Welcome to the Cardiology Inpatient Unit

Information for patients and families at 5PMB Cardiology Inpatient

Read this brochure to learn:

• How we provide patient-centred care
• Who is part of your health care team
• What you need to know when you leave the hospital
Welcome
Welcome to the University Health Network (UHN). UHN is made up of 4 hospitals:

- Toronto General Hospital
- Toronto Western Hospital
- Princess Margaret Cancer Centre
- Toronto Rehabilitation Institute

We are a teaching and research hospital connected to the University of Toronto. A teaching hospital trains new doctors, nurses and other health care workers. Students work with your health care team while teachers and hospital staff guide them. You are on 5PMB. This is the Cardiology Inpatient Unit at Toronto General Hospital.

Our vision at the 5PMB Cardiology Inpatient
Cardiology Inpatient is a place where patients and families know that they come first. We support all our staff to make that a reality.

We provide patient-centred care
Patient-centered care is an approach to health care that respects:

- what matters most to you
- your health care choices

We use patient-centred care across UHN.
Who is on my health care team?
The health care team on Cardiology Inpatient includes different health care providers.

Nurse Practitioners
Nurse Practitioners are registered nurses with advanced training. They have a Master's degree and are certified as nurse practitioners. Our nurse practitioners have special training in cardiac care.
Nurse Practitioners provide excellent health care in many ways. They may:

- Ask about your health history & do medical exams
- Order medicines and tests for you
- Talk to you about your test results

Nurse Practitioners work with other team members to make sure your care meets your specific needs. They also:

- Teach you about your condition and your care
- Help you and your family plan for going home

Physician Assistants
Physician Assistants (PAs) are medically educated health care professionals practicing medicine as members of a team and provide health care in a variety of medical settings. Under the overall supervision of a physician, PAs may:

- Take histories and do physical exams
- Order and interpret tests
- Diagnose and treat illness
- Counsel on preventive health care

A PA's practice may also include education, research and administration.
Registered Nurses
The staff nurses have special skills in caring for patients with heart problems.

Nursing students
UHN is a teaching hospital. All nursing students in the in-patient unit get close supervision from teachers and staff. Students will introduce themselves to you so that you know who they are.

Patient Care Assistants
Patient Care Assistants help you with your personal care needs (such as bathing and feeding). They are staff members trained by the hospital.

Cardiologists
Cardiologists are medical doctors who have special training in caring for patients with heart problems.

Pharmacists
Pharmacists give you information about the medicine you are taking. They also help to make sure you have the best medicine for you.

Social Workers
Social Workers help you and your family plan for going home. They can help you find services in the community. They also offer counselling to help you to cope.

Physiotherapists
Physiotherapists work with you to improve your strength, balance and coordination.

Occupational Therapists
Occupational Therapists help you to be more independent. They help you with every day activities like eating, dressing and bathing.

Cardiac Dietitians
Cardiac Dietitians help you learn about healthy eating and what to eat for a special heart diet.
**Spiritual Care Professionals**  
Spiritual Care Professionals offer spiritual and religious care. They support patients and families of all faiths.

**Your medical team**  
Which medical team you need depends on the type of cardiac health problem you have. Your nurse will tell you which medical team is caring for you.

There are 4 medical care teams on the Cardiology Inpatient Unit:
1. **General Cardiology**
2. **Electrophysiology (EP)**
3. **Adult Congenital Heart Disease (ACHD)**
4. **Heart Failure**

**How does my medical team work?**  
Your primary care provider is your Nurse Practitioner (NP). This person sees you every day, Monday through Friday. Your Nurse Practitioner works with the cardiologist to plan your care.

**What care will I get at night and on weekends?**  
To give you the best care, our doctors are always in the hospital during the night or on weekends.

Every day after 5:00 pm, there is a cardiology fellow on-call. The fellow will deal with any urgent medical problems on the unit. On the weekend (before 5:00 pm), your attending staff cardiologist and/or cardiology fellow will continue to follow your medical care.
How does the hospital lower the risk of infection?
All members of the health care team wash their hands before and after caring for you. You can remind them to do this. We will remind all visitors to use hand sanitizer before and after visiting.

If your visitors are not feeling well, please ask them to come back and visit you when they are feeling better.

What services can patients and families use while on the unit?

Pantry
• There is a pantry near the Team 1 Nursing Station. Patients and families can use the microwave, kettle, fridge, water and ice machine.
• You can store food from home in the fridge. Please label all items with your name. Please remember to take away your food when you go home.
• There is juice and milk in the bottom drawers of the fridge. Please only use a small amount, as we only have a limited supply.

Patient education room
The patient education room is near the pantry. It has information for patients and their families. It also has a computer with internet access.

Patient and visitor lounge
Feel free to use the patient-visitor lounge, which has a TV. You can find it at the entrance of the unit.
I wear a heart monitor or telemetry pack. What do I need to know?

• If you are wearing a heart monitor you must stay on the 5th floor. You can only leave the ward area if your primary care practitioner says it is okay.

• If you are wearing a telemetry pack and want to have a shower, please tell us. Talk to your nurse or the telemetry room nurse before you take off the leads.

Where are the call bells?
Your call bell is attached to the wall next to your bed. Please make sure you can reach it at all times. Press the button anytime you need help. Each washroom also has a call bell.

What else should I know?

• If you want to bring in personal electronics such as a fan or radio, we need to check them first.

• Please do not use perfumes and scented products on the unit. The hospital is a scent-free environment.

• There is a patient whiteboard in your room with the current date, and the names of members of your health care team and possible discharge date.

• Nursing shift report at the bedside occurs when there is a change in the assignment that requires transferring of care from one nurse to another.

   Nursing shift report at the bedside happens in the mornings and in the evenings (between 7:00 am to 7:30 am and 7:00 pm to 7:30 pm).
What do I need to know about being discharged? (leaving the hospital)

You will be discharged when your doctor decides with you that you no longer need medical care at the hospital.

- If you need any help or support when returning home, your health care team will call the Home and Community Care. They will meet with you to talk about your care needs and any resources in the community that may be right for you.

- **Discharge time is before 11:00 am.**
  The 11:00 am discharge time allows the hospital time to prepare beds for other patients waiting to be admitted.

- You will be asked to wait in the discharge lounge on the unit, if your family or transportation arrive after 11:00 am.