

## Safety is Everyone's Concern

**Fall Prevention**—Wear non-slip footwear and use mobility equipment if needed.

**Infection Control**—Wash hands thoroughly, using soap, after using the washroom. Use hand sanitizer upon entering and leaving a patient's room, and upon entering and leaving the Palliative Care Unit. When visiting an *Isolation Room*, carefully read all signage on the door before entering and follow the directions accordingly.

**Medication Safety**—Do not give patients any medications, even those they may have taken at home. All current medications from home should be brought to the unit and given to a nurse for safety and consistency of care. For more safety information request a copy of the brochure titled :

“A Safe Place for All—How You Can Help.”

## We are here to Help

For more information about the services in this pamphlet ask your nurse or contact these numbers:

**Palliative Care Services:** (306) 655-5868  
**Spiritual Care Support:** (306) 655-5000  
**Social Worker Support:** (306) 655-5519  
**Music Therapy:** (306) 655-5526  
**Volunteer Support:** (306) 655-5525  
**Palliative Nurse Station:** (306) 655-5530

## Visiting the Palliative Care Unit



To enhance patients' stay and for the convenience of families and friends:

- 24 hour visitor access
  - After 8:00pm use the emergency entrance to receive a visitor's pass
- One parking pass for family members per patient room
  - Parking is also available on the street and in the visitor parking lot
- Two rooms for overnight stays
  - Rooms may be reserved from 8:30pm to 8:30am by speaking with your nurse
- A pet may be brought directly to a patient's room with prior approval
  - If it has its vaccinations
  - If pet is kept on leash
- With prior approval, alcoholic beverages for patient use may be brought to the unit
- Smoking is not allowed on hospital grounds
- Take-out food may be brought into the unit
- The Palliative Care unit is a “Scent Free Unit”. Arrangements and cut flowers are welcomed with the exception of lilies

## The Palliative Care Unit

The Saskatoon Acute Palliative Care Unit is located at St. Paul's Hospital on the 5th floor. The unit provides complex symptom management and imminent end of life care for its patients.

The 12 bed unit is comprised of 12 private rooms for individual patient care, and each room is provided with a sleep chair and recliner for patient and family comfort.

Although each patient has a private room, family and friends visiting the unit are reminded that quiet, respect, and thoughtfulness for others who share this space is appreciated by all.

The average stay for an acute palliative care patient on this short-stay unit is two to three weeks. Once a patient no longer requires acute palliative care, a member of the team will contact the patient and family regarding discharge.

If returning home is not possible, it will be necessary to make arrangements for a transfer to a personal care home or long-term care facility.

While awaiting transfer to long-term care, patients are charged the daily fee set by the province for long-term care.



[saskhealthauthority.ca](http://saskhealthauthority.ca)

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[www.saskatoonhealthregion.ca/palliative-care](http://www.saskatoonhealthregion.ca/palliative-care)

# Welcome Acute Palliative Care Unit



“Green Skies and Purple Seas Sunset”  
courtesy of Gina De Gorna

## Palliative Care Services



## Spiritual Care

Support is offered through words, acts and compassion. Spiritual Care Associates and Interns are available from 8:00am to 11:00pm daily. Arrangements can also be made for spiritual care for various Christian and other traditions. There are a number of places to find solitude and peace:

- The Chapel—3rd floor
- First nations Prayer and Ceremonial Room - 5th floor
- Multi-faith Stillness room—5th Floor

## Music Therapy

For many, music provides a soothing and reflective experience. A part-time music therapist offers individual and family support through a variety of musical elements.

## Palliative Care Physicians

On the unit daily, and available for urgent request 24 hours a day, the Palliative Care Physician usually has primary medical responsibility, and communicates with the patient and family. The Palliative Care Physician works in consultation with your family doctor and other specialists.

## Support Services

Palliative Care Services offers a number of support services to help patients and families. For more information about the services listed below please ask your nurse or see the contact list on the back of this pamphlet

## Volunteer Support

Trained volunteers are on the unit daily to provide companionship to patients and families. Caregiver relief for short periods of time can also be arranged.

## Bereavement Support

Ongoing bereavement support through community groups, memorial events and telephone follow-up is available to families.

## Social Work Support

Social Workers provide support to patients and families addressing issues of change, loss and grief. They assist with advanced health care planning, and provide resource information for wills and funeral planning. They can also provide information on financial resources and benefits. Support and resources are also available to help parents guide children through the grieving process.

## Unit Amenities

For patient and family use, the unit provides a kitchen with ice water, a coffee maker, toaster, kettle, stove and microwave. There is also a fridge for patient food storage. When using the kitchen to prepare snacks or light meals, please leave the kitchen ready for the next person by doing your dishes and tidying up the area. Please also be mindful of your time in the kitchen as others may want to use the facility for food preparation. There is a day room, a library, and a quiet room. The library and quiet room each contain a pull-out bed for family members wishing to stay overnight on the unit. They may be reserved from 8:30pm to 8:30am. Please speak with a nurse to reserve.

## Hospital Amenities

There is a cafeteria in the basement level of the hospital offering full meals and light dining. The gift shop on the main floor of the hospital offers small personal items, gifts, cards and an assortment of snack foods. There is also an ATM machine and a Tim Horton's coffee shop on the main floor.

## Room Amenities

Each room on the unit is equipped with a television and a direct-line telephone. There is a private bathroom, a bedside table, and a bulletin board to display personal items. There is also a sleep chair and recliner for the comfort of patients and family members.



## Personal Items from Home

You will want to bring personal items from home that you use on a day to day basis, such as personal toiletries, non-slip footwear, mobility equipment, hearing aides, dentures, glasses, shaving kit, etc. Please label personal items and leave valuables at home, or check them with the nurse for safekeeping. All current medications should be brought from home and given to the nurse for consistency of care and patient safety.