

**FOR YOUR
HEALTH**



UNIVERSITY OF MINNESOTA HOSPITALS

CANCER INSTITUTE

PSYCHOPATHIC HOSPITAL

ELLIOT MEMORIAL HOSPITAL

TODD MEMORIAL HOSPITAL

VARIETY CLUB HEART HOSPITAL

MINNESOTA HOSPITAL AND HOME FOR CRIPPLED CHILDREN

CHILD PSYCHIATRY HOSPITAL

MAYO MEMORIAL

Dear Patient _____:

The University of Minnesota Hospitals was established for the welfare of the state—and thus for your welfare.

Just as important, this great medical center was built by you. The immense sums of money needed to build, equip, and professionally staff the hospitals were given largely through public-minded citizens.

Today the total number of beds in these hospital units is 660. You are one of more than 13,000 patients treated by our world-renowned medical staff this year.

That your stay at the University Hospitals may be easier and more pleasant, we give you this guidebook, with a cordial welcome to you, our patient.

Ray M. Amberg

RAY M. AMBERG, Director

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Getting Settled in the Hospital



Gowns and robes are supplied by the hospital unless you prefer your own night gowns or pajamas. If you decide to wear your own, you will be asked to make arrangements to have them laundered. You should bring your own slippers and a bed jacket or dressing gown if you wish.

Keep your robe, slippers, and personal toilet-ries—comb, brush, toothbrush and paste, shaving equipment, and paper handkerchiefs—at your bedside. If you have not brought these things with you, tell the nurse in charge.

It is not wise to keep jewelry or money in any great amount at your bedside; they are entirely unnecessary and simply add responsibility for you and us. We suggest that you do not keep more than \$2.00 in your room. The rest of your money and your valuables may be checked in Bookkeeping. The hospital otherwise cannot accept liability for such losses or for items you may leave behind.

For Your Information

Ambulance: The University Hospitals has no ambulance. When this type of transportation is needed, local companies are called.

Books may be obtained from the librarian, who circulates books and magazines from the University Hospitals Branch of the Minneapolis Public Library. She makes her rounds on Mondays, Tuesdays, Thursdays, and Fridays.



A radio may be obtained by asking your nurse for one. We recommend that you do not bring your own radio, because there is too much danger of breakage, and the hospital cannot accept responsibility for it. Please be sure that the sound-volume is kept low so it will not disturb other patients.

A television set may be obtained on a rental

basis. If you want one, your nurse will ask the Central Information Desk to order one for you.

Barbers are available for patients on Mondays and Thursdays. Your nurse will make an appointment for you.

Mail is delivered to the hospital three times a day, about 9:45 a.m., 10:30 a.m., and 1:45 p.m. After sorting, messengers bring it to the stations. Outgoing mail is picked up from every station at 8 a.m. and 4 p.m. Your nurse will take care of your outgoing mail if you ask her.

Newspapers, both the Minneapolis Star and St. Paul Dispatch, are delivered daily between 3 and 4 p.m. The Minneapolis Tribune and St. Paul Pioneer Press are delivered between 7 and 8 a.m. The newsboy will come to the door of your room.

Stamps are available in the machine located in the Mayo Coffee Shop.

Telephones are in the Main Lobby and on some stations. Your head nurse will make your call for you if you are a bed patient. The phone at the nursing station desk is for hospital business only.

Change, to provide you with dimes for telephoning, may be secured in the Mayo Coffee Shop, in Bookkeeping, or at the Central Information Desk.

Parking for your family and friends is provided at an hourly charge in the Mayo Garage, the en-

trance being on Church Street, also in the Ramp on Washington Avenue and Union Street.

For Your Safety

When you enter our hospital, you will find yourself in new and strange surroundings. Because of this, here are a few guides for making your stay more safe.

1. Use your call bell when you need help. It is there for that purpose.

2. If you do not have your doctor's or nurse's permission to get out of bed without help, do not do so. Some people will require help from the nursing personnel to get in and out of bed. Call them if you need assistance.

3. If you do not have your doctor's permission to go to the bathroom, call the nurse. She will give you a bed pan or urinal. Do not try to get them yourself while you are in bed.

4. If you have side rails on your bed they have been put there for your protection. Do not attempt to crawl over them or lower them yourself. Ask for help if you need it.

5. Remember, smoking in bed is always dangerous. Ask your nurse about the hospital policy concerning smoking in your particular circumstance.

If you are allowed to smoke:

- a. Always use an ash tray. If you do not have one, ask the nurse to get one for you.
- b. Do not smoke after the lights are out.
- c. The risk of smoking will be much less if you smoke only when you have visitors, and only when you are sitting up.
- d. Be certain that all ashes and cigarette stubs are extinguished before the ash tray is emptied.
- e. Cooperate with the nurse when she is giving you drugs and treatments which make smoking dangerous. She is required to remove matches and smoking materials at such times.

Your Meals

Breakfast is served from 7:30 to 8:00 a.m.

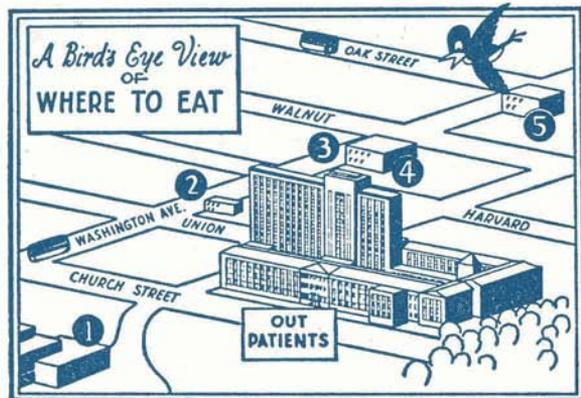
Luncheon is served from 11:30 to 12 noon.

Dinner is served from 5:00 to 5:30 p.m.

Please ask your relatives and friends not to bring you food as a gift!

Hospital dining room or tray service is not available for visitors of patients, but visitors may

eat at Coffman Union Cafeteria on the ground floor of the Union, or in the Mayo Coffee Shop in the main lobby of the hospital. There are also several restaurants on Washington Avenue within easy walking distance.



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|---------------------------|-----------------|
| 1. Coffman Memorial Union | 4. College Cafe |
| 2. Baltimore Dairy Lunch | 5. Stadium Cafe |
| 3. Steaks 'n Shakes | |

Clergymen

Various church groups maintain a chaplaincy service for the University Hospitals. Patients are visited regularly. If you wish to see your own clergyman or one of the chaplains outside of his regular visitation, your nurse will be glad to ask the Central Information Desk to call him for you.

Visitors

Visitors are welcome at the University Hospitals. We ask that your friends and relatives come to see you during regular visiting hours. The time limitations are imposed for your own welfare and the hours are set so they will not conflict with normal hospital routine.

Children under 16 years of age are not permitted to visit patients because of the danger of spreading infectious diseases.

We ask that not more than two people visit a patient at any one time.

Patients who are seriously ill may be visited ten minutes out of every hour by the immediate family. Relatives are asked to wait in the lobby rather than sit in the room constantly. Patients need more rest and treatment when seriously ill.



Please follow the nurse's requests about leaving the room. Relatives will be notified if there is any change in the patient's condition.

The Visiting Hours Are:

Adults on General Services

2:00 to 3:30 p.m. daily

7:00 to 8:00 p.m. daily

Children

2:00 to 3:30 p.m. daily

6:00 to 7:00 p.m. daily—for children 7 years of age and older

Exception is station 35 where visiting is arranged on an individual basis

Adults on Physical Medicine Service—Station 22

6:30 p.m. to 9:00 p.m. daily

(No visiting hour in afternoon Mondays through Fridays)

2:00 p.m. to 4:00 p.m. Saturdays, Sundays, and Holidays

6:30 p.m. to 9:00 p.m. Saturdays, Sundays, and Holidays

Student Health Service

1:00 to 3:00 p.m. daily

7:00 to 8:00 p.m. daily

Adults on Psychiatric Service, Stations 60, 61, and 62

2:00 to 3:00 p.m. on Mondays

7:00 to 8:00 p.m. on Thursdays

2:00 to 4:00 p.m. on Saturdays, Sundays, and Holidays

Child Psychiatric Service

7:00 to 8:00 p.m. on Mondays, Wednesdays, and Fridays

2:00 to 3:00 p.m. on Wednesdays

2:00 to 4:00 p.m. on Saturdays, Sundays, and Holidays

