



### 3 step percutaneous nephrolithotomy

<http://libcat.nshealth.ca/permalink/chpams34344>

Capital Health (N.S.). Urology. Halifax, NS: Capital Health , 2014.

Pamphlet Number: 0296

Available Online: [View Pamphlet](#)

“ A 3 step percutaneous nephrolithotomy is used to treat a very large kidney stone. You will be in the hospital for 2-3 days. The 3 steps of the procedure are outlined. Care immediately after surgery and at home is described. Symptoms that require immediate medical attention are noted.



### Welcome to 4B Community Transitions Unit

<http://libcat.nshealth.ca/permalink/chpams35633>

Nova Scotia Health Authority. Central Zone. 4B Community Transitions Unit. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 0018

Available Online: [View Pamphlet](#)

“ The 4B Community Transitions Unit (CTU) cares for people who are waiting to go to a nursing home and do not need to be in a hospital anymore. The information in this pamphlet will help you and your family get ready for your stay on the Unit. This pamphlet provides information on visiting hours, suggested personal belongings, programs and activities, and other info. It also describes all the members of your healthcare team.



### 5-Aminosalicylate (5-ASA)

<http://libcat.nshealth.ca/permalink/chpams35397>

Nova Scotia Health Authority. Central Zone. Gastroenterology. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1483

Available Online: [View Pamphlet](#)

“ 5-aminosalicylate (5-ASA) is a type of drug often used to treat inflammatory bowel disease (IBD). This type of drug is good at controlling active ulcerative colitis or Crohn's colitis as well as keeping ulcerative colitis in remission. Topics include: what 5-ASA type drugs do, which 5-ASA you should take, continuing to take the drug, talking to your doctor, what other medication you can take, and when to expect to see improvement. The pamphlet also describes common and rare side effects.



## Welcome to 8.2

<http://libcat.nshealth.ca/permalink/chpams35174>

Nova Scotia Health Authority. QEII. Unit 8.2. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1297

Available Online: [View Pamphlet](#)

“ 8.2 is a 37-bed Medical Teaching Unit for patients with many kinds of medical conditions. Pamphlet topics include: your healthcare team, visiting, meal times, phone calls, parking, accomodations for family, personal belongings, services while you are in the hospital, medication safety, infection control, and follow-up instructions.



## Abdominal pain

<http://libcat.nshealth.ca/permalink/chpams34222>

Capital Health (N.S.). Emergency Services. Halifax, NS: Capital Health , 2014.

Pamphlet Number: 0119

Available Online: [View Pamphlet](#)

“ Abdominal pain can be caused by many things such as ulcers, appendicitis, gallbladder disease, kidney stones, or bladder infections. Most of the time this kind of pain is caused by gas, constipation, indigestion, or other causes that are not life-threatening. This pamphlet provides instructions for when the doctor's examination and test results suggest there is nothing seriously wrong. Symptoms that need immediate medical attention are given.



## Shoulder surgery

<http://libcat.nshealth.ca/permalink/chpams34412>

Capital Health (N.S.). Clinical Pathway Facilitator. Halifax, NS: Capital Health , 2011.

Pamphlet Number: 0412

Available Online: [View Pamphlet](#)

“ Acromioplasty and rotator cuff repair are defined. This pamphlet focuses on care after surgery. Symptoms that require medical attention are given.



## Active cycle breathing technique (ACBT)

<http://libcat.nshealth.ca/permalink/chpams35696>

Nova Scotia Health Authority. Roseway Hospital. Rehabilitation Services. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1672

Available Online: [View Pamphlet](#)

“ The Active Cycle Breathing Technique (ACBT) will help clear secretions like sputum. Sputum is mucus mixed with saliva (spit). This pamphlet outlines steps involved in breathing control, deep breathing exercises, and huffing. A technique summary is provided.



## Addictions community-based services : Central Zone (Halifax, Eastern Shore, and West Hants)

<http://libcat.nshealth.ca/permalink/chpams35802>

Nova Scotia Health Authority. Mental Health and Addictions. Central Zone (Halifax, Eastern Shore, and West Hants). Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1753

Available Online: [View Pamphlet](#)

“Addiction community-based services are available for people who are having problems with reducing or stopping their use of alcohol, tobacco, drugs and/or gambling, and their families. This pamphlet describes the community-based services that are available, including individual treatment, group treatment, skill based workshops and two week treatment programs. Womens' only programming for people who identify as women is also available. Information on howto access the programs and other communit...



## Substance abuse

<http://libcat.nshealth.ca/permalink/chpams34636>

Nova Scotia Health Authority. Central Zone. Mental Health & Addictions Program. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 0756

Available Online: [View Pamphlet](#)

“Addiction happens when substances become the focus of your life. A list of negative effects that some substances have on your mind and body is provided. If you feel you have a drug or alcohol problem and want to seek help, a list of recommendations is given.



## Laparoscopic adrenalectomy

<http://libcat.nshealth.ca/permalink/chpams34496>

Capital Health (N.S.). Urology. Halifax, NS: Capital Health , 2014.

Pamphlet Number: 0485

Available Online: [View Pamphlet](#)

“The adrenal glands sit on top of the kidneys. These glands make several hormones. This pamphlet focuses on care after surgery. Topics covered are blood pressure checks, food and fluid, catheter, care of the incision (cut), activity, managing discomfort, and follow-up care. Symptoms that require immediate medical attention are noted. It is important to have your blood and blood pressure checked regularly.