

# Welcome to post 7 (ward 7)

Klinikk for medisin (Medical Clinic)

Ward 7 specializes on patients with lung diseases, cancer and hematologic conditions. Our teams consist of physicians, nurses, dietitians, physiotherapists, occupational therapists, speech and language therapists and social workers. You will be assigned a nurse who will be responsible for organizing your examinations and treatments.

**Our phone number:** 23 22 58 70

Yours,  
Caroline Hammer, Head Nurse.

## For the patient

### Aids and inhalation medications

When admitted to the hospital, please bring any aids, including BiPAP, CPAP and inhalators, to the hospital and continue using them normally while staying at the hospital.

### Hospital rounds

The physicians do their hospital rounds between 09:30 and 15:00 on weekdays. In weekends and at night only new patients and patients with particular medical needs are seen. If you wish to leave the ward temporarily, please consult your nurse to make sure no examinations, treatments or consultations are due during your absence.

### Reception desk

The reception desk is located in the middle of the ward. Feel free to contact the ward receptionist if you have any questions.

### Nurse call cord

Next to your bed there is a cord you can use to call the nurse if you are in need of help.

### Meals

Dinner is served in the dining room / TV room between 12:30 and 12:55. For other meals, please help yourself to the buffet in the dining room. If you are physically unable to get the food yourself, the nursing staff will be happy to help you.

### Hand hygiene

Hospital patients are more vulnerable to infectious diseases than healthy people, and viruses that cause diarrhea or colds are easily transferred from one person to the next. We do not wish you to be infected, and we do not wish others to infect you. Accordingly, it is very important that you and any visitors you may receive observe the hygiene guidelines carefully. You will find disinfectant dispensers on the wall along the corridors, in the rooms, and in the bathrooms. There are wash basins in every room. You must keep your hands clean and especially make sure you wash or disinfect your hands properly when entering the dining room. Your visitors must wash or disinfect their hands upon entering and leaving.

Side 3

**Valuables**

The rooms are not secure, and we can not assume responsibility for any loss of valuables that you may keep in your room. We recommend that you leave your valuables at home, or ask your next of kin to keep them for you. If necessary we can keep your valuables safe for you. You will receive a receipt for any valuables you deposit. There are no refunds for items that are lost or stolen from your room or the common areas of the hospital.

**Internet**

You can connect to the wireless network named «LDS-Gjest». A window requesting login information should pop up automatically. Enter your phone number in the field «Legg inn mobilnr. her». You will receive a password in an SMS message. Enter the password in the password field of the login window. Your username is your telephone number. You will then have 24 hours of free wifi access.

**Someone to talk to**

We have staff who are available if you need practical or spiritual advice, or just someone to discuss difficult matters with. Our social workers have experience advising on practical and financial issues, issues regarding norwegian social and welfare services (NAV), as well as addiction issues. Our lutheran priests have training and experience dealing with the crises and emotional issues of people all walks and phases of life – regardless of religious affiliations. They are also able to request the services of religious leaders of other major religions if necessary.

**Parking**

Visitors may park at the hospital car park for a fee. Please check the parking machines in the car park for more information. If left your car in the car park when you were admitted to the hospital, please notify our staff.

**For your health**

We wish you to be in better shape when you leave the hospital than when you were admitted. In order to retain your physical function it is important that you remain physically active during your stay. This is most easily done making sure you move about and take care of yourself to the greatest extent possible, for instance getting up and getting dressed in the morning, washing, going to the toilet, helping yourself to food and drink and so on.

Side 4

## **For the visitor**

### **Next of kin**

If there are more than one friend or relative who wants to be kept up to date on the progress of diagnosis, treatment etc., and the patient agrees that such information can be disseminated amongst his/her friends and relatives, we would prefer that one person is nominated by the patient and/or friends and relatives to be the next of kin (hovedpårørende). This person assumes the responsibility of requesting information on behalf the others and relaying information as necessary. This way, the number of individual but similar information requests can be kept to a minimum, allowing us to focus more of our efforts on caring for our patients.

### **Visiting times**

Patients can be visited between 11:00 and 19:00. The most favourable time for visits is between 15:00 and 19:00. Treatments, examinations, therapy sessions etc. are only rarely scheduled for evenings, so the patient is more likely to be available then.

### **Food and drink**

Visitors are welcome to purchase food and drink in the hospital canteen on the 2nd floor. There is also a selection of foods and drinks available in the newsagent's kiosk on the 1st floor (ground floor). Visitors are also welcome to help themselves to coffee and tea in our dining room. However, please note that other foods and drinks in the dining room are for patients only.

### **Opening times**

**Newsagent's (Narvesen):** Weekdays 07.00-19.00, Saturdays 10.00-17.00, Sundays 11.00-17.00.

**Hospital canteen (Kantine):** Weekdays 09:30-15:30.

**Hospital pharmacy (Sykehusapotek):** Monday 09:00-16:00, Tuesday-Friday 08.00-16.00.

**Hospital chapel (Sykehuskirke):** Always open for individual use. Priest in attendance for church service at 11:00 Sundays.