

Inpatient Adult Schedule and Expectations

The purpose of this document is to give choices to our Adult CF patients on their care and to help all of our adult CF patients understand what to expect during a hospital stay on the pulmonary unit at Nationwide Children’s Hospital.

The main themes of our expectations are good communication, mutual respect for members of the treatment team and other patients (both children and adults), and active participation in care at all times. If expectations are not met (by patient or staff) they will need to be addressed immediately with you and your health care team to continue excellent care and treatment.

Goals for this stay

- 1. _____
- 2. _____
- 3. _____

I will meet these goals by:

- 1. _____
- 2. _____
- 3. _____

Care, Treatments and Therapies you would like to review during admission

- 1. _____
- 2. _____
- 3. _____

Suggestion for Treatment/therapy schedules

(Remember... do not schedule **all** therapies in a row-we want you to be able to participate in each therapy without being tired.)

<p>Chest Physiotherapy</p> <ul style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>Meals</p> <p>Breakfast _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Tube feeds _____</p> <p>Snacks _____</p>	<p>Physical Therapy</p> <ul style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>Rec Therapy</p> <ul style="list-style-type: none"> 1. _____ 2. _____
<p>Massage therapy</p> <ul style="list-style-type: none"> 1. _____ _____ 	<p>Medications (Pills)</p> <p><u>Name</u> _____</p> <p><u>Time Requested</u> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	

Expectations of the Patient

1. Nationwide Children's Hospital is a teaching hospital. Pulmonary fellows, resident physicians, medical students, and nursing students may all participate in your care under the direction of the attending physician. The adult CF attending physician caring for you (usually Dr. Patel or Dr. Kirkby) will see you each day during your stay.
 - The doctors will generally round in the am. Please be ready to ask questions and have a conversation with them at this time. **We want you to be an active participant.** The attending physicians may not be able to return to your room later on in the day.
2. **Participate** in morning care:
 - Weights
 - Treatments
 - Labs
3. **Actively participate** in my chest physiotherapy/airway clearance treatments. Upon admission you will be given the opportunity to decide along with a nurse or RT the times that your chest therapy will be given.

Because you are having a flare-up the Pulmonary doctors do not want more than 10 hours between treatments. The nurse or RT will monitor your treatment and we expect active participation in Huff coughing.
4. **Participate** in taking my medications in a timely manner
Nationwide Children's Hospital is now requiring that all medications be taken at the time they are given and recorded into our electronic system. We will work with you to find appropriate times to take these, but you will need to take them in front of the staff when they are given.
5. **Participate** in drinking the appropriate amount of fluid because of my IV antibiotics
It is important to drink at least 64 oz. of non-caffeine, non-carbonated beverages while here in the hospital and while you are on IV antibiotics. This helps flush the medicine out of your body so you don't have any serious side effects. You can still drink your caffeine- you just need to drink the non-caffeinated too. 😊
6. **Increase my calories and eat** at least 3 meals a day and snacks while in the hospital (and do tube feeds if applicable)
Please remember that if you take insulin- we will ask you for blood sugar checks before you eat.

7. **Wear a mask** at all times in the halls.
8. For the protection of yourself and other patients, if you have a resistant organism you cannot leave the room unless it's with one of your therapies.
9. Please do not visit other CF patients- we do not want them to get your organisms and we don't want you to get theirs.
10. If you have a spouse or significant other they can spend the night. Appropriate behaviors between spouses and significant others are expected for a children's hospital.
11. Unless it is an emergency- no children should be spending the night
12. We need your permission to discuss your care with your family or significant other.
13. Sleep is an important part of recovery from illness. We ask that you go to sleep at a reasonable hour and maintain a normal sleep schedule while admitted to the hospital.
14. If you are over 18, we will inquire on admission if you have an advance directive/living will. We will need a copy of this and each admission will inquire if there are any changes.
15. Be respectful to staff who are taking care of you. Inappropriate language or actions toward any staff member by patients or visitors will not be tolerated.

Expectations You Should Have of the Staff

1. We will be timely with your treatments and medications
2. Complete the type of treatments you like
3. Encourage huff coughing with EVERY chest physiotherapy treatment
4. Be respectful to you and your family or significant other
5. Encourage you to eat and increase your calories to help you gain weight
6. We will always use proper contact precautions when we enter your room
7. Attending physician will see you daily and will address your questions or concerns.
8. Review therapies/ treatments/ meds each visit.

Name_____

Date_____