



5 West Transplantation and Cellular Therapy Unit

Guide for Patients and Families

"In July 2010, I was diagnosed with Acute Lymphoblastic Leukemia. I was both nervous and scared of the journey ahead. Everything was new to me. It was overwhelming. Upon my arrival to 5 West, I was greeted by friendly faces that reassured my fears and made me feel as comfortable as possible under the circumstances. I never felt alone. 5 West is composed of professional, amazing nurses and doctors who are there to deliver world class care, and they provide kind and loving care every step of the way."

– *Danny Boulais*

Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.

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Dear Patients and Family Members of 5 West

During your stay on 5 West, we will provide you with the world class care, exceptional service and compassion you would want for your loved ones. To make this possible, we ask for your involvement and participation in your care. We have created specific guidelines tailored to your special needs and the needs of 5 West. Please follow these procedures to protect yourself.

Visitor Policy

- For infection control purposes, 5 West is a locked unit. You must phone the unit to gain entry. The phone is located on the wall by room 5204 and is a direct line to the unit. When you call, you will be asked the purpose of your visit and will be screened for contagious symptoms. You must wash your hands with alcohol based hand rub (ABHR) prior to entering and exiting the unit.
- Those with contagious symptoms are prohibited to enter the unit. This includes, but is not limited to, cough, cold, fever, vomiting, diarrhea, and pink eye.
- A primary caregiver is mandatory during your admission. This person can visit you at any time. If your primary caregiver is unable to visit you due to illness, other alternative caregiver arrangements can be made. Speak with your nurse or Clinical Care Leader if your primary caregiver changes at any time.
- Between the hours of 3pm and 8pm, you are allowed a maximum of two screened visitors; this includes your primary caregiver.
- Visitors are not permitted to use the patient's washroom.
- Children under 12 years of age are prohibited on 5 West.
- Ensure your visitors remain in your room. Loitering in the hallway is not permitted.
- Please be aware that visitation rules may change at any time without warning due to a unit outbreak, pandemic, or other infection control concerns.

Infection Control

This unit has been designed for the specific needs of transplant patients and the immunocompromised individual. Therefore, we follow strict infection control guidelines to help prevent the transmission of disease.

- Flowers, potted plants, fresh or dried medicinal marijuana and fresh fruit are **NOT** allowed on the unit.
- The unit kitchen is only accessible by hospital staff. Each patient room has a fridge for personal use. If you require use of the microwave, please speak with your nurse or orderly.
- We suggest staying on 5 West to limit your exposure to others. If you do leave your room, you **MUST** wear a surgical mask at all times to protect yourself against infection. These are found outside of every room. To apply the surgical "blue" mask:
 - Wash your hands
 - Apply surgical mask (masks are only effective when dry)
 - Ensure the mask covers your nose and mouth
 - Wash your hands again
 - Upon return to your room, wash your hands
 - Remove your mask
 - Wash your hands again
- Patient Centered Hand Hygiene is encouraged for all patients. You will find ABHR on your bedside table; this bottle is to remain there at all times. Please wash your hands with the ABHR when you take your medication, eat your meals, after toileting and before you leave your room.
- Please limit the amount of personal belongings you bring into your room. Keeping the surfaces in your room clear allows your daily housekeeper to better clean your space and reduce your risk of infection. You will be provided with a tote for storage. All rooms also have a closet and bedside table with drawers.
- All electrical appliances (lamps, fans, etc.) must be cleared with a TOH electrician before they are used on the unit. Please speak with your Clinical Care Leader for more information.

