

# Orthopaedics Unit

3 North Wing



## UCLA Medical Center, Santa Monica

1250 16th Street  
Santa Monica, CA 90404  
Main Phone: 424-259-9320  
Fax: 424-259-6680



# Dear Patient and Family,

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Welcome to our inpatient orthopaedics unit! We know you have a choice in healthcare and we thank you for putting your trust in us.

We provide comprehensive diagnostic, treatment, surgical and rehabilitation services to adults and adolescents with musculoskeletal disorders. Our unit offers patients a beautiful, healing environment that is supported by cutting-edge medical science, advanced technology and a dedicated healthcare team.



Our registered nurses are committed to meeting the needs of patients and their families and work in partnership with physicians, support staff and the entire healthcare team to provide you with compassionate, patient-centered care.

We believe patients heal best when they and their families participate in designing a customized care plan that optimizes their recovery goals. Please let us know how we can better serve you throughout your stay.

We wish you a speedy recovery!

Sincerely,

3 North Wing / Orthopaedics Team

## Quick Reference Guide

### Medical Director

Francis Hor nicek, MD

### Unit Director / Manager

Justin Marinaro, RN, MSN, NE-BC  
424-259-8200

### Assistant Unit Director

424-259-8201

### Case Manager

424-259-8203

### Charge Nurse

424-259-9343

### Patient Affairs

424-259-9120

# What to Expect During Your Stay

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## Plan of Care Update

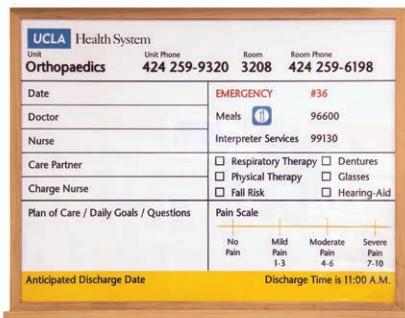
Our nursing team has two shifts throughout the day, with shift changes occurring from 7–7:30 am and 7–7:30 pm. During that time, your nurse will review your care plan, including the scheduling of any tests or procedures, medications, meals, rest time, sleep needs and your overall comfort.

At shift change, your current and incoming nurses will exchange information at your bedside so you can ask questions and participate in your plan of care. For your safety and comfort, you will always be introduced to your incoming nurse. To ensure continuity of care, your nurse will address your questions, needs or concerns before and after shift changes.



## Communication Boards

Patient rooms are equipped with whiteboards to help nurses and patients keep track of important care details, including information about your care team, pain scores, treatment plans and frequently dialed phone numbers.



## Physical and Occupational Therapy

Physical and occupational therapists support your recovery by collaborating with your nurses to ensure a daily therapy plan. This may occur as early as the first day after surgery. Physical therapists help progress your mobility, while occupational therapists work with you to perform activities for daily living (e.g., brushing your teeth and putting on shoes).

## Fall Prevention

Falls can happen in the hospital no matter what age you are and can result in serious injuries. Medication, hospital equipment and other factors can increase your fall risk. Nurses and care partners want to help you safely move around, so please remember to call your nurse before getting out of bed or after you are done using the bathroom.

# Useful Information

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## Our Staff

Healthcare team members are distinguishable by the color of their uniforms:

- Navy Blue..... Registered Nurses
- Olive Green..... Patient Care Partners
- Gray..... Administrative Partners
- Black..... Lift Team
- Light Blue..... Physical/Occupational Therapists

All staff members should be wearing identification badges with their names and photos properly displayed.



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## **Valet Service**

Our hospital provides complimentary valet parking for up to 15 minutes to anyone dropping off or picking up our orthopaedic patients. Please notify the parking attendant that you are providing transportation for a patient.

Convenient valet parking is now available at our orthopaedic entrance at 1225 15th Street, from 7 am to 6 pm on weekdays. If leaving after 6 pm, you can retrieve your car from our main valet station at 1250 16th Street, which remains available on a 24-hour basis every weekday. For information on rates, please call our Security Desk at 424-259-9100.

## **Internet Access**

Wireless-enabled Internet is available throughout the facility. Simply log onto [Medguest](#) and accept the terms and conditions for free access to our service. A password is not required.

## **ATM Machine**

An automated teller machine is available on a 24-hour basis in the hallway outside our cafeteria.

## **Interpreters**

We have interpreters for a wide range of foreign languages. If you need interpreter services, please ask your nurse for information.

# Useful Information

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## Cell Phone Use

Visitors are asked to avoid talking on cell phones in the hallways and limit their use to patient rooms.

## Auxiliary Gift Shop

Our hospital's gift shop is open Monday through Saturday to serve the needs of patients and their visitors. The shop has gift items, clothing, jewelry, magazines, greeting cards, candy, toiletries, flowers and plants. For information, call the Auxiliary Gift Shop at 424-259-9922 or ext. 99922 from your room.

## Your Safety and Security

Our nursing team completes hourly rounds to attend to your needs, comfort and safety. Team members will check identification bracelets before administering any medication, treatment or procedure.



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## **Customize Your Hospital Room**

There are ways to make your stay more comfortable. Every room allows patients to adjust the thermostat or shades/curtains. Your hospital bed, room lighting and bedside tables are among other features that can be tailored for your comfort. Ask your nurse for assistance.

## **Food Services/Signature Dining**

We offer delicious and nutritionally-balanced meals to patients as part of our “Signature Dining” room service from 7 am to 7 pm. Completed food orders are delivered within 45 minutes. Physician orders are required to order meals. Reach Signature Dining services at ext. 96600.

Our dieticians can provide you and your family with information on any special diets and discuss any nutritional concerns. Ask your nurse for more information.

## **Personal Items**

We provide “Personal Care” cases for the safekeeping of dentures, eyeglasses and hearing aids. All other personal belongings such as clothing, jewelry and home medications should be sent home with a family member or friend to avoid loss or interference with medical procedures.

# **Useful Information**

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## **Visitor Guidelines**

Visitors can be good medicine! We encourage family and friends to visit, but request that you respect the comfort and confidentiality of other patients by limiting visitors to two at a time and keeping the noise level to a minimum. Children under 18 years of age are only permitted with a supervising parent or adult and may not be left unattended.

We allow patients to have one overnight visitor. We have recliner chairs in each room for your convenience. Please speak with your nurse in advance so we can help make your overnight visitor as comfortable as possible.

To protect the health and safety of our patients, visitors may occasionally be asked to wear personal protective equipment such as gowns, gloves or masks.

Please refrain from touching any medical equipment or using the restrooms in patients' rooms. Visitor restrooms are available in the hallway near the elevators. If you have any questions, please consult your nurse.

## **Spiritual Care**

Our Spiritual Care staff tends to the spiritual and emotional needs and concerns of all patients and families. Chaplains participate as full members of the care team and will provide support and reflection during hospitalization. Patients may request a chaplain visit for support and assistance in finding serenity, trust, strength and hope. The rituals and sacraments of each patient's faith will be honored and supported, as available. To request a chaplain, please ask your nurse or call 424-259-8170.

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