

Your Hospital Stay



Your Care Team

Nursing Staff

- Nurse to Nurse bedside report is performed every shift.
 - During the report, your outgoing nurse discusses with the oncoming nurse how you are doing. They will discuss the plan for the day or any test you are scheduled for during that shift. This helps us to provide consistent care.
 - We encourage patients and families to listen and participate.
 - Questions are welcomed and encouraged.

Medical Staff

- Your care may be directed by a group of doctors that work together to care for you. The group will consist of a heart doctor and possibly an internist, intensivist, graduate medical trainees (fellows and residents), and medical students.
- They meet several times a day to review your changing conditions and needs.
 - Starting around 8:00 a.m., the doctors and other team members begin making “rounds” to see how you are doing. This is a good time to discuss your medical care, progress and steps toward discharge.

Care Management Team

- **Nurse Case Manager** (discharge planner): Our case managers help to ensure a smooth transition between your inpatient stay and home care needs. They will visit you during your stay and arrange any medical needs you may have after discharge. You and your family will be given their contact information.
- **Social Work:** If needed, a social worker will meet with you and your family to ensure that the proper support system is in place at home to assist in your recovery.

Patient Care Technicians (Tech)

- The Patient Care Technician will assist your nurse with your daily care.
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Dietician

- A dietitian is available to answer questions about your dietary needs and preferences. Please ask your nurse if you are interested in information about specific diets.
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Occupational Therapist

- Occupational Therapists are trained in all aspects of anatomy and physiology related to functional activities of daily living.
 - Occupational Therapists assist you in achieving goals related to:
 - returning to work
 - improving your ability to perform daily activities
 - During treatment, they help you regain skills in tasks such as bathing, dressing, grooming and leisure.
 - Additional information may be provided regarding home modification, task modification and energy conservation with these activities to promote health.
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Physical Therapist

- Physical therapists are trained in all aspects of anatomy and physiology related to normal function, with an emphasis on movement.
 - They can assist you in regaining strength, coordination, balance, and control of movement.
 - After an evaluation, your physical therapist will create a rehabilitation program that is based on your specific needs, with the goal of regaining functional independence.
 - During treatment you will practice specific exercises to promote your ability to move. You will also rehearse complex movements that require more coordination and balance, such as walking or moving up or down stairs.
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Pharmacist

- A pharmacist reviews your medications daily while you are in the hospital. A pharmacist is available to answer questions about your medications. If you are interested in speaking with the pharmacist, please let your nurse know.

What can I expect on the inpatient floors?

Visitation Policy

Family members are welcome to visit anytime. Family, for purposes of visitation, is defined by you and is usually one or more individuals who play a significant role in your life. “Family” members may be related in any way—biologically, legally, or emotionally. Thus, a patient’s family member may include a person(s) who is not legally related to the individual.

We do encourage “Quiet Time” during the day from 1pm-3pm and 9pm-5am at night. This is a designated time dedicated to promote rest and healing. We may ask your family to use the lounge to visit during this time.

“Family” members are welcome to visit anytime.

How do I regain my independence?

The staff will provide you and your family with the skills needed to prepare you for discharge. They will encourage you to do as much for yourself as you can. This independence helps you to take control of your recovery. Some people may need more of a guiding hand than others. The nursing staff will be there to assist you and reassure you as needed.

What type of monitoring will I need during my stay?

When you arrive on the floor a portable heart monitor, called a telemetry unit, will be attached to your chest. This unit will transmit your heart rate and rhythm to monitors located at your bedside and at the nursing station. This portable monitor allows you to walk in the halls freely. You may not shower with the telemetry unit on. Please ask a nurse or patient care tech for assistance.

- The nurses and techs will regularly check your blood pressure, heart rate, and temperature.
- You will have your blood drawn for lab tests and chest x-rays taken if needed.
- Staff will measure how much you drink and urinate. Staff will provide a container for you to urinate into for measurement. Staff will also ask you to keep track of the amount of fluid you drink and report it to your nurse or tech.
- You will be weighed daily.
- A nurse or tech will enter your room to assess your needs on a regular basis.

How will I care for myself while in the hospital?

- Wash your hands frequently or use the hand sanitizer/sani-wipes that we provide to assist you. Hand hygiene is very important to decrease the risk of infection.
- Bathe daily with the assistance of a staff or family member. As a reminder, you may not shower with your telemetry unit on.
- Continue to wear your compression stockings (sometimes referred to as TED hose); these will help with swollen and achy legs. They should be removed at night and when you bathe.

Your procedure site will be observed and cared for each day. It will be kept clean and dry.

What can I expect on the day of discharge?



Setting Expectations

- Ask a family member or friend to be present for your discharge teaching and to review final discharge instructions with you and your nurse.
- Your nurse case manager will be in contact with you to explain your final discharge plans.
- Your nurse will review all discharge instructions with you. During this time, ask any questions you may have about your care after discharge.
- Be sure you understand:
 - Your medications and prescriptions
 - Procedure Site Care
 - Activity/Restrictions
 - Diet
 - Reasons to call your doctor
 - Follow up appointment information

Discharge Tips:

Please make sure all items that you brought with you to the hospital are taken home.

Some examples may be:

- Glasses, dentures and hearing aids.
- CPAP machine
- Walker or cane
- All technology devices and chargers
- All medication

Recommended Home Essentials:

- Blood Pressure Cuff
 - Working Thermometer
 - Scale
- At home, you will need to monitor your blood pressure, heart rate, temperature, and weight until your follow up visit. Please make sure that you have the proper equipment to do so prior to discharge.
 - If you have a long drive home, it is important to get up and stretch your legs at least once per hour. This helps to prevent blood clots.

