

Patient Handbook

Cardiac Surgery

This booklet will help you understand and prepare for your surgery.
Please review this information with the nurse and your family.

PATIENT NAME: _____

PRE-SURGICAL CARE CLINIC APPOINTMENT: _____

SURGERY TYPE: _____

SURGEON NAME: _____

SURGERY DATE: _____ SURGERY TIME: * _____

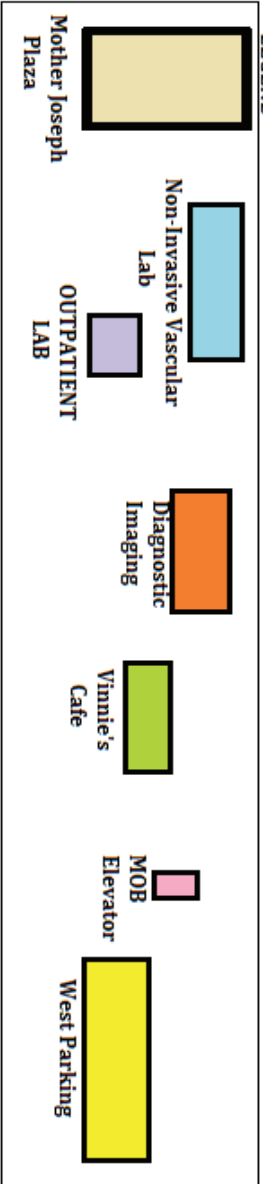
*Subject to change, the office will notify you of any changes.

PLEASE ARRIVE AT: _____ (Normally 2-hours prior to the surgery time)

PLEASE BRING THIS HANDBOOK TO YOUR APPOINTMENT IN THE PRE-SURGICAL CARE CLINIC AND ON THE DAY OF YOUR SURGERY.

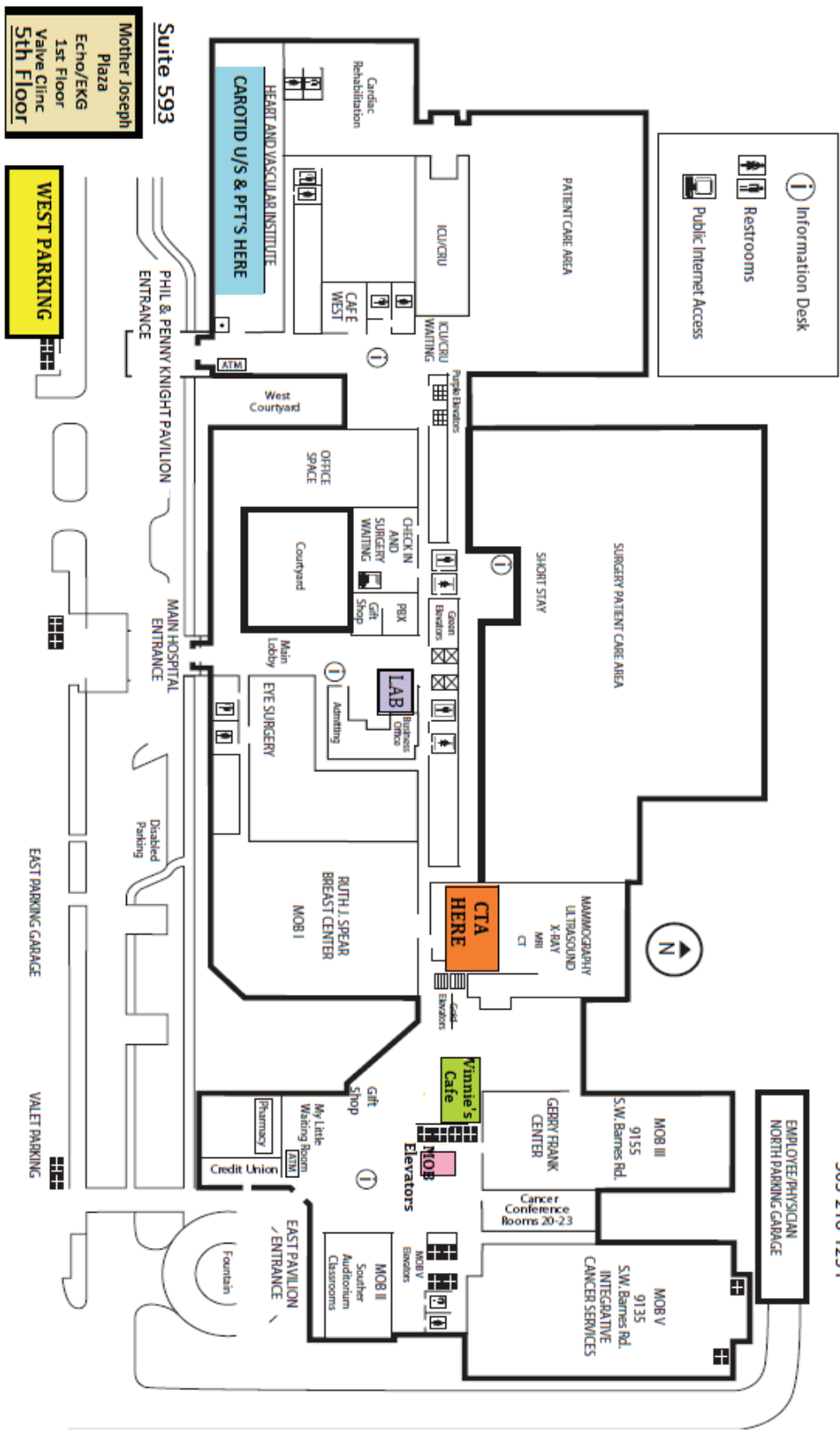
Please fill out the medication list on **page 22** and bring it to your appointment.

LEGEND



PROVIDENCE
St. Vincent
Medical Center

First Floor
503-216-1234



Suite 593
Mother Joseph Plaza
Echo/EKG
1st Floor
Valve Clinic
5th Floor

WEST PARKING

Dear Patients and Visitors,

Welcome to Providence St. Vincent Medical Center. Our goal is to provide quality patient care and service in a safe and professional environment. This handbook is for you to keep your written instructions and materials together.

We believe excellent healthcare stems from a strong provider-patient relationship built by communication between you, your family, and your care team. Please let the staff know if you have any questions or concerns during your stay here at Providence St. Vincent Medical Center.

Sincerely,

Cardiac Services

Contact Information

| Department | Hours of Operation | Phone Number |
|---|---------------------------------|--------------|
| Providence St. Vincent Medical Center | 24 hours a day 7 days a week | 503-216-1234 |
| Providence Heart Clinic Cardiovascular Surgery | 24 hours a day 7 days a week | 503-216-8670 |

Pre-Surgical Care Clinic Appointment

9135 SW Barnes Road, Suite 861

Medical Office Building (MOB V) on the Providence St. Vincent campus

Pre-Surgical Care Clinic can be reached at 503-216-1993

Our top priority is to provide a positive surgical experience for you and your loved ones.

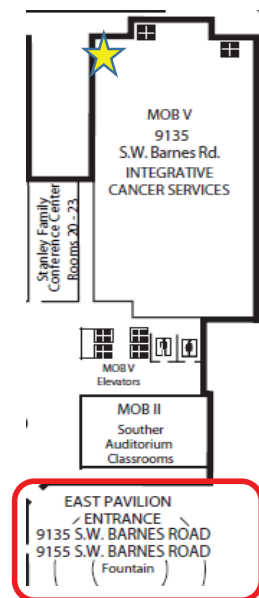
The PSCC staff will help prepare you for your upcoming surgery. Staff will assure all required testing and health information is obtained during your appointment time.

You will learn what to expect before, during, and after your surgery. The staff will also teach you what to do to prepare for your surgery.

Please fill out the **Medication List on page 22** with all the medications you are taking.

Your anesthesiologist will either call you the night before your surgery or see you at the hospital on the day of your surgery.

Surgery times are subject to change due to patient care needs. We recommend bringing something to help pass the time. We will keep you updated of any scheduling changes after your arrival to the hospital.



Education

Heart videos can prepare you for your heart surgery. Use the link below to watch the heart surgery videos:

<https://oregon.providence.org/our-services/p/providence-cardiac-surgery/for-patients/>

Pre-Surgery – View “Before your surgery.”

During Hospital Stay – View “During your hospital stay.”

Home After Surgery – View “Discharge from the hospital.”

Heart Virtual education

Ask your Cardiac care team about virtual patient education classes on most Tuesday(s) and Friday(s) at 1:15pm with Tanya Fedchik, RN for Cardiac Surgery.

Preparing for Surgery

If you use any of the following items, please plan to bring them with you to the hospital:

- CPAP or BiPAP machine
- Hearing aid
- Dentures
- Eyeglasses

Make arrangements for someone to:

- Care for your pets and home while you are in the hospital.
- Bring you to the hospital the day of your surgery.
- Take you home from the hospital. This person needs to know that you may need to be picked up on short notice and should plan to be at the hospital by 9:00 AM on the day you leave the hospital.
- Pick up your medications after you leave the hospital.
- Stay with you the first few nights after you leave the hospital.
- Make meals, buy groceries, clean your home, do laundry and take care of your pets for the first 2-3 weeks after you leave the hospital.
- Drive you to doctor visits and other appointments for the first month after your surgery.
- Be with you the first few times you walk outdoors.

Financial concerns and affairs:

- Plan with your employer to be off work as directed by your doctor.
- Give all disability, leave of absence or similar forms to your doctor to be signed.
- Create or update your will.
- Complete your Advanced Directive or a medical power of attorney.
- Discuss your healthcare wishes with your family.

Travel

- Make hotel arrangements, as needed, for family members or friends who will be supporting you during your hospital stay.
- Providence St. Vincent Medical Center Guest Housing Center is available during your stay.



Guest Housing Center Office

Travis and Beverly Cross
9320 SW Barnes Road
Portland, OR 97225
Toll-free: 888-550-1575
Phone: 503-216-1575
Fax: 503-216-6283

Important Instructions for Bathing Prior to Surgery

Staff will teach you how to use Hibiclens soap. Hibiclens soap lowers the chance of an infection at your surgical site.

Follow the steps below carefully:

- You will be sent a 4-ounce bottle of Hibiclens to your mailing address on file.
- Shower the night before your surgery **AND** the morning of surgery. Use ½ of the bottle for each shower.
- First wash your hair with regular shampoo. Rinse your hair completely **before** you wash with Hibiclens.
- Wash your body from the neck down to your toes with Hibiclens. **DO NOT** get Hibiclens into your EYES, EARS, or genital area. If you do, rinse with water immediately.
- **DO NOT** use any other soaps or body wash on your skin after showering with Hibiclens.
- Use a clean towel after each shower. Wear clean, freshly laundered clothing after each shower.
- Use clean sheets the night before surgery.
- Do not allow any pets in your bed.
- Do not use lotion, powder, deodorant, perfume or aftershave after bathing with Hibiclens.



Using an Incentive Spirometer

Remember to bring this with you on the day of your surgery.

Breathing Exercise Instructions

Step 1: Breathe out normally.

- Relax and breathe out.

Step 2: Place your lips tightly around the mouthpiece.

- Make sure the device is upright and not tilted.

Step 3: Breathe in as much air as you can through the mouthpiece.

Do not breathe in through your nose. The device will not work properly if you breathe in through your nose.

- Inhale slowly and deeply trying to pull the air deep into your lungs down by your belly button.
- Hold your breath long enough to keep the balls or disk raised for at least 3 seconds.
- Some spirometers have an indicator to let you know that you are breathing in too fast. If the indicator goes off, breathe in more slowly.

Step 4: Repeat the exercise.

- **While you are in the hospital:** Perform this exercise 10-times per hour while you are awake, or as instructed by your healthcare provider. Try to aim for 1500ML.



Pre-Surgery Nutrition

Eating to Improve Healing Before and After Your Surgery

If you are having surgery or major medical treatment soon, it's important to pay extra attention to nutrition. What you eat – and how much you eat – can help you do better during and after surgery and treatment.

A healthy, balanced diet with extra protein can help you:

- Build strength to prepare your body for surgery or treatment.
- Recover better after surgery.
- Heal wounds, bones, and infections.
- Have enough energy and strength for physical therapy.

Poor nutrition has been shown to:

- Increase infections and surgery complications.
- Impair wound healing.
- Increase the amount of time spent in hospitals.
- Increase the amount of care and support needed after leaving the hospital.

Five tips to eat better, feel better, recover better.

1. Get plenty of fuel.

- Make sure you're eating and drinking enough healthful foods and liquids in the weeks leading up to your surgery or treatment. Your body needs extra fuel, protein, vitamins, minerals and liquids to heal.
- Eat 2 to 3 meals and 1 to 3 healthy snacks each day.

2. Eat foods from all the food groups:

Protein Dairy Vegetables Grains Fruit

3. Eat plenty of protein.

- Eat protein at every meal, especially at breakfast and after physical therapy.
- Good sources of protein include fish, chicken, meats or meat substitutes, milk, fortified soy milk, cheese, yogurt, beans, nuts and seeds.

4. If you don't feel hungry, try to eat anyway.

- Eat smaller meals and snacks more often and include protein foods. Eat with a friend or family member. Adults who share meals together tend to eat better.

Ask your doctor or dietitian for help.

If you find it hard to keep your weight where it should be, talk to your doctor or to a dietitian. They can recommend specific tips to help you stabilize your weight to optimize your recovery from surgery or medical treatment. Be sure to talk with your doctor and surgeon about any supplements, pills, herbs or other Medicinals you take.

Protein Pointers

Protein is essential for maintaining muscle. Adults with more muscle mass have more independence, better balance and less risk for falls and fractures. Beginning in their 40s, adults typically lose 1 or 2 percent of their muscle mass every year. Eating the right amount of protein throughout the day can help you maintain muscle.

Eat protein at every meal

Eat 3 to 4 ounces (20-30 grams) of protein at each meal. Include these high-protein foods often:

- Lean meat, chicken, pork and seafood
- Beans and lentils, nuts and seeds
- Milk (if you're lactose intolerant, try lactose-free milk – it's the same as regular, but without the lactose)
- Cheese, cottage cheese and yogurt
- Eggs

What counts as an ounce of protein?

Remember that your goal is 3-4 ounces per meal.

- 1 ounce of cooked meat, fish or chicken (3-4 ounces is about the size of a deck of cards or the palm of your hand)
- ¼ cup of cooked beans, peas or lentils
- 1 egg
- 1 tablespoon of peanut butter (picture about half of a golf ball)
- ½ ounce of nuts or seeds (12 almonds, 7 walnuts halves)
- 1 cup of milk or yogurt
- 1.5 ounces of hard cheese (about the size of 3 dice)
- ¼ cup of cottage cheese

When reading food labels where protein is listed in grams, consider that 7-8 grams is about 1 ounce.

Morning of Surgery

**Do not drink or eat anything on the day of your surgery.
No gum, mints, or hard candy.**

If you use any of the following items, please bring them with you to the hospital:

- Dentures
- Hearing aids
- Cane or walker
- CPAP or BiPAP, if you use one at home.
- Loose clothing to wear home.
- Incentive Spirometer provided to you at your Pre-Surgical Care Clinic Appointment
- Advanced Directive

Please note: staff can provide you with a comb, toothbrush and toothpaste. It is best to leave most personal items at home. Please leave your overnight bag in the car or bring it later.

Please check in at **Surgery Waiting**. This department is located through the Phil and Penny Knight Pavilion entrance of the hospital. Proceed to the purple elevator bank and turn right.

After your paperwork is completed and you receive an armband, a staff member will escort you to Pollock IRU.

Information for Visitors to the Critical Care Units

Cardiac Intensive Care Unit (CICU) 503-216-3194

During this stressful time, it's important that your family members take care of themselves while we take care of you. We encourage visitors to be well rested by going home or to guest lodging every night.

Visitors are important to critical care patients. Visitors can lift spirits and bring comfort. It can also help the visitors to understand their loved one better. When you arrive to the critical care unit, your loved ones will be asked to wait in the lobby while we begin caring for you. We will welcome them to your bedside as soon as possible.

Critical care patients tire easily. We ask that visitors to this unit keep their visits brief and limit the number of visitors in accordance with current visitor policies. If you need important or personal care during their visit, the nursing staff may ask your visitors to step briefly into the lobby.

Between 7 - 8 a.m. and 7 – 8 p.m., our nurses change shifts and focus on passing important information about their patients. To help them, please have your visitors limit calls and visits during these times.

Who can visit?

Healthy individuals over the age of 16. Please refer to the current visitor policy by asking your provider or calling the hospital directly at 503-216-1234.

Immediate family members and significant others may visit critical care patients.

Before you visit

Begin each visit by checking in with receptionist at the information desk in the lobby. If no one is at the desk, pick up the phone by the entrance door and dial the patient's unit number. When your visitors enter or leave critical care, they need to wash their hands with the provided sanitizer. If a patient's room curtain is closed, we ask that your visitors knock and wait for a response before entering the room.

During their visit, your loved ones need to stay in your room or in the lobby. To protect patient privacy, we ask that visitors not stand in the halls outside patient rooms. If help is needed while they are in the room, press the call button. Visitors are asked not to go looking for a nurse in the hallway or other patient's rooms.

Family Spokesperson

Doctors visit at different times, but we strive to update loved ones as often as possible. Choose one family spokesperson who will receive updates and relay information to the rest of your family. By communicating with one person, we can spend more time caring for you, the patient.

Cell Phones

Please place cell phones on silent/vibrate while visiting. Visitors may use them in the lobby or patient's room but not in the hallways. Please be mindful of volume and avoid distracting others. Taking photos or videos without consent is not permitted.

Food/Drink and Restrooms

Many patients have special diets or fluid limits. Ask your nurse before giving any food or drink to a patient. Visitor restrooms are located in the lobby.

Flowers, Plants and Balloons

To control possible infections and allergies, real flowers and living plants are not allowed in critical care units. Latex balloons are not allowed anywhere in the hospital. Mylar (shiny metallic) balloons without latex are permitted.

Pastoral Services

Providence Pastoral Services supports people of all faiths and those without a faith tradition. To speak with a chaplain or request prayer, please call 503-216-2261 or ask a nurse to page someone. Chapels and prayer rooms are open 24 hours a day for prayer and quiet reflection.

What to expect in the CICU

Immediate Post- Op Expectations:

After surgery you will arrive to the CICU sleeping and with a breathing tube in your mouth. There are many tubes and drains attached to you.

- These tubes and drains include:
 - Chest tubes, IVs in arms and neck, urinary catheter, temporary pacemaker wires, nasal cannula- oxygen in your nose.

- Pain and discomfort is normal - moderate post-op pain and discomfort are expected even after taking pain medication, this should subside on post op day 2-3.
- Early mobilization: we will get you up to the chair the day of surgery or the morning after.
- Sternal precautions will be taught and reinforced when we start to mobilize.
- Include PT's sternal precaution handout.
- Insulin protocol- you will be on an insulin drip for the first 3 days after surgery, having controlled blood sugar can help reduce the risk for infection. We will be checking your blood sugar every 1-2hrs.
- Interrupted sleep- unfortunately because of monitor alarms, nursing assessment and care, your sleep may be interrupted during your stay.

Sounds and environment:

There are many noises and alarms in the CICU, please know if your nurse is not in your room when alarms occur, you are still being safely monitored.

- IV pumps
- Monitor alarms/setup
- SCDs
- Ventilator
- Chair/bed alarm
- Bathrooms located in patient rooms are not for patient use, a bedside commode and urinal will be readily available.
- Please utilize your call light if you require assistance.

Visitor Guidelines

- Visitation may be modified by RN discretion depending on the patient's status at the time of request.
- Limit number of visitors during the CICU stay, this can be an overwhelming time for the patient, we recommend identifying 1-2 support individuals.
- Brief visits approx. 15min during initial post op period/day of surgery
- Patient will be drowsy day of surgery; this is a good time for visitors to take a break for themselves.
- CICU does not have sleeping accommodations in the patient rooms, please plan to stay in guest housing or hotel if you wish to be close by.
- We ask to limit phone calls and visitation between 7:00am/pm and 800am/pm (shift change) this ensures a safe uninterrupted handoff.
- Restrooms are located in the Phil and Penny Knight Pavilion.

Transfer criteria

- Breathing tube removed
- Removal of unnecessary tubes and drains
- Out of bed in chair, walk in halls
- Stable blood pressure and heart rhythm

Surgery

The IRU nurses will:

- Ask if your name, date of birth, allergies, and health history are correct.
- Start an IV (if ordered) and give you any medications ordered before surgery.
- A surgical tech will clip hair around surgery site when applicable.
- Use special wipes to clean your skin to reduce the risk of infection.

Approximately an hour and half prior to the start of your surgery your family will be asked to wait in the waiting room for the remainder of your surgery. At this time anesthesia will prepare you for your surgery.

- When your surgery is over, the surgeon will speak to your family in the Phil and Penny Knight Pavilion, 2nd floor waiting area.
- After talking with the surgeon, family should go to the Critical Care information desk- located in the West Pavilion 1st floor and check in with the volunteers.
- Once you are settled into your room, family can see you.
- Only 2 visitors at one time.

What to Expect While You Are in the Hospital

During your hospital stay

- Do the deep breathing exercises 10 times every hour to lower your risk for lung problems.
- Walk 3-4 times daily
- Sit in a chair 3 times per day
- Use the sternal precautions the therapists will teach you
- Eat small amounts 4-5 times daily
- Family/ visitors should not visit if they have a cold, flu, or virus
- Ask visitors to use hand sanitizer when entering and leaving the room

Activity and Walking

Staff will help you to get out of bed, sit in a chair for meals, and walk as much as possible.








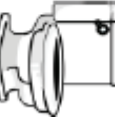
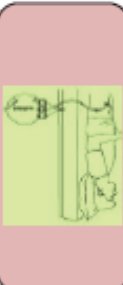









Walking:








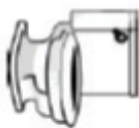












- Moves blood through your body
- Relieve gas pains
- Keeps your lungs clear
- Help your bowels move
- Speeds your recovery time



You may sit in a chair the same day as your surgery and go for a short walk the day after surgery.

Call your nurse to help you get out of bed or a chair. You may not be as strong or steady as you think and having help will prevent you from falling. Ask for help until your nurse tells you it's safe for you to get up alone. Always wear nonskid slippers when you are out of bed.

| Surgery | Pre-op | Surgery | CICU |
|-----------------------------|--|---|--|
| Activity & Rest |  Get a good night rest the night before surgery. |  | Goal: Up in chair day of surgery  →  |
| Diet |  No food or water after _____ PM | | Increase food as tolerated. Fluids are limited.   |
| Incision & Care |  Shower with: |  |  Tubes & drains |
| Elimination | Bowel Movement 1 Day before surgery  Takes medications as directed. | |  |
| Medications | Bring a list of your medications.  | |  →  →  |
| Pain |  Pain scale: used to show level of pain | |  Deep breaths  Cough  |
| Breathing |  Incentive spirometer: used to exercise your lungs | |  Deep breaths  Cough |
| Family & Friends |  Family needs to get plenty of rest while loved one is a patient. They will need you when they get home. |  | Goal: Progress to Self Care  →  |

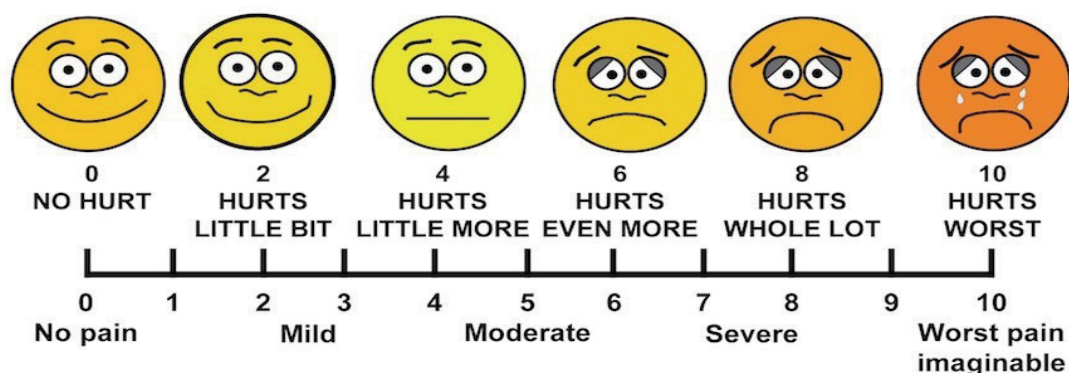
| Surgery | Telemetry | | Day of Discharge | |
|-----------------------------|--|---|------------------|--|
| Activity & Rest |  Goal: Meals in chair Walk at least 4 times a day PT/OT if needed  | Activity Goal: _____ PT or RN: _____  | | |
| Diet | Goal: 3 Meals a day   |  Goal: No fever, redness or drainage. No lotion/cream to incision. | | |
| Incision & Care |  Sternal Precautions  No Urinary Catheter Regular Bowel Movements |  Goal: No fever, redness or drainage. No lotion/cream to incision. Goal: Bowel Movement before discharge | | |
| Elimination | Insulin Drip Finger sticks to monitor Blood Sugar Levels Every 1-2 hrs   | Goal: Take medications as directed   | | |
| Medications | Pain Goal: Pain controlled to participate in activities  |  | | |
| Breathing |  Goal: Use independently once every hour |  Goal: Off oxygen Clear secretions | | |
| Family & Friends |  |  Goal: Family / Friends for Transportation & Home Support  | | |

Pain Control after Your Surgery

It is normal to experience some pain after surgery. Our goal is to keep your pain at a manageable level that allows you to engage in the activities necessary for a good recovery.

Managing your pain is an important part of recovery. You will be asked to rate your degree of pain on a scale from 0 to 10. On the scale, **0 means no pain** and **10 means significant pain**.

PAIN MEASUREMENT SCALE



A few important reminders about pain:

- Tell your nurse if you have pain. Treating pain early is easier than trying to treat pain after it becomes severe.
- Rating your pain helps you and your nurse manage pain better.
- Non-narcotic medications, such as Tylenol, will be offered around the clock to help keep your pain at a level that you can tolerate.

Spiritual Support

If you have religious or spiritual needs: please tell your nurse. A chaplain will visit you in the IRU prior to your surgery.

Discharging Home

Going home will depend on several factors such as:

- Can eat and drink
- Able to urinate
- Have a bowel movement
- No fevers
- Pain level controlled
- You have someone who can stay with you at home or you have a safe discharge plan

Discharge prescriptions: You can use the pharmacy here at the hospital. Ask a friend or family member to bring cash or a debit/credit card to pay for any prescription co-pays or take your prescriptions to your pharmacy of choice.

Checklist for Going Home:

Before leaving the hospital, the surgery team and nurses will review your discharge instructions with you and your family member.

- Activity restrictions
- Medication and medical supply instructions
- Changes or restrictions on what you can eat or drink
- Incision care
- Follow-up appointments
- Contact information for questions or concerns
- Provide prescriptions for medications
- Help collect any belongings that have been stored with us

Traveling

If you are driving a long-distance home, stop and get out of the car to walk every hour or two. Walking for a few minutes will help move blood through your body. This will help prevent blood clots and may keep your muscles from cramping.

After discharge, please call our office at 503-216-8670 to schedule your follow-up appointments.

Post-Surgery Care at Home

Call your surgeon's office if you have:

- Fever of 100.5 degrees Fahrenheit or higher.
- Oozing or redness at your wound site.
- Pain is worse instead of better.
- No bowel movement for 3 days.
- Upset stomach, vomiting or you cannot keep liquids down.
- Diarrhea that does not get better.

If you have serious symptoms such as:

- **Shortness of breath or difficulty breathing**
- **Calf pain**
- **Chest pain**

CALL PROVIDENCE HEART CLINIC CARDIAC SURGERY OFFICE AT 503-216-8670

Preventing Nausea and Constipation

- Eat small meals more often.
- Use pain medications only when needed.
- Take pain medications with food.
- Drink plenty of fluids (about 8 glasses daily).
- Take a stool softener, like docusate, or drink prune juice.
- No bowel movement in 48-72 hours; take a laxative: Miralax or Milk of Magnesia.
- Eat lots of fruits, vegetables, and other sources of fiber (such as bran cereal).
- Walk daily.

Care of Your Surgical Site

- Shower and let the soapy water wash over your incisions.
- Gently pat the area dry with a clean towel.
- Keep the incision clean and dry.
- No ointments, creams, or lotions on the incision sites.
- **No baths, hot tubs, or swimming pools until incision is completely healed.**

Wound Infection

- Some clear, light yellow or blood-tinged drainage from the incision is normal.
- Bruising and swelling around the incision is normal.
- Always wash your hands before and after touching your surgical wound.
- Call your surgeon right away if you have any signs of infection, including:
 - Fever (101.5 or greater)
 - Redness, tenderness or increased warmth around incision
 - Pus-like or foul-smelling drainage from incision
 - If your wound opens up, drains fluid, or has redness that spreads.

Sternal Precautions

- For 8 weeks after surgery do not lift, push, or pull anything heavier than 10 pounds.
- After 8 weeks you can increase the weight to 15 pounds for another 4 weeks
- 12 weeks after your surgery, if you are having minimal pain and no sternal clicking or popping, you can slowly start to lift more weight and move through greater range of motion.

Dealing with Urinary Difficulty

- Before surgery, talk with your surgeon if you are having any symptoms with urinating – such as frequency, urgency, straining, or incomplete emptying of your bladder.
- Excess use of pain medications will increase your risk of not being able to urinate. Over-the-counter medications can help manage your pain.

Activity

It is important to walk 4 to 6 times a day.

Driving

No driving while taking pain medications and until your surgeon approves.

Work

Your surgeon will advise you when you may return to work. If you or a family member have questions or require assistance with leave paperwork, please contact the surgeon's office.

Smoking Cessation

Stop smoking. This is the most important thing you can do, and you do not need to do it alone.

For help quitting, call Providence Resource Line at 503-574-6595 or Quit for Life at 1-866-QUIT-4-LIFE, 1866-784-8454.

You can also go to Providence www.providence.org/stopsmoking. **Smoking Increases Your Risk of Heart and Breathing Problems.** Smoking increases the mucus in the airways and decreases your ability to fight infection. It also increases the risk of pneumonia and other breathing problems.

MEDICATION LIST

NAME

| MEDICATION | DOSE | HOW OFTEN | PRESCRIBING DOCTOR |
|-------------------|-------------|------------------|---------------------------|
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ALLERGIES AND REACTIONS

PHARMACY NAME

PHARMACY PHONE #

Medication Side Effects









This sheet provides side effect information about medications you may receive during your stay. If you have any questions or concerns, then please ask your nurse or pharmacist.

| WHAT IS MY MEDICATION? Generic (brand name) | WHY AM I TAKING IT? | WHAT ARE THE POSSIBLE SIDE EFFECTS? |
|---|---|--|
| <input type="checkbox"/> Oxycodone <input type="checkbox"/> Hydromorphone (Dilaudid) <input type="checkbox"/> Oxycodone-Acetaminophen (Percocet) <input type="checkbox"/> Hydrocodone-Acetaminophen (Norco) <input type="checkbox"/> Tramadol (Ultram) <input type="checkbox"/> _____ | OPIOID PAIN RELIEVER  | <div style="background-color: #0070c0; color: white; padding: 5px; display: inline-block;">  MAY CAUSE Dizziness or Drowsiness </div> <ul style="list-style-type: none"> Itching Constipation Nausea/Stomach upset Headache |
| <input type="checkbox"/> Acetaminophen (Tylenol) for pain/fever <i>For inflammation or pain:</i> <input type="checkbox"/> Ibuprofen (Advil, Motrin) NSAID <input type="checkbox"/> Ketorolac (Toradol) NSAID <input type="checkbox"/> Celecoxib (Celebrex) NSAID <input type="checkbox"/> _____ | DECREASE INFLAMMATION/PAIN  | <div style="background-color: #70ad47; color: white; padding: 5px; display: inline-block;">  MAY CAUSE GI Upset </div> <ul style="list-style-type: none"> Itching or rash Risk for bleeding (Ibuprofen, Ketorolac & Celecoxib) |
| <input type="checkbox"/> Docusate sodium (Colace) <input type="checkbox"/> Senna (Sennakot) <input type="checkbox"/> Polyethylene glycol (Miralax) <input type="checkbox"/> _____ | PREVENT or TREAT CONSTIPATION  | <div style="background-color: #70ad47; color: white; padding: 5px; display: inline-block;">  MAY CAUSE GI Upset </div> <ul style="list-style-type: none"> Diarrhea Stomach pain |
| <input type="checkbox"/> Ondansetron (Zofran) <input type="checkbox"/> Prochlorperazine (Compazine) <input type="checkbox"/> Metoclopramide (Reglan) <input type="checkbox"/> Aprepitant (Emend) <input type="checkbox"/> Promethazine (Phenergan) <input type="checkbox"/> Scopolamine (Transderm-Scop) *remove on _____ <input type="checkbox"/> _____ | NAUSEA or VOMITING  | <div style="background-color: #ffc000; color: white; padding: 5px; display: inline-block;">  MAY CAUSE Headache </div> <ul style="list-style-type: none"> Dizziness Drowsiness Restlessness (Reglan) Hormonal birth control disruption (Emend) Pupil dilation. Confusion in elderly. (Scopolamine) |

Last Updated: January 2019

Medication Side Effects

This sheet provides side effect information about medications you may receive during your stay. If you have any questions or concerns, then please ask your nurse or pharmacist.

| WHAT IS MY MEDICATION? Generic (brand name) | WHY AM I TAKING IT? | WHAT ARE THE POSSIBLE SIDE EFFECTS? |
|---|--|--|
| <input type="checkbox"/> Gabapentin (Neurontin) <input type="checkbox"/> Carbamazepine (Tegretol) <input type="checkbox"/> Pregabalin (Lyrica) <input type="checkbox"/> _____ | NERVE PAIN  | <div style="background-color: #0070c0; color: white; padding: 5px; display: inline-block;">  MAY CAUSE Dizziness or Drowsiness </div> <ul style="list-style-type: none"> Poor coordination Visual disturbances Nausea (carbamazepine) |
| <input type="checkbox"/> Cyclobenzaprine (Flexeril) <input type="checkbox"/> Methocarbamol (Robaxin) <input type="checkbox"/> Tizanidine (Zanaflex) <input type="checkbox"/> Baclofen (Lioresal) <input type="checkbox"/> _____ | MUSCLE RELAXER  | <div style="background-color: #0070c0; color: white; padding: 5px; display: inline-block;">  MAY CAUSE Dizziness or Drowsiness </div> <ul style="list-style-type: none"> Fatigue Dry Mouth Weakness Confusion in elderly |
| <input type="checkbox"/> Amoxicillin (Amoxil) <input type="checkbox"/> Cefazolin (Ancef) <input type="checkbox"/> Ciprofloxacin (Cipro) <input type="checkbox"/> Nitrofurantoin (Macrobid) <input type="checkbox"/> Cephalexin (Keflex) <input type="checkbox"/> _____ | TREAT BACTERIAL INFECTIONS  | <div style="background-color: #70ad47; color: white; padding: 5px; display: inline-block;">  MAY CAUSE GI Upset </div> <ul style="list-style-type: none"> Rash Itching Diarrhea Headache |
| <input type="checkbox"/> Oxybutynin (Ditropan) - bladder spasms <input type="checkbox"/> Phenazopyridine (Pyridium) - burning <input type="checkbox"/> Tamsulosin (Flomax) - urination <input type="checkbox"/> Bethanechol (Urecholine) - urination <input type="checkbox"/> _____ | BLADDER/URINARY ISSUES  | <ul style="list-style-type: none"> Nausea Flushing Dizziness Dry mouth Orange urine (Pyridium) |
| <input type="checkbox"/> Aspirin <input type="checkbox"/> Enoxaparin (Lovenox) <input type="checkbox"/> Warfarin (Coumadin) <input type="checkbox"/> _____ | PREVENT or TREAT BLOOD CLOTS  | <div style="background-color: #d9534f; color: white; padding: 5px; display: inline-block;"> Risk of Bleeding </div> <ul style="list-style-type: none"> Bruising Nausea or stomach upset (warfarin) Fever (enoxaparin) |

Last Updated: January 2019

Cardiac Surgery Agreement

Your Providence surgery team cares about your health and safety. Your treatment plan includes all the steps necessary to make sure you get the highest quality care before, during and after your operation. Working with your care team is one of the most important parts of this plan. Providence always wants to provide you with the best care possible. However, you will get the best result when you, your family and your health care providers all work together.

I PROMISE TO COMMUNICATE WITH MY HEALTH CARE TEAM

- I will let members of my care team know when I do not understand something, when anything worries me, or if anything unexpected happens. My care team will work with me until I feel all of my questions are answered.
- I will tell my care team about all the medications, non-prescription products, vitamins or herbs that I take. I will tell them about my current and past medical problems. Sharing this information is important for making decisions about my care and to make me safer.
- I will work with my health care providers to come up with a safe plan for my move from the hospital back to my home.

I PROMISE TO INVOLVE MY FAMILY AND LOVED ONES

- If possible, I will have a trusted family member or loved one present with me during my time in the hospital and at clinic visits to help support me during my care.
- My family members and loved ones should feel comfortable asking questions or expressing concerns about the care I am receiving.
- My health care team will do its best to address any issues as quickly as possible.

I PROMISE TO COMPLETE IMPORTANT CARE STEPS

- I will work with my health care team to come up with a sensible schedule for my follow-up visits with my care team. This includes my appointments for cardiac rehabilitation, a program that will help me feel better and do better after my heart surgery.
- I will follow my home care instructions. I will take all my prescribed medications as directed. I will contact my care team if I do not understand any of my care instructions.

I PROMISE TO MAINTAIN A HEALTHY LIFESTYLE AFTER MY SURGERY

- I will complete my cardiac rehabilitation program. I understand that doing so will give me a better, quicker and longer lasting recovery.
- I will work with my health care providers to stop my use of any tobacco products.
- I will discuss with my health care providers why eating healthy foods, watching my weight, exercising and taking my medications will keep me healthy.
- Providence will provide resources to help me keep a healthy lifestyle.

FAQs

(frequently asked questions)

about "Surgical Site Infections"

What is a Surgical Site Infection (SSI)?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the things that hospitals are doing to prevent SSIs?

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

If you do not see your providers clean their hands, please ask them to do so.

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

What do I need to do when I go home from the hospital?

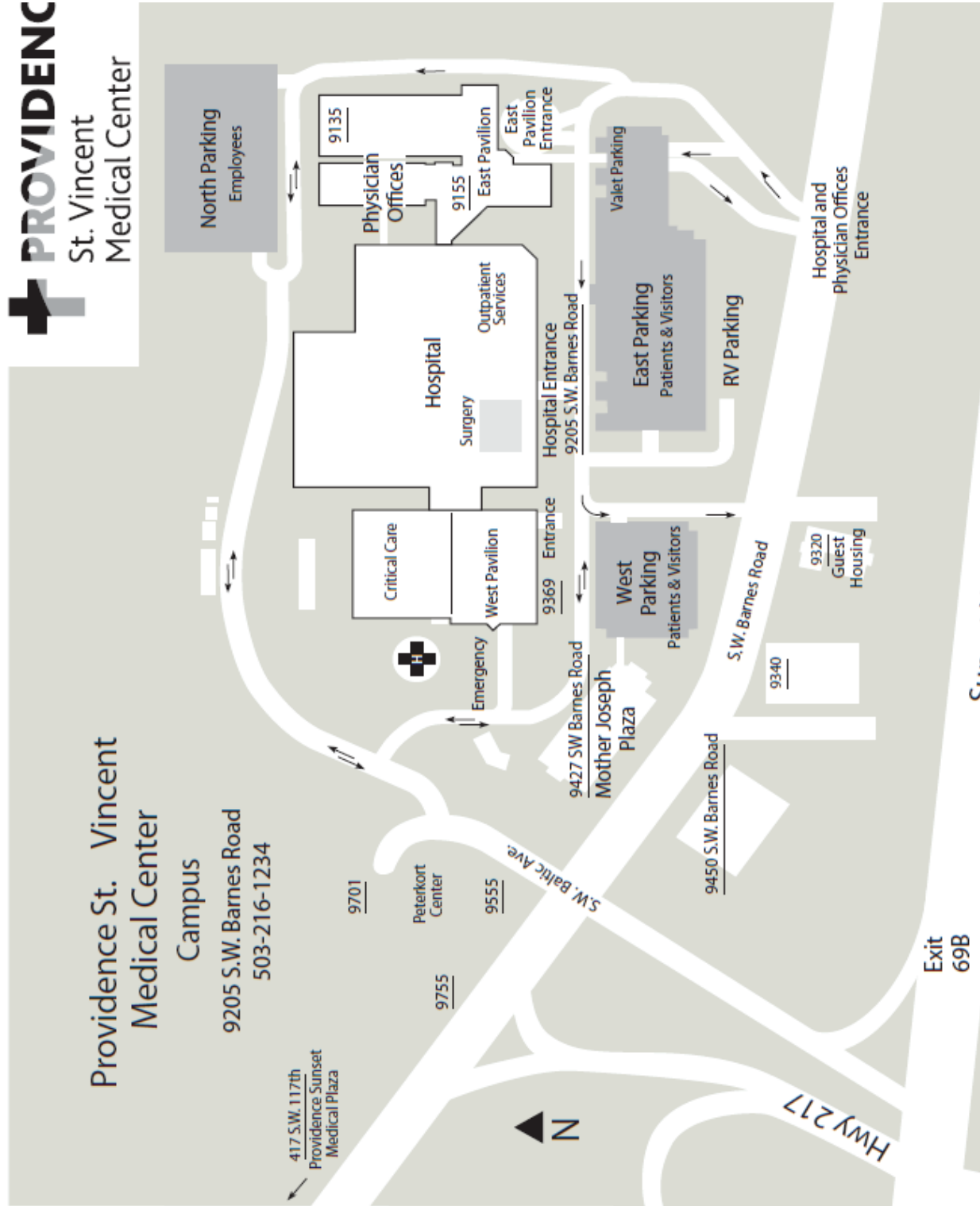
- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:



Notes



APPENDIX

COMMUNITY DIRECTORY

Providence St. Vincent Medical Center

On behalf of each Caregiver, we'd like you to know we are here to help make your stay with us as pleasant, comfortable, and as stress-free as possible. For your convenience, we have prepared this directory in alphabetical order. Please let us know if you need more information or assistance.

No-Smoking Policy

Providence properties are tobacco-free environments.

ATM

Automated teller machines are located in both the West and East Pavilion lobby of Providence St. Vincent Medical Center.

Automobile Rental

Budget

10835 SW Canyon Road, 503-644-1861

Enterprise Rent-A-Car

10625 SW Canyon Road, 503-644-6500

Bus and Light Rail Services

Tri-Met transit service provides bus and MAX light rail transportation all over the Portland metropolitan area. Providence St. Vincent is served by two major Tri-Met lines (Bus #20 and #60) and by Metropolitan Area Express (MAX). To get to the hospital via light rail, get off at the Sunset Transit Center. The Guest House and hospital are a ¼ of a mile walk from the Sunset Transit Center, or you may call for a taxi.

For help in planning your trip on Tri-Met, call 503-238-RIDE (Monday-Friday) or log on to www.trimet.org. Tell them when and where you want to go, and you will be given the details. For bus schedules, brochures, and prices, please inquire at the Guest House front desk or check the front section of the Yellow Pages located in your bedside table.

Chapel

The chapel at Providence St. Vincent Medical Center is always open and guests are welcome to visit this quiet, reflective place at any time. The chapel is located on the second floor of the main hospital building. Regularly scheduled mass times are 11:30 AM Monday-Friday and Sunday at 3:30 PM.

Churches and Synagogues

Churches of many denominations are located near the Guest House. This is just a short list of some churches and synagogues in the area. Please check the Yellow Pages for a more detailed listing.

Beaverton First Baptist Church
5755 SW Erickson Avenue, 503-646-4455

Beaverton First United Methodist Church
12555 SW Fourth, 503-646-7107

Beaverton Foursquare Church
13565 SW Walker Road, 503-644-9104

Cedar Hills United Church of Christ
11695 SW Park Way, 503-644-3838

Providence St. Vincent Medical Center Chapel
9205 SW Barnes Road, ext. 62261. Outside hospital, call 503-216-2261
(Masses celebrated Monday-Friday, 11:30 AM and Sunday 3:30 PM)

St. Matthew Lutheran Church
10390 SW Canyon Road, 503-644-5264

St. Pius X Church (Roman Catholic)
1280 NW Saltzman Road, 503-644-5264

Florists

Beaverton Florists
4705 SW Watson, 503-644-0129

Providence St. Vincent Medical Center Gift Shop (main lobby)
9205 SW Barnes Road, ext. 62100. Outside hospital, call 503-216-2100

Gas Stations: The closest station is the Shell at 10275 SW Park Way.

Grocery Stores

Market of Choice – Timberland Town Center
250 NW Lost Springs Terrace, 503-596-3592

QFC
7525 SW Barnes Road, 503-203-0027 (Open 24 hours)

Hotels

Fairfield Inn & Suites Portland West/Beaverton, 503-972-0048
15583 NW Gateway Court, Beaverton OR 97006
3.5 miles

Hilton Garden Inn Beaverton, 503-439-1717
15520 NW Gateway Court, Beaverton OR 97006
3.5 miles

Homewood Suites Beaverton, 503-614-0900
15525 NW Gateway Court, Beaverton OR 97006
3.5 miles

Embassy Suites Portland, Washington Square, 503-644-4000
9000 SW Washington Square Road, Tigard OR 97223
3.7 miles

Royal Sonesta Portland Downtown, 503-222-0001
506 SW Washington, Portland OR 97204
4.5 miles

Kimpton Hotel , 503-228-1212
422 SW Broadway, Portland OR 97204
4.5 miles

Courtyard City Center, 503-505-5000
550 SW Oak Street, Portland OR 97204
4.6 miles

Embassy Suites Hillsboro, 503-718-0007
9355 NE Tanasbourne Drive,
Hillsboro OR 97124
6.0 miles

Newspapers

The Oregonian and USA Today are for sale at the hospital in the main lobby gift shop and main entrance.

Pastoral Services

Providence St. Vincent Medical Center believes that total patient care demands attention to the spiritual, as well as the physical and emotional, needs of each patient. Chaplains serve patients and families of all faiths, 24 hours a day. You and your family may request a chaplain at any time for support, guidance, or prayer while you are ill. To request a chaplain between 8:00 AM to 4:30 PM, call Pastoral Services at extension 62261. Outside the hospital, call 503-216-2261.

The ecumenical Pastoral Services staff maintains an extensive call list to contact a minister or visitor from the church of your choice to minister to you while you are here. They are also pleased to contact the priest, minister, or rabbi at the church or synagogue you regularly attend.

There is a chapel on the second floor of the hospital near the cafeteria that is open 24-hours a day. Patients and visitors of all faiths are welcome to visit the chapel for worship services, prayer, and meditation. Mass is celebrated Monday-Friday at 11:30 AM and Sundays at 3:30 PM.

Pharmacy

There is an on-site pharmacy at St. Vincent Hospital:

- The outpatient pharmacy, located in the Medical Office Building on the east end of the hospital, is open from 7:30 AM to 6:00 PM Monday-Friday. Call extension 62630. Outside the hospital, call 503-216-2630.

Rite Aid

11190 SW Barnes Road, 503-526-9121

Rite Aid

5431 SW Beaverton-Hillsdale Highway (and the corner of Shattuck Road) 503-245-7231

Rite Aid Tanasbourne, 503-645-7704 **Pharmacy open 24 hours**

Fred Meyer

11425 SW Beaverton-Hillsdale Highway, 503-526-1833

Road Conditions

For road information during inclement weather please call either 1-800-977-6368 or 503-588-2941, or check www.odot.or.us.forward/roads

AAA Road Report 503-222-6721

Taxis

Hillsboro Airporter & Car Service, LLC
503-888-9199

Radio Cab
503-227-1212

Restaurants/Refreshments

Three dining facilities are located at Providence St. Vincent Medical Center:

The Eatery (cafeteria) is located on the second floor near the chapel

- Open Monday-Friday 12:00 AM-4:30 AM and 6:30 AM -8:00 PM
 - o Breakfast 6:30-10:00 AM
 - o Lunch 11:00 AM-1:30 PM
 - o Lunch Grill 11:00 AM-2:00 PM
 - o Dinner 5:00-8:00 PM
- Sat/Sun/Holidays 1:00 AM-4:30 AM and 6:30 AM-7:45 PM
 - o Breakfast 7:30 AM-10:00 AM
 - o Lunch 10:00 AM-1:30 PM
 - o Dinner 5:00 PM-7:45 PM
- Extension 62371 or outside hospital 503-216-2371

Café West is located on the first floor in the West Pavilion.

- Open Monday-Friday 7:00 AM-11:00 PM and Saturday/Sunday 7:00 AM-2:00 PM
- Extension 67112 or outside hospital 503-216-7112
- Dial-a-menu ext. 62363

Starbucks is open Monday-Friday 6:30 AM-4:30 PM

Local Restaurants

Breakfast/Lunch

Biscuits Café

460 NW Miller Road, 503-297-3880

Subway

11160 SW Barnes Road, 503-644-9404

Sunrise Bagels

10902 SW Barnes Road, 503-626-2783

Lunch/Dinner

Jimmy John's Sandwiches (delivers)

2790 SW Cedar Hills Blvd, 503-626-4300

Asian

Joy Wok

7331 SW Barnes Road, 503-297-8989

Panda Express

11192 SW Barnes Road, 503-520-8629

Italian

Olive Garden

11650 SW Canyon Road, 503-644-0607

Mexican

Sandoval's Café and Cantina

460 SW Miller Road, 503-292-2128

Pizza

Godfather's Pizza (delivers)

11140 SW Barnes Road, 503-646-1100

Pizza Schmizza (delivers)

13587 NW Cornell Road, 971-246-5528

Steaks, Chops, etc.

Outback Steakhouse (Take-out also available)

11146 SW Barnes Road, 503-643-8007

Our Promise to you:

**Together, we answer the call of everyone we serve:
Know Me, Care For Me, Ease My Way**



**Learn more about compassion at Providence by watching our YouTube video:
“Compassion at Providence”**

