

Meal times are protected

- Protected Meal times are periods on a hospital ward when all non-urgent activity stops. During these times patients are able to eat without being interrupted and staff can offer assistance.
- Please check with the ward when meal times are. The patient's recovery will be assisted if they are better nourished.
- Patients are expected to sit out of bed for meals if they are medically able to do so.
- Visitors are welcome to visit during mealtimes to encourage and assist patients to eat their meals. However, it is best if there is only one visitor at these times due to space limitations.
- If having a visitor present during a meal disrupts the patient while they are eating, then visitors may be asked not to visit during mealtimes.



Help us fight infection

- Hand hygiene is the single most important factor in reducing the spread of infections.
- It is important to wash your hands before entering and on leaving the ward.



Caulfield
HOSPITAL

260 Kooyong Road
Caulfield VIC 3162
Ph: 9076 6000



Caulfield
HOSPITAL

Information for Visitors

Visiting Hours
are
11am—8pm



IN ORDER TO HELP PATIENTS WITH THEIR RECOVERY:

Communication with staff is encouraged.

- You can assist staff to provide better care by informing staff about the patient's preferences, usual abilities and routines.
- Each patient has an appointed key contact person who will contact the nominated carer/family member.
- If you have questions or concerns, it is preferable to make an appointment to meet with staff. This can be done via the key contact person.
- If you are not sure who the key contact person is please ask the ward staff.

Patients are encouraged to be active to help maintain their strength and functioning.

Where safe to do so patients are encouraged to:

- sit out of bed during meals;
- have meals in the ward dining area;
- walk to the toilet instead of using a commode or urinal;
- try to be as independent as possible with showering, dressing and grooming;
- continue to participate in usual personal interests and activities such as reading, crosswords, crafts, etc, as much as possible.

Visitors are most welcome during visiting hours, which are 11am – 8pm daily, unless otherwise arranged with the treating team.

- If visitors are present on the ward during therapy sessions then we hope you understand that patients will still be expected to participate in therapy.
- Visitors may be invited to observe the therapy session, depending on the patient's consent and the therapist's opinion on the appropriateness of the session.
- Therapists may also ask you to participate in the therapy session in order to teach carers/family members how to assist the patient after leaving hospital.



It is expected that, wherever possible, patients will dress in day clothing during the day and wear flat, supportive footwear.

- This will enable the patient to more actively, and safely, participate in therapy and, in particular, may assist in preventing patients having a fall.
- Family visitors will be asked to assist by bringing in clean clothing and appropriate footwear if the patient does not have this with them on admission.
- Family visitors are also expected to launder clothing, as required.
- It is also important that patients have their hearing aids, glasses, and dentures available to them while in hospital.

