

# WELCOME TO C2

**PRHC**  
Peterborough Regional  
Health Centre

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## Welcome to C2

There are two different types of patients on C2. Some of the patients are Complex Continuing Care (CCC) patients who are medically stable, but require more intense care than can be provided at home or in a regular nursing home.

The second group are Geriatric Assessment and Treatment (GATU) patients, who require time to regain their strength before returning home following an illness or injury, and who may need a consult with a geriatrician to manage their medical issues. C2 staff are trained and equipped to look after issues of a complex nature, including delirium, wounds, rehab, feeding tubes, antibiotics, the aging process and its effects on healing.

## The Staff

### **C2 unit staff include:**

- Physicians, Geriatricians and Nurse Practitioners
- Registered Nurses (RN)
- Registered Practical Nurses (RPN)
- Occupational Therapist
- Physiotherapist
- Rehabilitation Assistants
- Recreation Staff
- A nurse from the Community Care Access Center to assist with placement and care in the community
- Social Worker

## What should I bring?

- Soap and body wash
- Hairbrush/comb
- Body lotion
- Deodorant
- Shaving cream/razors/electric shaver
- Toothpaste/toothbrush/Polident
- Glasses
- Dentures
- Hearing aids, batteries, and storage case
- Nail clippers
- Small laundry hamper for dirty laundry (optional)
- Appropriate clothing to assist in dressing
- Closed toe, supportive footwear (no sandals or crocs)
- \*PRHC is a scent-free facility. Please ensure any items being brought in to the Health Centre are scent-free.

**\*BE SURE ALL PERSONAL ITEMS ARE  
LABELED APPROPRIATELY**

## Standard of care

- Physician and NP rounds
- RN and RPN medication administration
- PSW-assisted care
- Washed daily (e.g. face, hands, armpits, perineal care)
- Daily hair brush/comb/shave as needed
- Patient will be up for meals if able
- Patient will be dressed in appropriate clothing
- C2 is equipped with a **Wander Guard** system to prevent people from leaving the unit
- Exercise class is offered twice a week by therapy staff
- Recreation is available 4-5 days/week, with 2-3 activities offered daily
- Compassionate care from all services

**Laundry** is to be done weekly by family members. Please supply your own soap or you can arrange for a fee-for-service local dry cleaner. Please let staff know your preference.

It is recommended that valuables and nonessential items be kept with family in the event that they are misplaced or damaged. The hospital is not responsible for lost items.

### **Other services you may want to consider:**

- Foot care
- Hairdresser or haircut

**You may speak with a staff member if you require assistance in arranging for these services.**





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