can be included in these discussions if you wish.
- You will be required to sign consent forms for treatments or procedures.
- At PMH, most patients are over the age of 18. Special arrangements will be made, if possible, to schedule your clinic appointments with others closer to your age.

Some procedures are done differently:

- Blood withdrawal is done from a vein in your arm or from a central line. The finger poke method is not used.
- Bone marrow aspirate and biopsy are not done under general anesthetic, also known as sedation or conscious sedation. We do make sure the area is well frozen by administering a local anesthetic prior to starting.

If you have questions or concerns about these procedures, please talk to your PMH team.

## **Getting around PMH...**

### **Who can give us directions when we arrive?**

- Come to the Main Lobby, also called the Murray Street Atrium;
- Ask for directions at the Information Desk;
- Ask a volunteer, wearing a burgundy vest or jacket, for directions.

### **What is an outpatient clinic and where will I find one?**

The outpatient clinics are where you will meet with your doctor for your regular appointments. They are located on these different floors of the hospital:

- Hematology Clinic - 2nd and 14th floors
- Adult After Care Clinic - 4th floor
- Brain Tumor Clinic - 18th floor

### **Where do I go to have my blood taken?**

- Main floor, next to the pharmacy
- Check in at the blood lab desk first

### **Where do I go to get my X-rays, CT scans and MRI's done?**

- Take the glass elevators to the 3rd floor, turn left, then left again and walk down the hall. Medical Imaging is on your right.

### **Where do I go to get my prescriptions filled?**

- At the Pharmacy on the main floor, next to the blood lab.

### **Where are the inpatient floors?**

- They are located on the 14th, 15th, 16th, 17th and 18th floors.

## **What if I have questions?**

You remain under the care of your team at Sick Kids until your first appointment at PMH. If you have questions or concerns, call your Contact Nurse at Sick Kids.

