



Home medications

To ensure your safety, we will not use medicine you bring from home. When you are admitted to the hospital, we will send any medicine you brought from home back with family members or caregivers. The only exception is for medicine that the hospital's inpatient pharmacy is unable to provide.

Why can't I use medicine from home while I'm a patient at the hospital?

- Your doctor may want you to take the medicine in different amounts or times than you do at home.
- Your doctor may stop some of the medicine while you are in the hospital.
- We cannot guarantee the condition and effectiveness of the medicine from home. We do not know how the medicines have been stored. Staff may not always be able to identify the medicine.
- It is difficult for hospital staff to manage medicine from home. Often they are mixed together. We do not want you to receive the wrong medicine or dose.
- Using medicine from home would not allow us to provide your medicine via special "unit-of-use" packaging. This packaging is deemed to be the safest method of providing patients with medicine while in the hospital.

By allowing us to provide your medicine, we can assure you of its accurate labeling and integrity, identity, and consistency for use.

Won't it save me money if I could use my own medicine from home?

- Not necessarily. In fact, it may cost you more. Medicare and many insurance companies pay us a flat rate based on your diagnosis, regardless of the costs we incur or the amount we charge.
- By allowing us to provide your medicine while you are in the hospital, you are able to save your medicine for use at home.
- Medicine brought to the hospital may become lost.

Why doesn't Medicare pay for some medicine?

- If you are admitted under a term called "observational status," Medicare will not pay for some of your medicines. St. Cloud Hospital absorbs most of the cost of the medicines in these instances.

If the St. Cloud Hospital does not allow me to use my own medicine from home, why is my doctor telling me it is OK?

- Some doctors who are not a part of the CentraCare Health System may not be aware of our practice.

If you have any questions or concerns about our policy on medicine, please ask for a pharmacist to visit with you.

The Role of Hand and Respiratory and Hygiene in Infection Prevention

St. Cloud Hospital is part of a national effort to reduce hospital-acquired infections. This teaching sheet outlines basic actions both you and all health care providers should follow. By following these actions, you help us prevent the spread of infection at our organization and in our home and neighborhoods.

Hand hygiene for patients and visitors

- Hand washing is one of the most important things you can do to help stop the spread of infections. You will find hand washing stations throughout our hospital.
- Use soap and warm water. Rub your hands really well for at least 15 seconds. Rub your palms, fingernails, in between your fingers, and the back of your hands.
- Or, if your hands do not look dirty, clean them with alcohol-based hand sanitizers (FOAM). Rub the sanitizer for 15 seconds all over your hands, especially under your nails and between your fingers, until your hands are dry.
- Clean your hands before touching or eating food. Clean them after you use the bathroom, take out the trash, change a diaper, visit someone who is ill, or play with a pet.

Hand hygiene for health care providers

- Doctors, nurses and other health care providers come into contact with lots of bacteria and viruses. So before they treat you, ask them if they have cleaned their hands.
- If you think health care providers have not washed their hands before caring for you or your loved one, it is OK to ask them if they have washed their hands.

- Health care providers should wear clean gloves when they perform tasks such as taking throat cultures, taking blood, touching wounds or body fluids, and examining your mouth or private parts. Do not be afraid to ask them if they should wear gloves.

Respiratory hygiene

St. Cloud Hospital requires that you “Cover your Cough”:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissue in waste container.
- Cough or sneeze into your upper sleeve, not your hands, when tissue is not available.
- You may be asked to put on a paper mask to protect others.

Isolation/barrier precautions

If you have been identified as having an infectious disease, we will follow these precautions:

- You may be moved to a private room.
- We will hang a sign on your door to tell staff and visitors the type of precautions necessary.
- Staff may wear gowns, gloves and/or masks.
- They may ask you to wear a mask if you leave your room for any reason.
- Visitors also may be asked to wear gowns, gloves and/or a mask. A nurse can explain how to properly apply and remove these items.

Infection prevention

Remember to read all signs hanging on the patient room door. They give you important information about your role in stopping the spread of infection. If you have questions or concerns about infection prevention, please ask a member of our health care team for more information.

Pain Management

What is pain?

Pain is an unpleasant sensation and the emotional response to that sensation (American Academy of Pain Medicine).

What are the types of pain?

Types of pain include acute pain, chronic pain or breakthrough pain.

- Acute pain: This pain comes on quickly, but only lasts for a short period of time. It may be related to an illness or injury.
- Chronic pain: Chronic pain is ongoing. It often lasts longer than three months. Chronic pain may be mild or extreme. It may come and go or be constant.
- Breakthrough pain: This pain is abrupt and intense. It “breaks through” when you are already on pain medication.

Why is pain management important?

Untreated pain can harm your body. It can cause increased stress, which affects your body’s ability to heal. Untreated pain can keep you from doing things that you enjoy or need to do, such as getting out of bed each day, walking or going to work. Never ignore pain. Your pain needs to be assessed and treated.

What can you do to help?

- You are the expert for your own pain.
- Be your own advocate. Speak up. Be in charge.
- Work with your health care provider to develop a pain management plan and goal.
- Take your medicine correctly and follow the instructions given by your health care provider.
- Ask for pain medicine at the first sign of pain.
- After receiving pain medicine, please tell your health care provider how effective the medication was at eliminating or reducing your pain.

How will your pain be assessed?

Various pain scales are available to help us better understand your level of pain. Typically, we use a pain scale like the one below.

Simple Descriptive Pain Intensity Scale		Worst Possible Pain 10
		Very Severe Pain 8
		Severe Pain 6
		Moderate Pain 4
		Mild Pain 2
		No Pain 0

If you don’t understand this scale, talk with our staff members. They can find another scale that works best for you.

What can you expect from us?

At St. Cloud Hospital, we want to partner with you to actively control your pain.

- We will assess your pain at a minimum of every four hours and more frequently if you are experiencing increased pain.
- Our staff is committed to effective pain management and will quickly respond to your report of pain.
- We are interested in your personal, spiritual and cultural beliefs regarding pain.
- We can discuss with you ways, other than pain medications, that can possibly help lessen your pain. Some other ways include: relaxation, diversion, imagery, aromatherapy and massage.

What side effects might you experience from the pain medications?

Pain medications may cause common side effects. Some of these side effects include: constipation, dry mouth, sleepiness, nausea and vomiting. Our staff is ready and able to help with managing these side effects. Please let us know if you are experiencing any of these symptoms or have other concerns regarding your pain management.

References

- Alpharma Branded Products Division Inc. (2004). *My Pain Management Diary* [Brochure]. Piscataway, NJ: Author.
- American Pain Foundation, Inc. (2002). *Finding Help for Your Pain: A Resource Guide* [Brochure]. Baltimore, MD: Author.
- Brookhaven Memorial Hospital Medical Center (2007). *Pain Management* [Online]. www.brookhavenhospital.org/services/brochures/pain_management_brochure.pdf.
- Massachusetts Division of the American Cancer Society (2004). *Taking Control of Your Pain* [Brochure]. Framingham, MA: Author.
- McCaffrey, M., & Pasero, C. (1999). *Understanding Your Pain: Using a Pain Scale* (2nd ed.) [Brochure]. Mosby Inc.
- Payne, R. (2007). *Recognition and Diagnosis of Breakthrough Pain*. Lecture presentation given at Duke University, Durham, NC.

PATHWAY HOME

Immobility or lack of exercise can have negative effects on your body.

Negative effects:

Joints	Stiffness, loss of range of motion
Muscles	Loss of strength (10% to 15% a week)
Bones	Loss of bone density (weak bones)
Cardiovascular	Exercise intolerance, decrease in blood pressure with change in position, risk for blood clots.
Respiratory	Pneumonia, develop of blood clot in the lungs
GI	Loss of appetite, constipation
Urinary tract	Infections, loss of bladder and bowel control
Skin	Skin abrasions, pressure sores
Psychological	Anxiety, depression, confusion
Function	Impaired walking, increase risk for falls

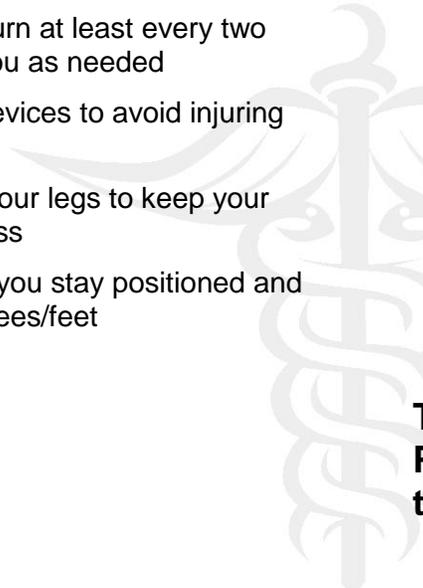
It is recommended for patients to walk four times a day and to get up into a chair for all meals during their hospital stay.

- We have marked every 10 feet in our hallways to help you obtain your walking goals.
- Your nursing staff will inform you when they feel you are safe to walk alone or when your visitors can walk with you.
- The best time for staff to assist you with walking is mid morning, mid afternoon and early evening.
- Our goal is to have you moving in the hospital, decrease your length of stay and prepare you to safely care for yourself at home at time of discharge.
- If therapies are ordered for you, it is important to participate in **ALL** sessions
- **CALL DON'T FALL!**

Our Commitment to Safe Skin

As one of our patients, you can expect your health care team to perform the following as needed:

- Look at your skin, from head to toe, one to two times per day
- If able, remove devices (such as oxygen, stockings, etc.) to look at your skin
- Encourage you to turn at least every two hours, and assist you as needed
- Use proper lifting devices to avoid injuring your skin
- Use pillows under your legs to keep your heels off the mattress
- Use pillows to help you stay positioned and to separate your knees/feet
- Encourage you to stay active. If you are on bedrest, you have a higher risk for developing a pressure ulcer (bedsore).
- When you are sitting, encourage you to independently shift your weight every 15 minutes or assist you in repositioning every hour
- If you have toe or foot wounds, use a “foot cradle” to prevent pressure of linen on your feet
- Help you be aware of proper nutrition choices. A dietitian is available if needed.
- Moisturize your dry skin, while preventing excess moisture from building up on your skin
- Help you and your family learn how you can keep your skin safe



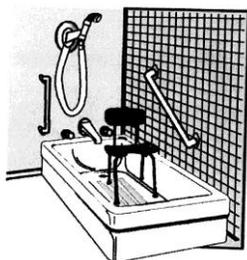
**This is our commitment to you.
Please let us know if we do not meet
these standards.**

Preventing Falls during your Hospital Stay

We care about your safety during your hospital stay. For this reason, we assess all patients for their risk of falling. Also, remember, we are here to help. Keep in mind these tips to lower your fall risk while in the hospital.

Your Hospital Room

- **Call Light:** Please call for help when getting out of bed or a chair. Use your call light, and wait for help to come. We want you to call.
- **New Setting:** In a new place, it can be hard to remember how the room is arranged. Look around, and get familiar with your room and bathroom. Know where your light, phone, water pitcher and TV remote are located.
- **Bathroom:** Many hospital falls happen in the bathroom. Please call for help. Use the handrails.



- **Furniture:** Do **NOT** hold on to furniture in your room. The furniture is on wheels and may move. You may use the upper rails for support when getting out of bed.
- **Belongings:** Keep your glasses, hearing aid, call light, phone, water pitcher and TV remote within reach on your bedstand.
- **Lighting:** Turn on your light before getting up. A low light may be on in your room.
- **Vision:** Be sure to put on your glasses before turning on the lights and moving from bed.

This handout is part of the St. Cloud Hospital "Catch a Falling Star" campaign.



Get Moving Safely

- **Footwear:** Put your best foot forward. Wear non-skid or hard-soled shoes or slippers for traction.
- **Assistive Devices:** Let us know if you use a cane or walker. Before getting out of bed, talk with your nurse. Together, we can decide how you can move safely.
- **Restful Sleep:** Getting rest will help you heal. We will help you have a restful stay by managing your pain and reducing interruptions. Suggestions:
 - Lights dimmed
 - Door closed (if it does not interfere with your care)
 - Earplugs for noise control
 - Headphones for music
 - CPAP or BiPAP: It is important to bring your sleep apnea equipment to the hospital to improve your sleep and recovery.
 - Sleep medicine: You and your health care team will decide about your sleep medicine.

Since no two patients have the same sleep habits, let us know of other things we can do to help you sleep.

- **Family:** Let your nurse or the nurses' station know when you leave so we can plan to check your loved one more often

At Home

- If you would like a **free home assessment** for fall risk, please call the Central Minnesota Falls and Home Safety Coalition at (320) 255-7295

Safe Patient Handling

St. Cloud Hospital makes patient and employee safety our top priority.

During your stay, you may not be able to move as you did when you were feeling better. Our staff is here to help you with repositioning and moving until you feel stronger. Minnesota law requires that we move you in a manner that is safe for both you and our staff members. Your caregivers will help keep you safe by using safe patient handling equipment.

Besides improved safety, safe handling equipment has several other benefits:

- Skin protection
- Greater comfort
- Enhanced dignity



The ceiling lift helps move the patient comfortably using a sling attached to the lift.

We may use several forms of equipment from slider sheets to mechanical lifts.

No matter your age or size the lifts may be used to help move you up in bed, turn you, or assist you to sit in a chair. These devices are used to provide a safer and more comfortable transfer for you as well as protecting our staff from injury.

Talk with a member of your health care team if you or your family members have questions or concerns regarding any equipment we use.



The portable lift has safety straps that support the patient.

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 St. Cloud Hospital is 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.

Note: 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.

Sexual positions after surgery

It is important that you communicate with your partner about your joint replacement and the limitations that you may have, such as bending the knee or precautions for the hip.

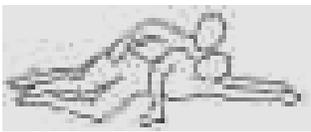
Below are some illustrations of positions that may be used and maintain hip & knee precautions.



Both positions are acceptable for the male or female with the total hip



Back lying position is suitable for female with a total hip replacement



Front position for female with total hip replacement lying on her operative side



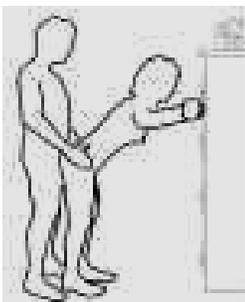
Lower position appropriate for female with total hip replacement. Upper position could be used by male with total hip replacement



Both positions indicated for the male or female with the total hip



Back lying position comfortable for female with total hip replacement



Appropriate for either male or female with total hip replacement. Support yourself by holding onto a sturdy dresser, doorframe or bedpost.



Prayer before Surgery

Creator and Source of Life,

I am in a vulnerable situation.

I bring you any apprehensions I have.

I open my being to your comforting presence.

I long for your strength to be with me.

*When I am in the operating room, guide the hands of the surgeons
and all who will be caring for me. You will be with me no matter*

what the outcome of the surgery is.

Let me not doubt your abiding presence.

*I take hold of your welcoming hand
and entrust my entire self to your care.*

You will help me to face what I must.

Fill me with peace and tranquility.

Thank you for your great love for me.

Amen

Sr. Joyce Rupp

