

Places to eat

Within the hospital:

Cafeteria:

Located on the ground floor near the east elevators.
Open from 7:00 a.m. to 6:15 p.m.

In the ICU family room:

Kitchenette equipped with a microwave oven, kettle, and refrigerator for your use. You are welcome to keep some food or drinks here. Please label your items with your name.

Vending machines:

Located on the ground floor beside the cafeteria.

Around the hospital:

There are restaurants and grocery stores only a few minutes walk from the hospital:

- Main Street (which is two blocks west of the hospital)
- Kingsway

Places to stay

When you call to make hotel reservations, identify yourself as a family member or friend of a critically ill patient in Mount Saint Joseph Hospital Intensive Care Unit. You may receive a discounted rate.

If you need help arranging for accommodations or need financial help in order to be here for the patient, ask to talk with our social worker who may be able to help you.

Here are two hotels that are close by the hospital that may have rooms available for you.

Howard Johnson Plaza Hotel

395 Kingsway, Vancouver, BC 604-872-5252

Best Western Uptown Hotel

205 Kingsway, Vancouver, BC 604-267-2000

Words and Terms Heard in the ICU

Antibiotics

Medicines used to treat or control infections caused by bacteria or other organisms.

ARDS

ARDS stands for Adult Respiratory Distress Syndrome. This is a severe lung disease which causes low oxygen levels in the blood. It can be life-threatening and usually requires patients to be placed on a breathing machine (ventilator) for a long period of time.

Arterial Line

A small flexible tube inserted through the skin of the patient's wrist or groin area into an artery. We use this to accurately measure patient's blood pressure. It also allows us to take regular blood samples without having to poke the patient with a needle every time.

Arterial Blood Gas or Blood Gas

A blood test used to measure the amount of oxygen and carbon dioxide in the blood. This test also measures the amount of acid or alkaline in the blood.

Bronchoscopy

Sounds like 'bron-kos-ko-pee'. This is a test which lets the doctor see into the air passages: the larynx (voice box), trachea (windpipe) and major tubes of the lungs. A thin flexible tube is passed through the nose or mouth. There is a tiny camera lens and light at the end of the tube.

Cardiac

Sounds like 'card-ee-ack'. This is a medical term for the heart and anything to do with the heart.

Cardiac Monitor or 'The Monitor'

This is a machine that records the electrical activity of the heart, known as the heart rhythm. It may also record and show blood pressures and pressures within the heart. The monitor has many alarms that sound an alert when the patient's numbers are outside the range set by the nurse. The cardiac monitor can be seen in two places: at the patient's bedside and in the main nurses' area.

Cannula or Catheter (blood)

A small flexible tube that can be put into a vein or artery. It can be part of the system used to give fluids, nutrition, and medications; or to take measurements or blood samples.

Catheter (urine)

A tube placed into the patient's bladder to remove urine.

CT Scan/CAT Scan

CT stands for Computed Tomography. You may also hear it called a CAT Scan. A CT scan is a special x-ray test using a computer. The scan detects many conditions that do not show up on regular x-rays.

Central Line or Central Venous Catheter

A Central Venous Catheter is often referred to as a 'CVC'. It is a type of intravenous.

We insert a soft flexible tube (called a catheter) through the skin (the CVC site). The tube may be inserted into a large vein in either the neck or the groin area. The tip of the catheter sits in a large vein in your chest. This allows us to give medications and fluid right into the central blood system.

We use this type of intravenous when it needs to be left in place for long periods.

Cerebral Vascular Accident (CVA)

Cerebral sounds like 'suh-ree-bral'. Vascular sounds like 'vask-cue-lar'. This is commonly known as a 'stroke'. It means the brain has been injured and damaged by a lack of oxygen to cells in the brain from either bleeding or a blockage to the flow of blood.

Chest Tube

A large flexible tube that is inserted through between the ribs into the chest. We use a chest tube to remove either air or fluid from around the lungs.

If there is fluid or air around the lungs, the lungs are not able to expand, making breathing difficult. The fluid or air is removed by the chest tube. This allows the lungs to return to normal size, making it easier to breathe.

If the chest tube is draining fluid, the fluid can be light yellow, thick pale yellow, slightly pink, or dark red (blood) depending on the cause and type of the fluid. We let you know if the type of fluid is normal for the problem.

Clinical Brain Death

A severe injury to the brain can result in the patient not being able to keep his or her body alive without the help of life-support machines. We do various tests to see if any parts of the brain are working. If no part of the brain is working and the doctors feel the damage is permanent, the patient is determined to be 'brain dead'.

Colonoscopy

Sounds like 'coal-on-oss-ko-pee'. This is an internal examination of the bowel, including the large intestine (colon) and rectum. A thin flexible tube is passed through anus (back passage). There is a tiny camera lens and light at the end of the tube.

Conscious

Sounds like 'con-shus'. This is a medical term for being awake and aware of your surroundings.

Critically Ill

Someone is critically ill when their medical condition requires close monitoring at all times. The patient's major organs (brain, heart, lungs, and/or kidneys) need support and monitoring during this time.

Dialysis

Sounds like 'die-al-leh-sis'. The kidneys filter waste products out of the body and keep the body's electrolytes in balance. When the kidneys do not work properly, a dialysis machine is used to take over or assist the work of the kidneys. The machine could be used for a short time or a long time, depending how well the kidneys return to normal function.

Echocardiogram

'Echo' meaning using sound waves, 'cardio' meaning heart, and 'gram' meaning a print out.

An echocardiogram (also called an echo) is an ultrasound test. High-pitched sound waves are bounced off different parts of the heart, creating pictures. This test allows us to look at the heart muscle, the valves of the heart, and the blood flow through the heart.

Electrocardiogram (EKG or ECG)

'Electro' meaning electrical activity, 'cardio' meaning heart, and 'gram' meaning a print out.

An electrocardiogram is a test that checks the electrical activity of the heart. The heart's electrical activity is represented as lines printed on paper. The test can show problems with the heart's natural electrical system.

Electroencephalogram (EEG)

‘Electro’ meaning electrical activity, ‘encephalo’ (sounds like ‘en-sef-al-lo’) meaning brain, and ‘gram’ meaning a print out.

An electroencephalogram is a test that measures the electrical activity of the brain. This test is done to check for problems that may cause a person to be unconscious, to see how well the brain reacts to stimulation, and to check for brain activity. The test can also help identify abnormal activity in the brain that causes seizures (commonly called ‘fits’).

Endotracheal Tube

‘Endo’ meaning within, ‘tracheal’ meaning trachea or windpipe. You may hear us call it ‘ET Tube’.

A plastic tube is placed in the patient’s windpipe, through the mouth or nose. We use an endotracheal tube to open the patient’s airway so we can give oxygen and help with breathing. Patients can not speak with the endotracheal tube in place.

This ‘breathing tube’ is used when patients are not able to breathe on their own without help. Sometimes patients are not awake enough or their muscles not strong enough for them to breathe by themselves. We may give a patient medication to sleep, or to keep them unconscious as part of recovery. The endotracheal

tube protects the patient’s airway and gives us a way to give oxygen.

When we put an endotracheal tube in place, it is called an intubation. When we take the tube out, it is called an extubation.

Exhale or Expiratory

To breathe out or the process of breathing out.

Extubate

The procedure for when an endotracheal tube is removed.

Face Mask

We use the term ‘face mask’ in two ways.

First, there is the face mask used to give oxygen to the patient. This is a clear plastic mask placed over the mouth and nose, and connected to oxygen. Patients can speak with a face mask in place.

The second face mask is the disposable masks that the health care team wear to protect themselves from germs or fluids when giving care. We may also wear a face mask to protect the patient from our germs. You may be asked to wear a face mask for both the patient’s and your protection.

Gastroscopy

‘Gastro’ meaning stomach, and ‘scopy’ meaning to look with a scope.

This is an internal examination of the throat, esophagus (the tube that connects the throat to the stomach), the stomach, and the upper part of the small bowel (called the duodenum).

A thin flexible tube is passed through the mouth down into the stomach. There is a tiny camera lens and light at the end of the tube.

Inhale or Inspiratory

To breathe in or during the process of breathing in.

Intensive Care

A place where patients receive constant care and close monitoring.

Types of Intensive Care:

- **Aggressive Care** where all appropriate treatments are used in caring for the patient with the goal of recovery from illness.
- **Comfort Care** for when recovery is not possible; treatment goal is for the comfort of the patient to allow for a peaceful death.

Intensivist

A doctor who has special training in all aspects of the care of critically ill patients.

Intervention

A medical procedure, test, or treatment.

Intubate

The procedure for when an endotracheal tube is inserted into place.

Isolation

Some infections are easily spread. Critically ill patients have a greater chance of becoming infected with germs and put their health at greater risk. For this reason, we may ‘isolate’ patients. This involves keeping patients separate from other patients and using extra equipment and clothes (such as an isolation gown, gloves, and maybe a face mask) to protect everyone. We will let you know if we need to isolate the patient and explain what you need to do.

Intravenous (IV)

An intravenous is commonly called an IV. ‘Intra’ meaning into, and ‘venous’ meaning vein.

We insert a small flexible tube through the skin (the IV site) into a vein in the hand, arm, or foot.

We give most medications through the intravenous because they may not be able to be given in any other way, or they may work quicker than pills.

Life-threatening

A condition or state that threatens the life of the patient.

Magnetic Resonance Imaging (MRI)

Magnetic Resonance Imaging is a special kind of x-ray. We commonly refer to this as having an 'MRI'. It uses a large magnet, radio waves, and a computer to look inside the body. It creates clear pictures or images of bones, organs, and soft tissues. This type of exam does not use x-rays or radiation.

Myocardial Infarction (MI)

'Myo' meaning muscle, 'cardial' meaning heart, and 'infarction' meaning damaged or dead tissue.

This is commonly called a 'heart attack'. An area of the heart muscle has been damaged by a blockage of blood supply and oxygen.

Nasogastric Tube or NG Tube

'Naso' meaning nose, and 'gastric' meaning stomach.

We insert a plastic tube through the nose down into the stomach. The tube can be used to either remove fluids from the stomach or to give nutrition when the patient is not able to eat.

Neurological or Neurology

'Neuro' meaning nerves and brain, and 'ology' meaning the study of that subject. A neurologist is a doctor who has special education on the brain and related conditions.

Orogastric Tube

'Oro' meaning orally or through the mouth, and 'gastric' meaning stomach.

We insert a plastic tube through the mouth down into the stomach. The tube can be used to either remove fluids from the stomach or to give nutrition when the patient is not able to eat.

Percutaneous Endoscopic Gastrostomy Tube or PEG Tube

'Percutaneous' meaning across or through the skin, 'endo' meaning within, 'scopic' meaning using a scope to look, 'gastro' meaning stomach, and 'ostomy' meaning opening.

A PEG tube is a type of feeding tube. It is similar to a nasogastric or orogastric tube, except the tube is placed in the stomach through an opening in the skin on the abdomen. A thin flexible tube is passed through the skin into the stomach. There is a tiny camera lens and light at the end of the tube that allows the doctor to see where to place the PEG tube.

A PEG tube would be used when the patient is not able to eat for a long time (more than 30 days). Nutrition is given through the PEG tube.

Pneumonia

Sounds like 'new-moan-yah'. Pneumonia is an infection of one or both lungs. Three common causes of this infection are bacteria, viruses, and fungi.

Pulmonary

Sounds like 'pull-mon-airy'. Means anything to do with the lungs.

Ventilator (breathing machine)

A machine that helps the patient breathe, either when the patient is not strong enough to breathe, or when the patient is not able to breathe. The machine is attached to an endotracheal tube (breathing tube). It may also be called 'life support'.

Rounds

Rounds are when members of the critical care team (including doctors and nurses) meet to review the condition of each patient and the plan for their care. Rounds are set for specific times of the day.

Sepsis

Sepsis is a serious infection in the blood or body tissues. This type of infection is quite dangerous and can lead to body systems failing to work properly (such as heart, kidneys, or lungs). Sepsis can result in the patient having a very low blood pressure. This is called 'shock'.

Shock (electrical)

When a patient's heart goes into a dangerous rhythm or stops beating, we use an electrical shock to try and get the heart back to normal rhythm. We sometimes use a small electrical shock to treat other abnormal heart rhythms.

Shock (medical)

Shock is a serious medical condition. A patient goes into shock when his or her body is not able to provide a strong blood flow through the body. Without a strong blood flow, the patient's organs and tissues do not get enough oxygen and nutrients to function normally. Patients in shock have a very low blood pressure, and need treatment to increase blood flow and blood pressure.

Total Parental Nutrition or TPN

A special nutrition formula given through an intravenous tube to the patient. This is for patients who are not able to eat regular food or tolerate a feeding tube.

Tracheostomy

'Trach' meaning trachea or windpipe, and 'ostomy' meaning opening.

An opening made in the front part of the neck into the windpipe to allow breathing.

Tracheostomy Tube or Trach Tube

A small short tube is placed through the opening into the windpipe. This allows the patient to get breathing support and not have an endotracheal tube.

Trach Mask Trials

When we think a patient (who has a tracheostomy) could be ready to be removed from the breathing machine and breathe without help, we plan a trial or test. We take the patient off the breathing machine for a short period. We place an oxygen mask over the trach tube opening and monitor how well the patient is able to breathe without the help of the breathing machine.

T-Piece Trial

This is similar to 'trach mask trials', but we use a different way to give oxygen (called a t-piece) instead of an oxygen mask

Unconscious

When a patient is not awake and can not be awakened. The patient does not respond to noise, touch, or pain. The length of time a patient can be unconscious varies with the medical condition, injury, or medications being used.