



Pneumonia

<https://libcat.nshealth.ca/en/permalink/chpams34101>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (5 p.) : digital, PDF file

Subjects (MeSH): Pneumonia - prevention & control

Subjects (LCSH): Pneumonia

Specialty: Emergency

Abstract: Pneumonia is an infection in one or both lungs that causes the air sacs in the lungs to get inflamed. This pamphlet explains the symptoms of pneumonia, who is at risk, and how pneumonia is diagnosed and treated. Tips to help you recover quickly and prevent pneumonia are included. Symptoms that need further medical attention are listed. The French translation of this pamphlet 2061, "Pneumonie" is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0368



Angiogram

<https://libcat.nshealth.ca/en/permalink/chpams34107>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Angiography Unit
Nova Scotia Health Authority. Diagnostic Imaging

Alternate Title: Arteriogram

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Angiography
Blood Vessels

Subjects (LCSH): Angiography
Blood-vessels

Specialty: Diagnostic Imaging

Abstract: During this special X-ray test, a colourless dye is injected into your blood vessels so that they can be seen on X-ray. An angiogram can be used to X-ray blood vessels in various parts of the body. This pamphlet describes getting ready for the test, how the test is done, and care after the test.

Responsibility: Prepared by: Angiography Unit, Diagnostic Imaging

Pamphlet Number: 0001



Telemetry

<https://libcat.nshealth.ca/en/permalink/chpams34112>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Cardiology

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([4] p.) : digital, PDF file

Subjects (MeSH): Telemetry
Monitoring, physiologic - methods

Subjects (LCSH): Telemetering transmitters
Heart beat

Abstract: Telemetry is a way of recording your heart's rate and rhythm. A transmitter is used to send this information to a monitor at the nurses' station. The recording happens while you are awake as well as while you are asleep. This pamphlet answers questions such as why telemetry is done, where and how it is done, and what to do if you have any problems. The French version of this pamphlet 1893, "Télésurveillance", is also available.

Responsibility: Prepared by: Cardiology, QEII

Pamphlet Number: 0006



Non-invasive vascular lab tests

<https://libcat.nshealth.ca/en/permalink/chpams34113>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Non-Invasive Vascular Diagnostics Lab

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Blood Pressure
Ultrasonography, Doppler
Veins
Arteries

Subjects (LCSH): Diagnostic ultrasonic imaging
Doppler ultrasonography
Blood pressure—Measurement
Arteries
Veins

Abstract: The Vascular Lab has special testing equipment that can tell us about the pressure and amount of blood flowing through your arteries and veins. Tests described in this pamphlet include: Ankle Brachial Index (ABI) blood flow test, treadmill exercise test, arterial duplex test, carotid duplex evaluation, venous duplex ultrasound, and blood flow evaluation of fingers and/or toes.

Notes: Previous title: Non-invasive vascular lab testing

Responsibility: Prepared: Non-Invasive Vascular Diagnostics Lab

Pamphlet Number: 0007



Lumbar puncture (LP)

<https://libcat.nshealth.ca/en/permalink/chpams34117>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Minor Procedures

Alternate Title: Spinal tap

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([4] p.) : digital, PDF file

Subjects (MeSH): Spinal Puncture
Nervous System Diseases - diagnosis

Subjects (LCSH): Spine-Puncture
Nervous system-Diseases-Diagnosis

Abstract: This test is sometimes called a spinal tap. A small amount of fluid is taken out from the space around your spinal cord that is fluid-filled. The cells in the fluid are studied under a microscope in a lab to check for any problems. This pamphlet explains how the test is done, how long it takes and follow-up care.

Responsibility: Prepared by: Minor Procedures, HI

Pamphlet Number: 0422



Living with your pacemaker

<https://libcat.nshealth.ca/en/permalink/chpams34153>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Heart Health

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (9 p.) : digital, PDF file

Subjects (MeSH): Pacemaker, artificial

Subjects (LCSH): Cardiac pacemakers

Abstract: A pacemaker is used to prevent the heart from beating too slowly. It can also be used to increase your heart rate to suit your activity. A pacemaker battery will usually last 7-10 years. When the battery runs low, you will need a new device. Precautions that need to be followed at home are outlined. The best actions to take for certain complications are given. The French version of this pamphlet 1944, "Vivre avec un stimulateur cardiaque (pacemaker)", is also available.

Responsibility: Prepared by: Heart Health

Pamphlet Number: 0019



Glaucoma management

<https://libcat.nshealth.ca/en/permalink/chpams34154>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Eye Care Centre

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (10 p.) : digital, PDF file

Subjects (MeSH): Glaucoma

Subjects (LCSH): Glaucoma

Specialty: Ophthalmology

Abstract: Your eyes are filled with a fluid made by the ciliary body. This fluid flows through the pupil, in front of the lens, and then out through a drain called the trabecular meshwork. Glaucoma is a disease where increased pressure in the eye damages the optic nerve. It usually happens when the trabecular meshwork (drain) does not work and fluid cannot drain from the eye. Fluid buildup in the front part of the eye increases pressure in your eye, damaging the optic nerve. This damage may at first cause loss of side vision. If left untreated, it may cause loss of central vision. Acute and chronic glaucoma are defined. The various tests used to diagnose glaucoma are described. Treatment can be medication, laser, or surgery. We have also provided instructions on how to use eye drops. The French version of this pamphlet 1910, "Gestion du glaucome", is also available.

Responsibility: Prepared by: Eye Care Centre

Pamphlet Number: 0140



Gastroscopy : VG site

<https://libcat.nshealth.ca/en/permalink/chpams34159>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. GI Unit

Alternate Title: Gastroscopy : Victoria General site

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (9 p.) : digital, PDF file

Subjects (MeSH): Gastroscopy
Gastrointestinal Diseases - diagnosis

Subjects (LCSH): Gastroscopy
Gastrointestinal system--Diseases--Diagnosis

Abstract: A gastroscopy is an exam of the esophagus (throat), stomach, and duodenum (the first part of the small bowel). We have described getting ready for the test, how it is done, care after the test, and possible complications. If sedation is given, you must not do certain activities for 24 hours after the test. The French version of this pamphlet 1504, "Gastroscopie", is also available. The Arabic version of this pamphlet, 1477, is also available.

Responsibility: Prepared by: GI Unit, QEII

Pamphlet Number: 0040



ERCP (endoscopic retrograde cholangiopancreatography)

<https://libcat.nshealth.ca/en/permalink/chpams34166>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. GI Unit

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Cholangiopancreatography, Endoscopic Retrograde
Diagnostic Techniques, Digestive System

Subjects (LCSH): Endoscopic retrograde cholangiopancreatography
Digestive organs–Diseases–Diagnosis

Abstract: An ERCP is an examination of the common bile duct, gallbladder, and the duct of the pancreas. The doctor will do this test with a flexible tube with a light at the tip. We have described getting ready for the test, how it is done, care after the test, and possible complications. As you will be given sedation, you must not do certain activities for 24 hours after the test. The French version of this pamphlet 1503, "CPRE (Cholangiopancréatographie rétrograde endoscopique)", is also available. The Arabic version of this pamphlet, 1476, is also available.

Responsibility: Prepared by: GI Unit, QEII

Pamphlet Number: 0038



Stereotactic biopsy

<https://libcat.nshealth.ca/en/permalink/chpams34172>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Division of Neurosurgery

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([4] p.) : digital, PDF file

Subjects (MeSH): Stereotaxic Techniques
Neurosurgery - methods
Brain Neoplasms - diagnosis

Subjects (LCSH): Stereotaxic techniques
Brain—Surgery
Brain—Tumors—Diagnosis

Abstract: Sterotactic surgery is used to diagnose or treat several types of brain-related conditions, such as movement disorders, pain syndromes, and brain tumours/tumors. A biopsy is when a small sample of tissue is taken. A pathologist (a doctor who diagnoses changes in body tissues or fluids) will look at the tissue sample and make a diagnosis. What to expect before, during, and after surgery are stated.

Responsibility: Prepared by: Division of Neurosurgery

Pamphlet Number: 0059



After my surgery

<https://libcat.nshealth.ca/en/permalink/chpams34175>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Same Day Surgery

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (7 p.) : digital, PDF file

Subjects (MeSH): Postoperative Care
Surgery

Subjects (LCSH): Postoperative care
Operations, Surgical

Specialty: Surgery

Abstract: This pamphlet answers common questions about care at home after surgery. Topics include: how you will feel, activities, what to eat, managing pain, dressing(s) care, driving, etc. Specific instructions are given for patients with sleep apnea, and patients who use CPAP machines. The pamphlet includes a list of symptoms that need medical attention right away.

Notes: Previous title: After My Operation

Responsibility: Prepared by: Same Day Surgery

Pamphlet Number: 0064



CT scan

<https://libcat.nshealth.ca/en/permalink/chpams34178>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. CT Service Advisory Provincial Committee

Alternate Title: Computerized tomography scan

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2020

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([6] p.) : digital, PDF file

Subjects (MeSH): Tomography, X-Ray Computed
Tomography, Emission-Computed

Subjects (LCSH): Radiography, Medical
Tomography

Abstract: Computed Tomography (CT) scans are images made by a computer and X-ray machine. CT scans give more detailed pictures of bones and soft tissue organs than regular X-rays. These images will help your doctor recommend the best treatment for you. Topics include: how you get ready for the scan, what happens during the scan, questions about breastfeeding after the scan, side effects, how long it will take, when to expect results, and where to send your feedback. A list of hospital contact info is provided. The French translation of this pamphlet 1104, "Tomodensitogramme" is also available.

Notes: Previous title: CT Scanner

Responsibility: Prepared by: CT Service Advisory Provincial Committee

Pamphlet Number: 0067



Before and after your cardioversion - Halifax Infirmary

<https://libcat.nshealth.ca/en/permalink/chpams34192>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Cardiology

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (10 p.) : digital, PDF file

Subjects (MeSH): Electric Countershock
Heart

Subjects (LCSH): Electric countershock
Heart

Specialty: Cardiovascular system

Abstract: Cardioversion is used to treat heart rhythm problems. During a cardioversion, an electrical shock is given to your heart. Getting ready for the procedure, how the procedure is done, and recovery are outlined. Before the procedure, you will be given medication to make you comfortable, relaxed, and sleepy. It will be in your body for 24 hours. It includes a list of things to avoid for 24 hours after your procedure. The French version of this pamphlet 1726, "Avant et après une cardioversion", is also available.

Notes: Previous title: Before and After Your Cardioversion

Responsibility: Prepared by: Cardiology

Pamphlet Number: 0393



Laser treatment of the retina

<https://libcat.nshealth.ca/en/permalink/chpams34218>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Eye Care Centre

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Laser Therapy
Retinal diseases - therapy
Diabetic Retinopathy

Subjects (LCSH): Lasers in ophthalmology
Retina-Diseases
Diabetic retinopathy

Specialty: Ophthalmology
Surgery
Diabetes

Abstract: Laser treatment uses a strong beam of light (laser) that can be focused to treat certain diseases of the retina. The 3 most common diseases treated with a laser are – retinal holes or tears, diabetic eye disease (diabetic retinopathy), and other problems with retinal blood vessels. The pamphlet describes getting ready for a laser treatment, what will happen during treatment, and care after.

Responsibility: Prepared by: Eye Care Centre

Pamphlet Number: 0465



Taking care of your cast

<https://libcat.nshealth.ca/en/permalink/chpams34219>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Emergency Department

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Casts, Surgical
Immobilization
Bone and Bones - injuries

Subjects (LCSH): Plaster casts
Bones--Wounds and injuries

Abstract: Some specific instructions for how to take care of fibreglass and plaster casts are described. Instructions for caring for all other types of casts are also provided. How to keep your cast dry and what to do if you have any problems are listed. The French version of this pamphlet 1108, "Comment prendre soin de votre plâtre," is also available.

Notes: Previous title: Care of a plaster cast

Responsibility: Prepared by: Emergency Department, QEII ; Revised by: Orthopedics, NSHA

Pamphlet Number: 0117



Abdominal pain

<https://libcat.nshealth.ca/en/permalink/chpams34222>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (LCSH): Abdominal pain

Specialty: Emergency

Abstract: The abdomen is the area from the bottom of your rib cage to your pelvic (hip) bones. Abdominal pain can be caused by many things, including: indigestion, constipation (not being able to poop), gas, infection (either bacterial or viral), food poisoning, ulcers, appendicitis, gallbladder or liver disease, kidney stones, bladder infections, menstrual pain, and muscle spasms (muscle movements you cannot control). Most abdominal pain goes away without treatment. This pamphlet gives instructions for when your exam and test results suggest there is nothing seriously wrong or life-threatening. Follow-up instructions and symptoms that need immediate medical attention are given.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0119



Getting ready for eye surgery

<https://libcat.nshealth.ca/en/permalink/chpams34232>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Eye Care Centre

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (7 p.) : digital, PDF file

Subjects (MeSH): Eye - surgery
Preoperative care

Subjects (LCSH): Eye—Surgery
Preoperative care

Abstract: Instructions to help you prepare for eye surgery are given. Topics include: where to go, postponing surgery, and getting ready the day before surgery (what you can eat/drink, medications, if you have diabetes, etc.) and the morning of (hygiene, valuables, what to bring to the hospital). What to expect if you are having a local anesthetic versus a general anesthetic is listed. You must have a responsible adult who can look after you for the first 24 hours after surgery. Your surgery may be cancelled if you do not have someone that can stay with you after surgery. You will be given a prescription for eye drops. If you need help putting in the drops, please tell your surgeon's office before your scheduled surgery date. The French version of this pamphlet 2014, "Préparation en vue de la chirurgie oculaire", is also available.

Responsibility: Prepared by: Eye Care Centre

Pamphlet Number: 0134



After glaucoma surgery

<https://libcat.nshealth.ca/en/permalink/chpams34237>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Eye Care Centre

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (7 p.) : digital, PDF file

Subjects (MeSH): Glaucoma - surgery

Subjects (LCSH): Glaucoma—Surgery

Specialty: Ophthalmology

Abstract: If the pressure inside your eye stays too high after using drops and/or laser treatments, you will need surgery to treat your glaucoma. You may have a trabeculectomy or a shunt procedure. This pamphlet explains what a trabeculectomy and a shunt procedure are, and what will happen after the surgery. Instructions for your care at home are provided, including discomfort, wearing an eye shield, using eye drops, and activity. A list of symptoms that require immediate medical attention is provided. The French version of this pamphlet 1894, "Après une chirurgie du glaucome", is also available.

Responsibility: Prepared by: Eye Care Centre

Pamphlet Number: 0141



Living with heart failure

<https://libcat.nshealth.ca/en/permalink/chpams34246>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Cardiac Services

Alternate Title: Living with heart failure : a patient guide

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (28 p.) : digital, PDF file

Subjects (MeSH): Heart Failure - prevention & control

Subjects (LCSH): Heart failure

Abstract: This booklet describes the symptoms, causes, management, and treatments of heart failure. The main focus of the booklet is on managing symptoms. Information is provided on eating less salt, drinking less fluid, and a variety of medicines and exercise. Lists of community resources and symptoms that need immediate medical attention are listed.

Responsibility: Prepared by: Cardiac Services

Pamphlet Number: 0152



Endovascular abdominal aortic aneurysm repair (EVAR)

<https://libcat.nshealth.ca/en/permalink/chpams34251>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Vascular Surgery

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (14 p.) : digital, PDF file

Subjects (MeSH): Aortic Aneurysm, Abdominal - surgery
Cardiovascular Diseases - surgery
Preoperative care
Postoperative care

Subjects (LCSH): Aortic aneurysms
Abdominal aorta—Surgery

Specialty: Cardiovascular system
Surgery

Abstract: During an endovascular abdominal aortic aneurysm repair (EVAR), your surgeon will put an endovascular stent graft in your aorta. The aorta is the largest artery in the body. This pamphlet explains what an aneurysm is and how it is treated. EVAR is an alternative to open abdominal surgery. The pamphlet outlines the advantages, disadvantages, and possible complications of EVAR compared to open surgery. What will happen before, during, and after surgery is explained. A list of symptoms that require immediate medical attention, as well as information about follow-up visits, is included.

Responsibility: Prepared by: Vascular Surgery

Pamphlet Number: 0158