

VAD In-Hospital Supervised/ Un-Supervised Outings

In-hospital supervised outings give you and your caregivers a chance to simulate being in the community before you are discharged from the hospital. You will complete a supervised outing with your occupational therapist (OT).

Below is some helpful information for you to know:

- You and your primary caregiver will participate in 2 outings:
 - 1 **supervised** outing with you, your primary caregiver and OT
 - 1 **unsupervised** outing with just you and your primary caregiver
- At the discretion of your team, the outing could occur in the courtyard, common areas, or in your room.

What is the purpose of an outing?

The goal for the supervised and unsupervised outings is for you and your caregiver(s) to be able to review safe access in the community and transition from a medically supervised hospital setting. We want you and your caregiver to learn how to manage in an unstructured and unfamiliar environment. The OT will provide instruction to you and your caregiver about supervision and maintaining your personal safety.

What will happen during my supervised outing?

During your **supervised** outing you and your caregiver(s) will:

- Identify all alarms and explain the proper response to each alarm.
- Program your cellphone with the VAD emergency phone number (734) 477-6722 and the VAD call center number (734) 647-7321.
 - Define when to call the VAD Emergency Phone Number.
 - Practice calling the VAD Emergency Phone Number. You will call the VAD Emergency Number and tell them it is a practice call.

- Review the process to get your discharge medications.
- Create a plan with your caregiver(s) for using the bathroom to make sure you have proper supervision when in the community.
- Review education with your OT on the following topics:
 - Home safety
 - Fall prevention
- Evaluate your readiness for an unsupervised outing.

What is the role of the occupational therapist during my outing?

The role of your occupational therapist during the outing is to:

- Provide support
- Provide education
- Help you and your caregiver(s) to problem solve to increase your ability to function in the community
- Assess your ability to identify alarms and the proper response to each alarm

What will happen during my unsupervised outing?

An **unsupervised** outing will take place with only you and your caregiver(s).

Your OT will decide when and where it may occur. It could be in your room or in common areas on the medical complex/hospital. You will be responsible for:

- Letting your nurse know if you leave your room.
- Practicing another emergency phone call to the VAD Emergency Number.

You will call the VAD Emergency Number and tell them it is a practice call.

How should I prepare for my outing?

Your OT will help you and your caregiver plan your unsupervised outing.

Here are a few general rules to help you prepare for your unsupervised outing:

30 minutes to 1 hour before outing:

- Bathe, dress, and be ready for your outing
- Caregiver(s) must be in your hospital room

- Pack your bag with the following items for your outing:
 - 2 sets of fully charged batteries
 - Extra controller with battery clips attached to back up controller
 - Medication
- Charge your cellphone. **You must** have your cellphone with you during your unsupervised outing.

What is the role of my caregiver(s) during the outing?

Your caregiver(s) will provide the following support to you during the outing, including:

- Any physical assistance you may require
- Managing the bag with your equipment
- Staying near you during the outing with the equipment bag. This is done in case you need to access the bag for any reason during the outing.

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CVC Control #1130

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