



CENTRAL HOSPITAL OF LAPLAND

WARD 4 B

Address: Ounasvaarantie 22, 4th floor

Phone: +358-16-328 4200 (from abroad)

016 – 328 4200 (from Finland)

Postal address: P.O.Box 8041, 96101 Rovaniemi, Finland

Visiting Hours: Please note that the official time for visiting your hospitalized friend, relative or next-of-kin is from 13 until 19 o'clock from Monday to Sunday.

If you can't make your visit during this time, please inform the staff: we will endeavour to attend to this patient before your arrival. Thank you for your understanding.

The staff on Ward 4B

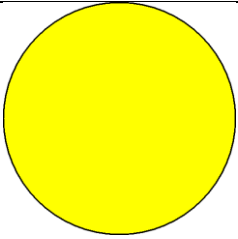
OUR 4B WARD... A *little* INTRODUCTION

There are 34 patient beds on the ward, which is divided into 3 cells – or 3 nursing teams.

The patients will know who are the nurses belonging to his cell thanks to the colored round little badge the nurses wear on their uniform.



Provided that the situation on the ward allows it, we try to locate our patients into the cell which is most appropriate to the cares they must receive.

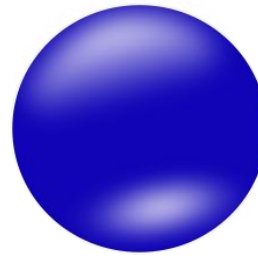


In the Yellow Cell – formed by rooms 1 to 6 - we treat thorax, blood vessel, plastic surgery, breast cancer, head lesion and general surgery patients.

The nurses belonging to this cell have a yellow round shaped badge on their uniform.



The nurse in charge can be contacted at number 016 – 328 4211 or if calling from abroad +358-16-328 4211.

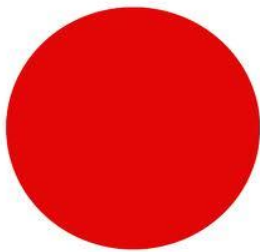


The Blue Cell which includes the rooms 10, 11, 12, 14 and 15 is the cell primarily used for orthopaedic patients.

The nurses belonging to this cell have a blue round shaped badge on their uniform.



The nurse in charge can be contacted at number 016 – 328 4215 or if calling from abroad +358-16-3284215.



The Red Cell is made of rooms 7, 8, 16 and 17. It mostly receives orthopaedic and trauma patients

The nurses belonging to this cell have a red round shaped badge on their uniform.



The nurse in charge can be contacted at number 016 – 3284214 or if calling from abroad + 358-16-328 4214.

Please note that the patients are primarily taken care of by the staff working in their own cell.

HOW DO WE WORK?



On weekdays there are 9-10 nurses on duty during the morning shift as well as the department's head and the nurse in charge of receiving inbound patients.

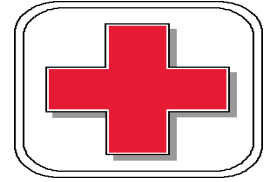
On weekends and holidays there are 6-7 nurses working on the ward.

There are 6-7 nurses working on the afternoon shifts...



...and 3 nurses take care of the patients during the night shifts.

On five days a week a nurse *specialized in pain relief* visits the patients who have problems with pain management.



Of course, should the need for it arise, we do help each other over our respective cell-boundaries, and at times, the ward is divided into two cells only, if the staff structure requests it.

***There isn't any doctor/ surgeon permanently attending to the ward**

During the evening shift there are only two nurses working in each cell. Therefore either the nurse in charge of the cell, or the nurse working on the field will take care of the medications.



What happens during...

...the morning shift
(7:00 until 15:00 o'clock)

- Report of the nightshift nurse
- Report about the patients if necessary
- Distribution of medications and patients' preparation for surgery or examinations
- Patients' breakfast at 7:15 o'clock
- Morning washing
- Doctors' round
- Report from doctors' round
- Physiotherapists in attendance of the patients
- Patients' lunch at 11:15 o'clock
- Release of outbound patients
- Distribution of medications
- Afternoon report at 13:30 o'clock
- Patients' coffee at 13:30 o'clock
- Staff lunch and coffee break as appropriate

... THE AFTERNOON / EVENING
SHIFT 13:30 – 21:00 o'clock

- Afternoon report at 13:30 o'clock
- Nurses' rounds
- Physiotherapists in attendance of the patients
- Patients' dinner at 16:30
- Patients' preparation for surgery or examinations
- Distribution of medications
- Evening rounds
- Evening report
- Staff dinner and coffee break as appropriate

... THE NIGHT SHIFT 20:15 – 7:15
o'clock

- Evening report
- Evening rounds
- Night rounds at least every 2nd hours
- Staff food and coffee break as appropriate



Each patient has the right

- to get individual care
- to participate in the planning of his/her care
- to affect the implementation of his/her care
- to give feedback about his/her treatment
- to ask about things that burdens his/her mind

We will be glad to help you



Should you feel that you have been mistreated in any way, a patients' advocate ("Potilasasiames") working in our hospital will help you to get things straightened up. Ask your nurse to arrange for a meeting.

SOCIAL WORKER



We have a social worker in the hospital and one of her main tasks is to help you clarify your situation with your insurance company in case of hospitalization. She will help you to get the payment guarantee for hospitalization costs. She will also help you to be in contact with your own travel insurance company. She will help you and your insurance company to arrange for a suitable returning flight in case you missed your original one, or if the original one is not fit for you any longer because of your current medical situation.

You can ask to meet with the hospital social worker on weekdays between 9 and 15 o'clock.



RESTAURANT "KARPALO"

If your accompanying friend, relative or next-of-kin is staying in one of the guest rooms of the hospital, s/he also has the possibility to take her/his meals at the restaurant "Karpalo", which is located on floor "0".

The restaurant opening hours are as follows :

Breakfast from 7:00 until 9:00 am every day.

Lunch from 10:30 am until 1:30 pm from Sunday to Friday, and from 10:30 am until 01:00 pm on Saturdays .

Dinner from 4:00 pm until 5:00 pm every day.

PRICE LIST (*) :

BREAKFAST 5,90 €

LUNCH (INCL. DESSERT) 8,10 €

LUNCH (WITHOUT DESSERT) 5,90 €

SOUP-LUNCH (WITHOUT DESSERT) 5,90 €

SALAD-LUNCH (WITHOUT DESSERT) 5,90 €

DINNER (INCL. DESSERT) 5,90 €

DESSERT (BOUGHT SEPARATELY) 1,20 €

(*) The prices mentioned here are valid from 01.01.2014 and may change without further notice.



The Coffee Shop "Kaarnikka"

You are warmly welcome to the coffee shop Kaarnikka, where you can enjoy a cup of tea or a coffee, eat a sandwich or treat yourself to a bun or a nice piece of cake. The coffee shop also sells candies, toys and even buy flowers to the patient you are paying a visit to!

The coffee shop is situated on the second floor, in the main entrance hall of the hospital.

Opening time:

Monday – Friday 8:00 – 18:00
Saturday – Sunday 12:00 – 18:00

Phone: 016 - 328 2925

Finnish isn't an easy language. Here are some words and phrases to help you get along...

I would like to have... please

- an extra pillow
- another blanket
- a glass of water
- a glass of juice

I am hungry

I am thirsty

I am hot

I am cold

I have a fever

I have a headache

I have pain in my foot (arm, wrist, ankle, back)

I feel very weak

Please bring me...

- some pain killer
- something to eat
- something to drink
-

I need to go to the toilet

Bring me a bedpan please

Bring me an urinal (bed bottle) please

Thank you!

Suomi ei ole helppo kieli. Tässä muutamia sanoja ja lauseita, joiden avulla voit tulla toimeen...

Haluaisin...

- lisää tyynyä
- toisen peitteen
- lasillisen vettä
- lasillisen mehua

Minulla on nälkä

Minulla on jano

Minulla on kuuma

Minulla on kylmä

Minulla on kuumetta

Päätäni särkee

Jalkaani (kättäni, rannettani, nilkkaani, selkääni) särkee

Minulla on heikko olo

Olkaa hyvä ja tuokaa minulle...

- kipulääkettä
- jotain syötävää
- jotain juotavaa
-

Minun täytyy mennä vessaan

Olkaa hyvä ja tuokaa minulle alusastia

Tuokaa minulle kuikka

Kiitos!