

## Support Coach: Why do I need a Coach?

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### What is a support coach?

A support coach is someone you can count on to help you with your recovery, both in the hospital and when you return to home. We encourage you to pick a good friend or family member to be your personal support coach. Our staff will work with you and your support coach to ensure your coach is educated and prepared to support, encourage and care for you during your recovery.

My Support Coach is: \_\_\_\_\_

### What is the responsibility of a support coach?

Your support coach will:

- Accompany you to your history and physical appointment.
- Accompany you to the hospital on the day of your surgery
- Be the primary person to talk with your doctors and nurses during your inpatient stay. Your coach can then relay information back to your family and friends.
- Be with you on the day of discharge (9:30am) to listen to your discharge instructions and drive you home.
- Stay with you for the first 7 days after you are discharged from the hospital; this includes at night, too.
- Help you with certain tasks in your recovery after you leave the hospital:
  - Monitor your temperature, blood pressure, heart rate, weight, and check your incisions
  - Assist you with your medications
  - Assist you with daily activities and exercise
  - Accompany you to follow-up appointments and blood draws.

### What if I can't identify a support coach?

If you cannot identify a support coach before your surgery, please notify your Clinical Care Coordinator. They will help you identify a coach or outline a safe alternative care plan.

My Clinical Care Coordinator \_\_\_\_\_

Contact Number \_\_\_\_\_

## **What is the difference between recovering at home and recovering at a skilled nursing facility?**

Your surgeon expects you to go home after surgery with the support of your coach. People who go directly home after surgery often recover faster. There are times when it is appropriate for a patient to go to a skilled nursing facility. This decision will be made by you and your team, including your surgeon, physical/occupational therapists, and care manager.

**Note:** If you return home, your medical care will be directed by your cardiac surgeon. If you discharge to a skilled nursing facility, your medical care will be directed by the providers at the facility.

## **What are the benefits of returning home after surgery?**

The benefits of returning home after your hospital stay include:

- Lower risk of complications, such as infection, wound healing problems and readmission to the hospital.
- Recovering in the familiarity and comfort of your home environment.
- Returning to your daily routine faster, including bathing and meal preparation.
- Making a daily walking and exercise program with your support coach.
- Your friends and family will be able to visit and support you at any time of day.

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