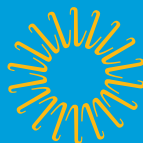


Working together to **KEEP YOU SAFE** from harm



YOU can help by allowing us
to deliver health with **CARE**
(Compassion, Accountability, Respect and Excellence)



The Miriam Hospital
Lifespan. Delivering health with care.®



KEEPING YOU SAFE: Fall Prevention

Fall Prevention:

- We are here for you! PLEASE use your **CALL LIGHT** for assistance when getting out of bed, going to the restroom, or if you are unable to reach your belongings.
- Because you are in an unfamiliar environment, and likely given medications that affect your functioning, we set an **ALARM** on your bed. The alarm will sound if you get up without assistance. This lets us know you're on the move, and we can come to assist you.



- It is the responsibility of all staff here at The Miriam Hospital to respond to your needs. We follow a **"No Pass Zone"** where all staff, no matter their role here, must respond to your call light if they are walking by.
- Your nurse or your nursing assistant will be rounding on you frequently. They should ask you about comfort, pain, personal needs, personal belongings, and checking your room for safety hazards.



- While keeping your privacy a priority, staff are expected to remain with you while using the restroom, if your nurse's assessment identifies you as a risk to fall. We will stay with you while using the restroom.
- It is extremely important that you get out of bed and walk a few times per day. The more you **MOVE**, the more likely you will go **HOME**.



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KEEPING YOU SAFE: Prevention of Immobility

Prevention of Immobility:

- **Prevent deconditioning while you are in the hospital by getting out of bed often.**
 - To use the bathroom
 - To brush your teeth
 - To get dressed
 - To eat your meals
- **Every staff member is responsible for helping you move daily.**
 - Tell your healthcare team member before you get out of bed.
 - It is extremely important that you get out of bed and walk a few times per day.
 - Moving often will help maintain your ability to perform activities as you normally do at home.
 - Your nurse will help you identify a “mobility goal of the day”.
- **It is important to increase how often and far you walk each day.**

Did you know:

- For every day you spend in bed you lose 1- 5 % muscle mass depending on your age.
- For every day you spend in the hospital, it takes 1 week to recover to your normal activity level.
- Exercise and moving are important parts of your recovery.

The more you **MOVE**, the more likely you will go **HOME**.



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KEEPING YOU SAFE: Preventing Pressure Injuries

During your hospital stay, your healthcare team identified that you may be at risk for a pressure injury.

What is a pressure injury?



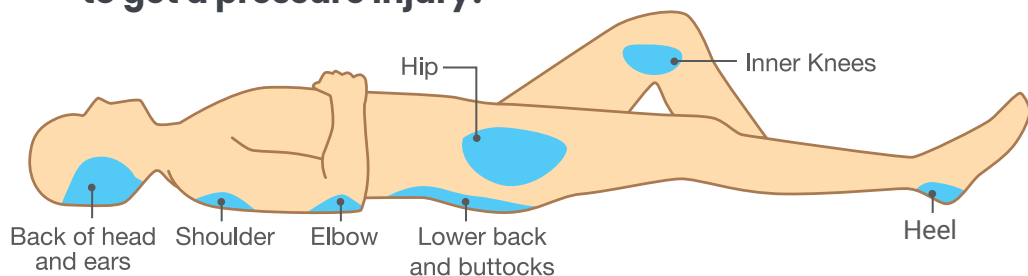
- It is a wound that develops on your skin when you sit or lie in one position too long and the blood supply is cut off.
- Any person at any age could be at risk.

Potential causes include:



- Urine or stool that sits on your skin
- Minimal movement in chair or bed
- Pain and not moving
- Poor diet

Which areas on your body are most at risk to get a pressure injury?



Examples of pressure injuries that you are risk for:



pressure injury of the buttock



Deep tissue pressure injury of the heel



Pressure injury of the buttock



KEEPING YOU SAFE: Preventing Pressure Injuries

What can I do to prevent pressure injuries?



- Shift your weight frequently.
- Eat small frequent meals.
- Use products to relieve pressure (pillows, seat cushions, heel elevators).
- Get out of bed: sit in a chair, try to walk a few times a day.
- Help your healthcare team change your position every two hours.
- Call for help when you need to use the bathroom.
- Tell your healthcare team if you have pain from sitting or lying in the same position.

Your healthcare team at The Miriam Hospital is focused on keeping you safe and preventing pressure injuries, and we need you and your family to help us!



- Let's work together to keep you safe!
- Do you have any questions?
- Can you please discuss what I just reviewed with you?
- I will notify the healthcare team that I reviewed this information with you.



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KEEPING YOU SAFE: Prevention of Central Line Associated Blood Stream Infection (CLABSI)

If you have a central line, or a dialysis catheter:



- Wash your hands frequently – use Purell, soap and water, or the wipes that have been provided.
- Do not touch catheter tube, or pull on it.
- Your care team’s goal is to have it removed as soon as possible.
- Do not pick at dressing.
- You will be washed with a special wipe to decrease the risk of infection.
- Use of light blue caps will be used to protect IV tubing.
- All these interventions will protect you from getting a central line blood infection, which can lead to sepsis and death.

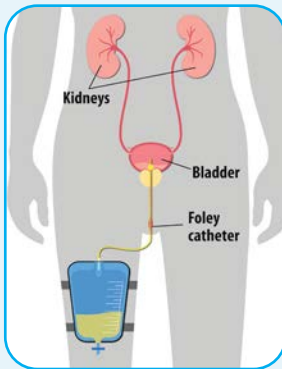


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KEEPING YOU SAFE: Prevention of Catheter Associated Urinary Tract Infection (CAUTI)

If you need a tube in your bladder to drain urine called a Foley Catheter, please be sure to follow these instructions:



- Your care team's goal is to remove the catheter as soon as possible
- You will be washed with a special antimicrobial wipe to reduce infection every day
- Catheter care will be provided at least twice a day to assist with decreasing possible infection
- Wash your hands frequently-use Purell, soap and water, or the wipes that have been provided
- Do not touch the catheter tubing
- Keep drainage bag below the belly
- The green clip is used to prevent pulling, which causes trauma

Be advised that there are alternatives to using an indwelling urine catheter:

- External male catheter
- *PureWick™*, an external female catheter (below)



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KEEPING YOU SAFE: Infection Prevention

CHG Bathing:



- During your stay we will be bathing you with special antiseptic (CHG) wipes that remove germs and prevents infection better than soap and water.
- The rinse free formula stays on the skin offering protection against germs for 24 hours unless washed off by soap and water.
- It is important to let CHG air dry after you bathe. At first you may feel sticky, but this feeling will go away after a few minutes.

Oral Care and Aspiration Pneumonia:

Poor oral care has been linked to numerous medical conditions, including cardiovascular disease, cancer, pregnancy complications, and pneumonia (including aspiration pneumonia).

- Aspiration pneumonia occurs when oral bacteria mixes with saliva, food, or liquid that is **aspirated** (i.e. enters your windpipe instead of your esophagus) in a medically compromised person leading to a lung infection.
- Dependence for oral care and number of decayed teeth are 2 of the top predictors of aspiration pneumonia.

Vigorous cleaning with a toothbrush and toothpaste has been proven to be the most effective way to reduce oral bacteria.

- Brush teeth, tongue, and whole mouth (even for patients with no teeth!)
- Rinse with water.
- Use a suction toothbrush for patients that are NPO (nothing by mouth) or unable to spit.
- Perform oral care 3x per day for patients that are high risk.



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