

Pain Management

You will experience pain after surgery. The nurses are sensitive to your needs and will frequently ask you about your pain and if your prescribed pain medication is helping to relieve your pain. Please speak to your nurse if you need more pain medication. You may be offered a variety of pain medication options including patient controlled analgesia (**PCA**), epidural pain management, through the IV, as an injection or by mouth. Your nurse will explain how the medication that has been ordered by the doctor will help you.

Who else can I talk to?

The nurse manager on 1B is Cheryl Allen. She is available to speak with patients and families. We also have a coordinating nurse (**CN**) who is responsible for the running of the unit on each shift. You may ask to speak to the CN at any time. All of the nurses will encourage you to ask questions and discuss any problems you are having. We want to make your stay as pleasant as possible.

Something More

The Credit Valley Hospital has developed a patient handbook that is available in all patient rooms. We ask that you take some time to review the handbook.

The TV and the telephone are serviced by the hospital. Please refer to the handbook for instructions.

Thank you from the nurses and multi-disciplinary team for taking the time to read about 1B surgery at The Credit Valley Hospital.



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***Welcome to
1B Surgery***



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What to expect on 1B

1B is a busy surgical nursing unit with patients at all stages of recovery. Patients are admitted post-operatively from the post anaesthetic care unit (**PACU**) and also from the emergency room. Patient care is prioritized based on the patient's condition.

If you need the nurse, please use the call bell at your bedside. Urgent and emergency situations may prevent your nurse from responding to your call immediately. All of the nurses work together to meet patient needs in these instances. We appreciate your understanding when/if these circumstances arise.

Where's the Doctor?

Many patients and families ask when the doctor will be making rounds. 1B does not have set times for surgeon and/or family doctor rounds. Each day their visit may be at a different time depending on their own busy schedules. Your nurse will contact your doctor or the doctor on-call as necessary. We suggest that you write down questions for your doctor so that you can make the most of your time together.

Meals

Meals on 1B are delivered by our patient service representatives (**PSRs**). Breakfast, lunch and dinner are served at the bedside. If you have dietary restrictions or require assistance with your meals, inform your nurse.

Ice water and light foods are available in the 1B kitchen. We will be happy to direct you. Food from home can be labeled and kept in the patient fridge.

Housekeeping

Our PSRs are also responsible for cleaning rooms and the nursing unit. The nurses will straighten or change your bed as necessary. To assist the PSRs we ask that personal items are kept to a minimum.



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Visiting on 1B

Visiting hours on 1B are 2 p.m. to 8:30 p.m. We ask that only two visitors at a time come to the bedside. There may be instances when the nurses will ask your visitors to step out of the room while providing nursing care. If you are in a two or four bed room, your visitors may also be asked to step out while care is provided to your roommate. We understand that this may be inconvenient for you and your visitors but we are sensitive to the needs and privacy of all our patients. Family members are discouraged from staying overnight. Under special circumstances it can be negotiated with the Nurse Manager or delegate.

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