

Cardiac Surveillance Unit (CSU) Surgical Telemetry (ST)

Unit 3A Regina General Hospital

Vision

“Achieving optimal cardiac health for patients, families, and communities.”

Mission

“In collaboration with patients and families, CSU provides safe, evidence-based specialized cardiac care using a multidisciplinary approach. We empower patients to achieve healthier living in the community through assessment, diagnosis, treatment, and education.”

Values

“Safe, Respectful, Knowledgeable, Compassionate, Teamwork”

CSU provides specialized nursing care and close monitoring of cardiac patients.

ST is an area located in CSU for specialized nursing care and close monitoring of cardiac surgery or lung surgery patients.

Each patient is on a portable cardiac monitor (telemetry pack) allowing them to increase their physical activity and have their heart rhythm monitored.

Patients must remain in the unit while walking unless going for specific tests and procedures.

Due to high turnover of patients daily, patients might be transferred to another unit on very short notice. This may happen at odd hours of the day or night. We apologize for this necessary inconvenience.

At times, the only available bed in CSU is a mixed gender room. We assure you that every effort is made to maintain privacy and dignity. If you have questions or concerns, please speak to the nurse. We thank you for your understanding and patience.

Visiting

- CSU: 10:00 a.m. to 8:00 p.m.
- ST: 10:00 a.m. to 1:00 p.m.
3:30 p.m. to 8:00 p.m.

Patients need a balance between activity and rest. Visiting for shorter periods at a time may be needed to prevent overtiring of the patient.



Phone Inquiries

Choose 1 family member to make calls to the Unit. Unit Phone Number: (306) 766-4173

Flowers

Low odour flower arrangements and plants are allowed.

Daily Routine

Meals arrive about 7:30 p.m., 11:30 a.m., 4:45 p.m.

Tests and procedures for each patient are ordered by their doctor and are scheduled throughout the day.

Phone and TV Rental

Follow the instructions at the bedside.

Safety

Because this is a busy unit you are encouraged to use the patient/visitor lounge to visit.

Nutrition

This unit is a **Caffeine Free Area**. **Do not** bring regular caffeinated or decaffeinated tea, coffee, or other beverages to a patient without discussing it with the nurse. Caffeine interferes with some cardiac tests.

All patients are on a special diet. Tell the nurse of snacks and drinks brought to the patient.

Patient/Family Education

DVDs, booklets, and pamphlets are available to view.

Nutrition class: Monday 1:00 p.m. in the Patient/ Visitor Lounge.

Warfarin class: Tuesday and Thursday at 1:00 p.m. in the Patient/Visitor Lounge.

Check out the many posters on the unit.

Cardiac Rehabilitation

Information about the Regina Qu'Appelle Health Region Cardiac Rehabilitation Program is on a bulletin board by the front desk. After your tests and procedures, the Cardiac Rehabilitation nurse may visit you. If you are interested in these classes, please ask us for information.

Visitor Accommodation

Some hotels offer discounts for people who have a family member in hospital. Ask at the CSU nursing desk.

Wascana Rehabilitation Centre offers hostel rooms.