Innovative Health Care
Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages.
As Calgary’s largest care provider of its kind, Carewest operates 13 locations and several community services aimed at helping people live more independent lives.

The Calgary Health Trust
The Calgary Health Trust fundraises for excellence in health care and helps to ensure the quality of life for those served by Carewest. To donate please call (403) 943-0615 or visit www.calgaryhealthtrust.org

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89383 4697 RR0001

Musculoskeletal Rehabilitation Unit (MSK)

Philosophy of Care
In support of our Carewest Frame of Reference, our Philosophy of Care is:
To provide our residents and clients with quality care in safe, comfortable and supportive environments.

www.carewest.ca
February 2019
Welcome

The Musculo-skeletal (MSK) Rehabilitation Unit is for people who have had bone and joint surgical procedures or other fractures and need rehabilitation and time to recover. Your doctor has determined that you do not need to be in hospital, but you do need extra, intensive therapy and nursing care to build your strength and endurance before going home. This is a rehabilitation and recovery program so the stay is short, probably no more than a few weeks.

Location

Members of the Care Team

Core members of the care team will include but may not be limited to the following people:

- Client and Family
- Licensed Practical Nurses
- Nursing Attendants
- Occupational Therapists
- Pharmacists
- Physical Therapists
- Physicians
- Psychiatrist
- Podiatrist
- Recreation Therapists
- Registered Dietitians
- Registered Nurses
- Social Workers
- Therapy Aides
- Therapy Assistants
- Transition Services Coordinators
- Unit Clerks
- Volunteers

Diagnostic Services

Access to specialized diagnostic services such as X-ray is provided and transportation will be arranged by the MSK staff. Transportation for elective appointments need to be provided by the family.

What Happens on the Unit?

Therapy occurs all day long – not just in the therapy department. Therapy includes getting you to take part in your activities of daily living, such as washing, getting dressed and walking. As you progress, the intensity of the therapy will increase. The goal is for you to do as much for yourself as possible to prepare you for going home.

What to Bring

- Comfortable clothes (pants are preferable as you will be doing exercises in the therapy department).
- Non-slip shoes

Client Room

For the most part, accommodations are semi-private rooms (shared with one other person) with an adjoining washroom.

Depending on your care needs (and those of other incoming clients), it is possible that you will be transferred from your original room to another room on the care unit during your stay. A bed near the window or a private room are not always an option.

Meals

Meals are served in the dining room. Daily menus are posted and choices are available. Therapeutic diets, such as diabetic or low salt, are provided.