

Grand River Hospital has a number of services in place to support the diverse needs of patients who visit us for care.

Spiritual and Cultural Care

Grand River Hospital offers a comprehensive spiritual care program, supporting diverse spiritual needs of patients and their families. We believe that spiritual practices are important to healing.

At admission, patients are asked if they identify with a particular faith group or cultural tradition, and whether they have any spiritual, religious or cultural needs that are important for us to know about to better support their care.

Our team of spiritual care practitioners help patients and families talk about their specific spiritual, religious or cultural needs and how these can best be met during their time in hospital. At a patient's request, we are able to connect them with spiritual resources and communities outside of the hospital; for example, supporting an in-person, or virtual visit from their own spiritual leader or, help to facilitate a particular cultural or religious ritual.

Sanctuaries are located in each of our hospital sites and are open at all times to patients and family members for prayer, meditation, quiet reflection and rituals such as smudging ceremonies. Spiritual Care practitioners at GRH are healthcare professionals, trained through the Canadian Association for Spiritual Care, and members of the College of Registered Psychotherapists of Ontario. A spiritual care practitioner is available at both hospital sites during regular business hours (8 am-4:30 pm). There is also a Roman Catholic priest on-call for Sacramental emergencies at all times.

Members of the spiritual care team can be contacted for support through a patient's care team, or patients and families may call 519-749-4300, ext. 2142.

Special Diets

Grand River Hospital is able to accommodate a variety of diets to support a patient's health, and faith and cultural needs. Our system allows us to create many diet combinations and enables the team to customize diets in collaboration with patients, families, dietitians and diet technicians.

For a list of special diets, please see the back of this sheet.

Translation Support

Grand River Hospital has secured the support of MCIS Language Services which offers interpretation and translation of 300+ languages. Hospital staff are able to pre-book over-the-phone support for upcoming appointments, or call to request immediate phone interpretation support.

We value the diverse needs of patients, families and those in our community. For more information, or questions, please email us at info@grhosp.on.ca.

Grand River Hospital – Special Diet List

Your care team will help you determine the diet(s) that will best work for you.

Healthy Fat/Low Sodium	No Milk/Milk Products
CHF	No Msg
Chlye Leak	No Mushrooms
Clear Fluids	No Mustard
Clear Fluids Pediatric	No Nuts
Consistent Carbohydrate	No Pork
Consistent Carb Large	No Poultry
Consistent Carb Gestational	No Red Meat
Anti-dumping	No Seeds
Fecal Fat Test	No Sesame
Blenderized	No Shellfish
Full Fluid	No Soy
Full Fluids Consistent Carb	No Spicy Food
Full Fluids Pediatric	No Strawberry
Full Fluids Renal	No Sulphite
Full Fluid Renal Consistent Carb	No Tea
Restricted Gluten	No Tomato
High Fibre	No Wheat
High Potassium	No Yeast
High Protein High Energy	Nothing by Mouth
Hypoglycemic	Pediatric
Infant Formula	Post Op Light
Kosher	Post-partum
Lactose Intolerance	Controlled Protein 100gm
Low Fat	Controlled Protein 60gm
Low Potassium (70mmol)	Controlled Protein 80gm
Low Phosphorous	Controlled Protein 90gm
Low Purine	Push Fluids
Low Roughage	Pureed
MAO Inhibitors	Regular Texture
Minced	Renal
Modified Minced	Dental Soft
Low Sodium 2 - 2.3 gm	No Tea/Coffee
No Two-Texture	Mildly Thick Fluids IDDSI 2
No Bread	Moderate Thick Fluids IDDSI 3
No Caffeine	Extremely Thick Fluids IDSSI 4
No Chocolate	Thin Fluids IDDSI 0
No Citrus	Adult Tubefeeding
No Coffee	Tubefeed and Tray
No Corn	Vegetarian
No Dye	Vegetarian with Fish
No Egg	Vegan
No Fish	Standard
No Free Water	1000ml Fluids
No Grapefruit	1500ml Fluids
	2000ml Fluids