

Leaving the Intensive Care Unit

Assessing Your Readiness for Transfer

When your condition has improved to the point where you no longer require the specialized services of the Intensive Care Unit (ICU), you will be transferred to a new unit within the hospital. As your condition improves, the ICU team will assess your progress and readiness to transfer to a new unit. Your physician and nurses will keep you and your family updated on the progress and plans.

The Move from ICU to a New Unit

You and your family will be notified when you are ready for transfer to a new unit and again when a bed is available. You may not be transferred as soon as you are ready depending on the availability of a bed in your new unit. Your nurse will communicate with you as soon as he or she has information.

Your New Care Team

Each unit has their own multidisciplinary team of nurses, physicians, spiritual care providers, social workers, physiotherapists, occupational therapists and dieticians who contribute to your care in hospital. Spiritual Care and Social Work are available to assist you and your family as you work towards your recovery. You might find it beneficial to talk to someone about any concerns you may have. If you would like to speak to someone please let your nurse know and he or she can make arrangements for you.

Adjusting to your New Unit

Your care: Your nurse on the new unit may have between five and six patients in his or her care and will not be at your bedside at all times. You will be given a call bell to use should you need assistance. You should keep it within reach at all times. In preparation for your discharge home, the nurses will promote your independence by allowing you to do as much as possible for yourself. Building strength will aid in your recovery.

Your memory: You may not remember everything that happened in the ICU because of your illness and medications. You may have some mood swings and difficulty concentrating. These are normal reactions and should diminish over time.

Your appearance: Changes in your appearance such as swelling, different hair or skin texture, and loss of muscle strength should resolve over time as you become more active.

Sleep: Your new unit may be quieter than the ICU, so you may be able to sleep better. However, you may also experience temporary sleep disturbances such as difficulty getting to sleep, staying asleep or having nightmares. If you are experiencing sleep issues, please talk with your nurse and physician.

Visitors: The philosophy of care at Bluewater Health is Patient and Family-Centered Care. We encourage involvement from designated family and loved ones during your stay. We recognize that we are partners in care with you and your family. We do not view family as visitors. Visiting hours for friends and neighbours are important, so that we can support your healing process. General hospital visiting hours are 11:00 am to 8:30pm daily. It is important to remember to balance visits with your need for rest.

Entertainment: Outside the ICU, each bed is equipped with a television. You or your family member can order television service for a fee. If you would like service, let your nurse know and he or she will help you fill out a form.

Discharge from Hospital

Talk to your family and discuss what you think your needs may be when you go home. Share your thoughts with the Charge Nurse on your new unit. The Charge Nurse will connect you with the appropriate person to assist you with your needs.