



## A history of expertise

West Park's involvement in the treatment of TB began more than a century ago as the disease was a world-wide threat to life. We opened as the Toronto Free Hospital for Consumptive Poor in 1904, becoming one of the first sanitariums in Canada for the most advanced cases of the lung disease.

With the development of new TB treatments, we were applied our exemplary care to more health care issues, but our expertise in lung ailments continues.

West Park's Tuberculosis Service is internationally recognized and is Ontario's designated in-patient treatment centre. It is a referral centre for the most complex cases of TB in Ontario. We also provide specialized out-patient TB clinic services for Ontario residents.

## You can help

Donations to the West Park Healthcare Centre Foundation support research and the purchase of equipment not covered by provincial funding. To add your support, contact the Foundation office at 416-243-3698 or [foundation@westpark.org](mailto:foundation@westpark.org).



## Family Health Team

If you are in need of a family physician upon your discharge, the West Park Family Health Team (FHT) is here to help you. The FHT provides team-based patient care services including:

- Health promotion and illness prevention;
- Annual physicals & immunizations;
- Ordering medical tests & prescribing medications;
- The management of seniors' health and of chronic diseases such as diabetes, COPD and asthma;
- Extended hours available;
- Access to quick appointments;

Contact the FHT to enrol!

416-243-3706 or [fht@westpark.org](mailto:fht@westpark.org)



**WEST PARK  
HEALTHCARE CENTRE**

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# Tuberculosis

Treating TB and other lung infections



# What is Tuberculosis

Tuberculosis (TB) is an infectious disease that is spread from person to person. Symptoms may include malaise, fever, coughing and weight loss. The disease is diagnosed through an examination, appropriate testing, a review of medical history, X-rays and bacteriologic testing of tissue or fluid from the affected areas.

## Controlling infection

People with TB in the lungs can give it to others when they talk, laugh, sing, cough or sneeze as the disease is spread via airborne. Patients are admitted to the TB Service for isolation, implementation of treatment and to prevent further spread of TB in the community. West Park's TB Service Unit is a state-of-the-art, negative-pressure ventilation and air-handling system. In addition, all patients, visitors and staff wear masks.



# Tuberculosis treatment at West Park Healthcare Centre

With over a century of experience in treating TB, West Park's skilled staff work as a team with patients to provide exemplary care on the road to recovery.

## Who is treated at West Park

Patients older than 16 are admitted to West Park when their type of TB requires highly-specialized medical care. Because the disease is infectious, patients may also need to be isolated from small children and people with depressed immune systems. Response to treatment may vary, depending on the type of TB. When patients are no longer infectious or a risk to family and others, they are discharged home.

## Multicultural needs

A large proportion of TB patients are foreign born and come from countries with a high burden of TB. West Park treats patients from many different cultures and backgrounds. Translation services are available to ensure clear communication with our patients, their families and the clinical team.

## TB Service healthcare team

The core team includes a respirologist, attending physician, nurse practitioner, nursing staff, a recreation therapist, clinical pharmacist and a clinical care co-ordinator. The consulting team members include social work, psychology, recreation therapy, occupational therapy, physiotherapy, and respiratory therapist. External team members include a thoracic surgeon, an Otolaryngologist and a hematologist.

## Rooms

Patients rooms are in a specialized unit with state-of-the-art infection control technology and are assigned according to the medical needs of the patient. If the needs of the patients/service require it, patients may be re-assigned to a different room.

## Visitors

Visitors are welcome from 11:00 a.m. to 9:00 p.m. daily. Prior to entering the unit, visitors must sign in at the nursing station. Visits by children 14 and under are reviewed on an individual basis. Visitor parking is available at the front of the main building.

## Going home

A treatment plan will be provided via a discharge interview before the patient returns home. Arrangements are made for continued treatment on an out-patient basis, with regularly-scheduled follow-up appointments in the TB Clinic. Patients are also referred to the local Public Health Department for Direct Observed Therapy (DOT). The family doctor and/or referring doctor will be informed of the patient's progress. All TB medications are provided at no cost while at West Park and for the length of treatment. A prescription is given at each clinic appointment and it is filled in the hospital pharmacy at the ground level.

## Books, banking and shopping

A library and banking machine are on the main floor. TB Patients use these services accompanied by a staff member after 9:00 p.m., when regular visiting hours end. If needed, a West Park volunteer will shop once a week for personal items that friends/family cannot collect.

## Patient lounges and patio

Two lounges on site are used for visits and patient or TB unit activities. The outdoor patio and courtyard may also be used, when the weather is good.