

LIFESTYLE CHANGES TO REDUCE STROKE / TIA RISK

If you smoke, **STOP** – smoking doubles your risk for stroke. Avoid secondhand smoke.

If you don't drink, don't start. Alcohol does not promote brain recovery.

If you must drink alcohol do so in moderation – no more than one drink per day

One drink is defined as 1.5 oz of hard liquor, 4 oz of wine or 12 oz of beer

High blood pressure is the leading cause of stroke. Work with your doctor to control it. Notify your physician if your blood pressure is greater than 140/90.

Your LDL cholesterol was _____. Your LDL cholesterol goal is less than 100 mg/dL.

Include exercise in your daily routine. Check with your primary physician regarding exercise restrictions.

☐ exercise 30 minutes a day, 3 to 5 times per week

☐ Weight loss and exercise are indicated

WHAT TO WATCH FOR

Call 911 immediately if you have any new stroke/TIA like symptoms:

Sudden numbness or weakness of face, arm or leg

Sudden confusion or trouble speaking or understanding speech

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness or loss of balance or coordination

Sudden severe headache with no known cause

SPECIAL INSTRUCTIONS

Other written instructions (specify)

Resources:

Bloomington Hospital Stroke Survivor Support Group - Contact Heather Hudson LSW (812) 353-9818

American Stroke Association - 1-888-4-Stroke to talk with a stroke survivor or family caregiver, find a support group in your area or receive free educational information or their website ASA.org

Free Smoking Cessation Classes - call (812) 353-5811 for more information

If you have questions regarding your discharge instructions, please call 353-6821 and ask to speak to the Patient Care Director. **In case of emergency, call 911.**

Physical and cognitive rehabilitation is important to maximize recovery after a stroke. Maximum recovery occurs within the first three months; however, continued recovery can occur up to and beyond one year from the stroke onset.

STROKE EDUCATION

☐ Please bring this form to your next doctor's appointment

I have been given the stroke education packet and instruction booklet. I understand these instructions and I have had ample opportunity to have my questions answered.

☐ Yes

☐ No

Patient-Last Name, First Name, Middle Initial ☐ M ☐ F Age _____

Admission Number _____ Date _____ Birth Date _____

Physician Name _____

Patient/Responsible Party Signature _____ Date _____

Patient Identification _____ Medical Record Number _____ RN Signature _____ Date _____



Patient Discharge Instruction Form

Jeannette Simmons

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the name bar.

Patient Discharge Instruction Form:

Nursing Know-how, 2009 Provides information on documentation issues including electronic medical records legal and ethical implications and documentation in acute cases along with a variety of charting examples **Complete Guide to Documentation** Lippincott Williams & Wilkins, 2008 Thoroughly updated for its Second Edition this comprehensive reference provides clear practical guidelines on documenting patient care in all nursing practice settings the leading clinical specialties and current documentation systems This edition features greatly expanded coverage of computerized charting and electronic medical records EMRs complete guidelines for documenting JCAHO safety goals and new information on charting pain management Hundreds of filled in sample forms show specific content and wording Icons highlight tips and timesavers critical case law and legal safeguards and advice for special situations Appendices include NANDA taxonomy JCAHO documentation standards and documenting outcomes and interventions for key nursing diagnoses **Lippincott's Nursing Procedures**, 2009 The newly revised fifth edition of this popular reference is a start to finish guide for more than 400 basic to advanced nursing procedures It provides step by step instructions for each procedure and explains how to use and troubleshoot equipment Fundamentals of Nursing Care Marti A Burton, Linda J May Ludwig, 2014-10-10 Take a fresh new approach to nursing fundamentals that teaches students how to think learn and do while they make the connections each step of the way The Case Manager's Training Manual David W. Plocher, Patricia L. Metzger, 2001 Stem Cell and Bone Marrow Transplantation *Documentation in Action* Lippincott Williams & Wilkins, 2006 Designed for rapid on the job reference *Documentation in Action* offers comprehensive authoritative practice oriented up to the minute guidelines for documenting every situation in every nursing practice setting and important nursing specialties Need to know information is presented in bulleted lists charts flow sheets sidebars and boxes with icons and illustrative filled in samples Coverage includes documentation for care of patients with various diseases complications emergencies complex procedures and difficulties involving patients families and other health care professionals Suggestions are given for avoiding legal pitfalls involving telephone orders medication reactions patients who refuse care and much more A section addresses computerized documentation HIPAA confidentiality rules use of PDAs nursing informatics and electronic innovations that will soon be universal *Patient Education Workshop* Jeannette Simmons, 1976 Facilitating Patient Understanding of Discharge Instructions Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2014-12-01 The Roundtable on Health Literacy brings together leaders from academia industry government foundations and associations and representatives of patient and consumer interests who work to improve health literacy To achieve its mission the roundtable discusses challenges facing health literacy practice and research and identifies approaches to promote health literacy through mechanisms and partnerships in both the public and private sectors To explore the aspects of health literacy that impact the ability of patients to understand and follow discharge instructions and

to learn from examples of how discharge instructions can be written to improve patient understanding of and hence compliance with discharge instructions the Roundtable on Health Literacy held a public workshop The workshop featured presentations and discussions that examined the implications of health literacy for discharge instructions for both ambulatory and inpatient facilities Facilitating Patient Understanding of Discharge Instructions summarizes the presentations and discussions of the workshop This report gives an overview of the impact of discharge instructions on outcomes and discusses the specifics of inpatient discharge summaries and outpatient after visit summaries The report also contains case studies illustrating different approaches to improving discharge instructions

Patient Education in Health and Illness Sally H. Rankin, Karen Duffy Stallings, Fran London, 2005 This practical text reference provides theory based approaches to teaching patients of all ages and their families in a variety of healthcare settings Thorough revision includes a stronger clinical application focus and strong practice examples The text highlights the patient education process and stresses collaboration among health care team members This edition s Strategies for Critical Analysis and Application boxes provide student activities for increased interaction Research boxes throughout enhance the evidence based practice connection Each chapter includes updated URLs and key words to use in search engines

Policy and Procedural Guidelines for Hyperbaric Facilities Laura Josefsen, 2017-06-29 The field of hyperbaric medicine along with hyperbaric centers throughout the United States and abroad continues to grow This growth has been exponential touting an increase from 350 centers in 1993 to well over 2 500 programs today With this progression exists a need to establish a resource guideline for developing complete and comprehensive policies and procedures for clinical hyperbaric units Hyperbaric policy and procedures provide the guiding principles and foundation for safety quality transparency and cost effective hyperbaric medical and nursing practice Every hyperbaric facility needs to follow its specific policies and procedures Policy and Procedural Guidelines for Hyperbaric Facilities provides needed resource and reference guidelines for new and established hyperbaric facilities It will serve as a reference for the development of new hyperbaric policies as well as customize and enhance current policies and procedures already in place Policy and Procedural Guidelines for Hyperbaric Facilities addresses issues of safety and practice for both the multiplace and monoplace environments It utilizes regulatory guidelines and standards of practice as its foundation Topics covered in this work include but are not limited to governance administration emergency procedures patient care hyperbaric chamber maintenance treatment protocols and quality improvement The appendices include sample forms for both Class A multiplace and Class B monoplace chambers They are intended to serve as templates for development of hyperbaric unit specific forms Also included are acronyms references and an index all specific to hyperbaric medicine The guidelines provided in this document will benefit the diverse group of physicians nurses technicians and allied health care personnel in the hyperbaric field as they customize their unit specific policies and procedures The contributing authors are comprised of established experts in the field of undersea and hyperbaric medicine They are a diverse group of physicians

nurses and technologists who devoted an extensive amount of time and energy into producing this resource document of the highest quality Specific acknowledgements can be found in the List of Contributors section of the book Endorsement from Baromedical Nurses Association BNA The Baromedical Nurses Association established 1985 provides a forum for hyperbaric nursing that encompasses quality safety teamwork mentoring research education and nursing guidelines of standards of care for the patient receiving hyperbaric oxygen therapy The Baromedical Nurses Association endorses the Policy and Procedural Guidelines for Hyperbaric Facilities as guidelines to enable hyperbaric facilities to develop and or endorse their unit specific policies

Emergency Department Compliance Manual, 2018 Edition McNew, 2018-04-20 Emergency Department Compliance Manual provides everything you need to stay in compliance with complex emergency department regulations including such topics as legal compliance questions and answers find the legal answers you need in seconds Joint Commission survey questions and answers get inside guidance from colleagues who have been there hospital accreditation standard analysis learn about the latest Joint Commission standards as they apply to the emergency department and reference materials for emergency department compliance The Manual offers practical tools that will help you and your department comply with emergency department related laws regulations and accreditation standards Because of the Joint Commission s hospital wide function based approach to evaluating compliance it s difficult to know specifically what s expected of you in the ED Emergency Department Compliance Manual includes a concise grid outlining the most recent Joint Commission standards which will help you learn understand your compliance responsibilities Plus Emergency Department Compliance Manual includes sample documentation and forms that hospitals across the country have used to show compliance with legal requirements and Joint Commission standards Previous Edition Emergency Department Compliance Manual 2017 Edition ISBN 9781454886693

Best Practices Lippincott Williams & Wilkins, 2007 Now in its Second Edition with a new title Best Practices Evidence Based Nursing Procedures is an excellent compilation of best practices based on current research and expert consensus findings This timely authoritative reference applies research findings directly to every aspect of nursing practice to guide nurses in performing procedures for patients with a full range of conditions and illnesses This edition provides a thorough update and review and includes new procedures and practices Every entry is evidence based identifies the sources of the evidence and now includes manufacturer recommendations Nursing diagnoses expected outcomes and unexpected outcomes complications are now discussed for each procedure

Lean Behavioral Health Joseph Merlino, Joanna Omi, Jill Bowen, 2014 As the largest public healthcare system in the US the New York City Health et Hospitals Corporation adopted the principles of the Toyota Production System or lean as the transformational approach for all of its hospitals and clinics Having made major changes and been scrutinised by the Department of Justice on its quality of patient care Kings County Hospital Center is now recognised as a standard for transformation and quality receiving high marks from oversight agencies This resource describes the basic principles of the

lean approach **Emergency Department Compliance Manual** Rusty McNew, 2017-06-14 Emergency Department Compliance Manual 2017 Edition provides everything you need to stay in compliance with complex emergency department regulations The list of questions helps you quickly locate specific guidance on difficult legal areas such as Complying with COBRA Dealing with psychiatric patients Negotiating consent requirements Obtaining reimbursement for ED services Avoiding employment law problems Emergency Department Compliance Manual also features first hand advice from staff members at hospitals that have recently navigated a Joint Commission survey and includes frank and detailed information Organized by topic it allows you to readily compare the experiences of different hospitals Because of the Joint Commission s hospital wide function based approach to evaluating compliance it s been difficult to know specifically what s expected of you in the ED Emergency Department Compliance Manual includes a concise grid outlining the most recent Joint Commission standards which will help you learn what responsibilities you have for demonstrating compliance Plus Emergency Department Compliance Manual includes sample documentation that hospitals across the country have used to show compliance with legal requirements and Joint Commission standards Age related competencies Patient assessment policies and procedures Consent forms Advance directives Policies and protocols Roles and responsibilities of ED staff Quality improvement tools Conscious sedation policies and procedures Triage referral and discharge policies and procedures And much more Geriatric Nursing Care Raelene V. Shippee-Rice, Susan J. Fetzer, Jennifer V. Long, 2012 The authors of this book share decades of geriatric perioperative nursing care experience with readers in a thorough systematic manner This book would be an excellent addition to the library of any health care professional especially a perioperative nurse who provides care to older adults AORN Journal the official publication of the Association of Perioperative Registered Nurses This is a solid well thought out book The text has a clarity and focus which enhances understanding of the topics presented It is particularly notable for crisp reading and uncomplicated meaningful illustrations Kudos to the authors for presenting such a medically solid book without losing the art of nursing care or the vision of a well tended patient Nursing News This timely volume introduces geriatric care a new model of surgical care for the elderly designed to improve surgical outcomes and prevent complications through a focus on communication and relationship centered care It is the only book to specifically address the care of older adults undergoing surgery providing practitioners with critical practical and theoretical information from the initial decision to have surgery through the first follow up visit post discharge The text includes the anatomy and physiology of aging preoperative care intraoperative and post anesthesia care postoperative care returning home risk appraisal education prevention early intervention multidisciplinary team collaboration and effective communication across all systems of care Geriatric Nursing Care is an essential resource for students and practitioners of surgical critical acute care and geriatric nursing along with clinical and case managers The tools presented help to sustain and enhance quality nursing care for older adults considering surgery undergoing surgery and during post surgery visits Key Features Presents a

comprehensive new perioperative care model for older adults undergoing surgery Follows patient from primary to follow up care including hospital care ambulatory care emergency and elective surgery and perioperative care Applies primary secondary and tertiary care concepts to surgery Presents innovative focus on case management with new care guidelines Provides new applications in preoperative training family coaching and post operative cognitive dysfunction prevention Describes how to make quality improvements in current surgical care practices Identifies and discusses major health problems of older adults through EBP Includes case studies with discussion questions Managed Care Success James W. Saxton, Thomas L. Leaman, 1998 The number of malpractice claims And The severity of final judgments could explode under managed care Physicians and managed care organizations are on a collision course with malpractice when patient expectations are at an all time high and pressures of efficiency are constantly increasing Defensive medicine doing procedures or additional tests To protect the provider will no longer work Utilization controls will penalize you and ultimately limit your practice So what s the solution to be successful in this evolving health care environment you ve got to change with it You ve got to be informed be prepared and ready to coexist with it That s precisely why you need Managed Care Success Reducing Risk While Increasing Patient Satisfaction You ll learn how to work with not against managed care

Implementing an Electronic Health Record System James M. Walker, Eric J. Bieber, Frank Richards, Sandra Buckley, 2006-01-09 Implementing an Electronic Health Record System addresses the range of issues and opportunities that implementing an electronic health records system EHR poses for any size of medical organization from the small one man operation to a large healthcare system The book is divided into sections on preparation support implementation and a summary and prospects section enabling the clinician to define the framework necessary to implement and evaluate a clinically effective EHR system With the increasing involvement of clinicians in the day to day running of the practice interest is now focused on EHR as a key area for improving clinical efficiency This book uniquely provides the guidance a clinical team needs to plan and execute an effective EHR system within any clinical setting Practical in its scope and coverage the authors have provided a tool kit for the medical professional in the often complex field of medical informatics Designed for senior clinicians decision makers and EHR teams the book is of use to anyone involved in the efficient management of clinical records *Documentation* , 2007 This full color handbook is a quick reference guide to all aspects of documentation for every nursing care situation It covers current documentation systems and formats including computerized documentation and features scores of sample filled in forms and in text narrative notes illustrating everything from everyday occurrences to emergency situations Coverage includes timesaving strategies for admission to discharge documentation in acute outpatient rehabilitation long term and home care environments and special documentation practices for selected clinical specialties critical care emergency perioperative maternal neonatal and psychiatric The book includes advice on legal safeguards dangerous abbreviations and compliance with HIPAA guidelines and JCAHO requirements **Invasive Cardiology: A**

Manual for Cath Lab Personnel Sandy Watson, Kenneth A. Gorski, 2010-05-06 written specifically by and for nurses and technicians Topics include ECG interpretation intracardiac pressure measurement radiography intracoronary Doppler intravascular ultrasound duties of technical staff angiography and cardiac catheterization PTCA stents atherectomy laser nursing care valvuloplasty and balloon pericardiotomy electrophysiology cardiac pacing endomyocardial biopsy foreign body retrieval pediatric interventional cardiology cardiac pharmacology and cath lab emergencies Publisher **Fachenglisch für Pflegekräfte** Edith Kellnhauser, 2003 Vorbereitung auf einen Auslandsaufenthalt Das amerikanische Health Care System Das Hospital Die Pflegedienstleitung Das Pflegeteam Beschäftigungssituation Pflegerische Ausbildung Adressen und nützliche Hinweise Die Autorin führt mit diesem Werk den Leser in interessanter und ansprechender Weise durch das Gesundheitswesen in den USA Sie hat sich hierbei ganz deutlich auf die Organisationsstrukturen beschränkt und sich wenig mit medizinischer Fachtermini befasst Allerdings ist das Buch für alle Studierenden oder professionell arbeitende Pflegenden zu empfehlen denn neben den Fachtermini wird die Funktionsweise des angloamerikanischen Gesundheitswesens sehr eingängig dargestellt Damit erfüllt das Buch weitaus mehr als nur eine Vermittlung von englischen Fachtermini und kann uneingeschränkt jedem empfohlen werden der sich mit dem Basiswissen über das angloamerikanische Gesundheitswesen auseinandersetzen möchte www.pflegedialog.de

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