

# WELCOME TO THE REHABILITATION HOSPITAL AND RR4!

The purpose of the Amputee Program is to help you to become as independent as possible. For some it might mean learning to do things from a wheelchair. For most it will mean getting a new limb (prosthesis). The amount of time spent in the Rehabilitation Hospital is different for everyone and it may range from weeks to months.

You will be expected to work with the team members who make up the Amputee Program. The team members include:

## MEDICINE

The medical care is given by your doctor to preserve and improve your general health. Your doctor will attend to all your medical problems while you are on RR4.

## NURSING

Your nurse is here to help you with the care you need and to work with the other team members on your behalf. A lot of time is spent organizing your care while you are here and for your return home.

## OCCUPATIONAL THERAPY

An Occupational Therapist (O.T.) will see most lower and upper limb amputee patients on RR4. Our main goal is to be sure that you can manage all parts of your daily activities safely when you go home.

## PHYSIOTHERAPY

Your Physiotherapist (P.T.) will help you to do exercises to make you stronger and help prepare you for a new limb. This will include learning how to walk with a new limb.

## PROSTHETICS

When you are ready, the Prosthetist will make your new limb by taking a "cast" or mould of your stump. You will need to make many visits before your limb is finished and you can go home.

## SOCIAL WORK

The Social Worker can help you and your family to deal with having an amputation. The Social Worker can help you with your job, your home, travel and money.

Your care will be followed weekly. Please talk to any of the team members at any time if you have questions.

## DIETETICS

The dietitian will see you if you need dietary advice, or if your doctor recommends that you follow a special diet. The dietitian will work with you to develop a meal plan for healthy eating here and at home.

## WHAT CAN YOU DO?

While you are here you will learn to take on as much of your care as you can. This might include foot and stump care, tensoring, taking your pills yourself, and even changing your own bandages. You will be asked to eat as many meals as possible in the Cafeteria on the second floor during the week. Meals will be here on weekends, or you may use the Cafeteria in the General Hospital if you choose.

## VISITING HOURS

(8:30 a.m. - 8:30 p.m.)

Visiting hours are open but going to therapy comes first. Please let your family and friends know your therapy times. We ask that you keep the noise down as there are other patients in your room.

## PASSES

Day, evening or overnight and weekend passes are allowed once the team members have decided that it is safe for you to go. You must finish your therapy before leaving.



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## EDUCATION PROGRAMS

Before you go home, you will be taught what you need to know about how to take care of yourself. You will also be going to The Amputee Education Group to learn all about amputations. It will give you a chance to discuss how having an amputation affects you and others.

The Amputee Program does not end when you go home. Patients may continue to come to the hospital for therapy, if necessary. Your care will be followed by the Amputee Team members through regular check-ups.



AMPUTEE  
PROGRAM

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