

# Welcome to **MEDICINE**



The specifics of your stay on the medicine unit will be determined by your reason for admission and the investigations and treatments that you require. In general, you can expect a visit from your physician daily, treatments and assessments by nursing and allied health services such as physiotherapy and occupational therapy.

## WHAT SHOULD I EXPECT?



### NURSING

Shift change occurs twice a day at 7am and 7pm. At the beginning of every shift, your assigned nurse will come to the bedside around these times to introduce themselves, complete a safety check and discuss your plan of care for the day.

### PHYSICIANS

Your primary physician may change during your stay in hospital. Each new physician has been provided with a handover of your particular needs and your history.



You may see additional physicians who are specialists in a particular disease process or organ system. They provide additional advice and recommendations. They will be in close communication with your primary physician.

### STUDENTS



Cambridge Memorial Hospital is a teaching hospital. We provide clinical learning experiences for learners in all areas of patient care. When a student is assigned to your care, they will introduce themselves as a learner and will be closely supervised by one of our experienced staff members.

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## INFECTION PREVENTION



Many individuals admitted to hospital are placed in isolation as per infection control. This is to ensure that we are not sharing illness between patients. In many cases, the isolation is temporary and is lifted when standard screening results are reported back.

Isolation instructions will be posted outside of your room, if they are required. All visitors will follow the guidelines and wear the appropriate Personal Protective Equipment while visiting.



## PHYSICAL ACTIVITY

Staying in bed can slow your recovery and delay discharge from hospital. We encourage patients to sit up in chair and to walk around the unit when able. This will help with breathing, sleep, and maintaining strength. Please ask a team member what your safe activity level is.



## DISCHARGE PLANNING

Planning for discharge occurs early, often at the time of your admission. Careful planning allows us to help you create the most optimal discharge plan to meet your specific needs. Many different members of the care team will be involved in your discharge planning.

### Contact Information

Medicine A

Medicine B

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