



ter

Information Guide for:
Patient, Families and Caregivers

Thank you for choosing Summit Medical Center for your surgical care!

At Summit Medical Center we believe more comes from less. Here at Summit Medical Center we have sixteen inpatient private rooms, four operating rooms and a whole fleet of first-class highly trained staff to help insure your stay is the best possible.

Our mission here at Summit Medical Center is to promote the health and healing of the community we serve through exceptional individualized care. We are committed to being the facility of choice for patients by providing superior care above expectation.

Our vision is a healthcare team comprised of passionate people enhancing the health and healing of our patients and our communities.

Summit Medical Center Values:

Compassion: Being Generous -We believe the best care is given through relationships based on empathy, respect, and dignity; and this is vital to how we care for people in and out of our hospital.

Accountability: Being a Leader - We believe that we must work together toward a common goal with a positive attitude, encouraging others to achieve their best and make it possible to do the right thing and inspire change.

Respect: Be Tolerant - We believe that each person we encounter should be valued and treated with dignity, courtesy, and respect. We embrace and value different backgrounds, opinions, and experiences.

Excellence: Be the Best - We strive to exceed expectations and our teams work together to improve every aspect of care and service to our patients. We will anticipate the challenges tomorrow may bring and develop new ways to inspire healthier communities.

Table of Contents

About Summit Medical Center	4
Services and Safety	5
Your Healthcare Team	7
Your Stay at Summit Medical Center	8
Surgery at Summit Medical Center and ERAS	11
Pain Management	16
Helpful Resources	21
Leaving the hospital	22
Notes	36

Summit Medical Center

About Summit Medical Center

The central focus of Summit Medical Center is to promote community health by providing low cost, quality, compassionate healthcare services that embrace the values of human dignity and community. On a day-to-day basis, our highly-trained doctors and care teams serve your overall needs with a wide range of health, wellness and preventive services. We cater to the humanity of our patients and visitors with a warm feel that can only be found at Summit Medical Center.

Summit Medical Center offers an advanced surgical specialty team and facility serving all ages and offering a more personalized level of care.

Our surgical specialties include:

- Gastroenterology
- General Surgery
- Gynecology
- Ophthalmology
- Oral Surgery
- Orthopedics
- Pain Management
- Radiology
- Lab & Pharmacy Services
- ENT (Ear, Nose & Throat)

Summit Medical Center has been awarded the 2016/2017 National APEX Quality Award in recognition of outstanding patient satisfaction and overall quality of care.

The APEX Quality Award has been adopted as one of the most prestigious awards throughout the healthcare industry, with only 108 healthcare facilities nationwide recognized. The award represents superiority in service, quality in care and the distinction in the satisfaction of patients.

About this Guide

The Patients, Families and Caregivers Guide was developed to help answer questions you may have about your stay at Summit Medical Center.

We understand that surgery and hospitalization is a stressful time for you as a patient and for your family and loved ones. If you have questions after reviewing this guide, please call **(307) 232-6600** or **(307) 232-4055** for assistance. Our patient relations staff is available 8 a.m. to 5 p.m. Monday through Friday.

Services and Safety

We take your care personally and believe that healing can only happen when your needs are met. We strive to exceed your expectations through a variety of services to make your stay more comfortable

NURSE MANAGERS

Nurse managers are available from 8 a.m. to 5 p.m. Monday through Friday to answer any concerns about your care. Ask a nurse or staff member to speak to the nurse manager or contact the nursing supervisor at any time, day or night.

PATIENT SURVEYS

Our goal is to provide exceptional care with each and every visit. You may be asked to provide comments or fill out a survey after your stay. Your personal identification will be protected. Your satisfaction is very important to us. Please let a staff member know during your visit if you do not feel your care is a “10” so we may address your concerns promptly.

CULTURE OF SAFETY

Summit Medical Center observes the culture of safety by implementing hospital-wide initiatives to eliminate medical errors and improve patient care. We have consistently earned many awards for safety and quality. If, at any time, you or a loved one has questions or comments about the safety of your care, please call our quality and safety department at 307-232-5789.

MEDICATION & PROCEDURAL SAFETY

We have procedures in place to protect you from harm. It may seem like we are asking the same questions over and over, but it is our process to insure the safety of all patients. You will have an arm band scanned and be asked your name and birth date many times during your stay. This is to keep you safe and avoid error.

PRIVACY

Wyoming Medical Center is concerned about your privacy. If family or loved ones call and would like information regarding your health status, staff will ask you or check your chart for approved family that can receive information over the phone. This helps us make sure only the people you choose can get information about your care. If you would like to list an approved person, please tell any staff member at any time before or during your stay.

PARKING

Free parking is available for all patients and visitors. Summit Medical Center is equipped with well over 100 parking spots. We can also accommodate RV's with electrical set up in our parking areas. We are able to accommodate almost any type of vehicle needs.

SECURE FLOORS

All of our areas in the hospital are secured. During normal business hours access is permitted to the café and inpatient area and waiting areas. After hours the access is restricted, and you will be required to buzz in, ring a door bell or call ahead.

PATIENT ADVOCATES and CARE COORDINATORS

Our Nursing Care Coordinator act as a bridge between patients and medical staff. They round with nurses and are available to answer questions, explain complicated hospital processes and make your stay more comfortable. If you need assistance, please call **307-232-4055**.

FOOD AND DRINKS

The Cafe, located in the inpatient unit, is a spacious dining area offering the space and atmosphere for a rejuvenating dining experience. It features a variety of hot meals, gourmet breakfast and lunch, convenient grab-and-go snacks (upscale salads, sandwiches, parfaits) and premium coffee products. Breakfast: 7:30-9:30 a.m., Lunch: 11 a.m.-2 p.m. It is open from 6:30 a.m. to 7 p.m. daily.

Vending machines are available in the café.

OPEN GROUNDS

The grounds surrounding Summit Medical Center are a private, outdoor escape for patients and families. Studies show clear links between patients' physical environments and their ability to manage pain and to heal. There are tables and chairs available in areas thought the grounds.

Your Healthcare Team

Your healthcare team helps get you back on your feet by preparing you for surgery and recovery. You and your family are important members of the care team. Please let us know if you need anything. We have many team members who work with you and your coach for a successful recovery. Your team may include the following:

- **Surgeon** performs your surgery and manages your care.
- **Physician Assistant** assists the surgeon with your surgery and helps in managing your care.
- **Anesthesiologist** gives you medicine during surgery to prevent you from feeling pain.
- **Medical doctor/hospitalist** may help in managing your care.
- **Coach** is a person you choose to support you in preparing for and recovering from your joint replacement surgery. This person can be a spouse, friend, or family member. Your coach will provide support and encouragement throughout your experience.
- **Nursing staff** will care for you before, during, and after your surgery. They will help keep you comfortable and safe while you are with us.
- **Physical therapists (PT)** will guide you through an exercise program to improve your strength, range of motion, and walking. They will teach you how to use a walker or crutches, how to go up and down stairs safely.
- **Occupational therapists (OT)** teach you the best and safest ways to do daily activities such as: Getting dressed, getting in and out of a chair, bed, tub, or shower, getting on and off the toilet, doing household tasks, helping you choose equipment needed during your recovery
- **Care Coordination team** will help plan your move from the hospital to your home or next level of care. They will also arrange for any equipment or services you will need.
- **Other** team members may include dietitians, lab technicians, and pharmacists.

Your healthcare team works together with you to help your recovery go efficiently as possible.

Your stay with Summit Medical Center

PARTNERS IN CARE

We will involve you in your plans of care. You can expect us to communicate your plan, treatment and goals of care throughout your hospital stay. If at any time you have questions or concerns, please let any staff member know.

- **Hand hygiene:** Handwashing is the most important action in preventing the spread of infection. We will “gel in and gel out” when we enter and leave your room. Please encourage your visitors to do so also.
- **Cough etiquette:** Coughing spreads droplets in the air and can spread infection or viruses to an ill person. Please cover your mouth when coughing. Visitors who are ill should wear a mask, and if possible, not visit until they no longer have symptoms.
- **Hygiene:** Bathing, oral care and moisturizing occur on a daily basis or more if necessary.
- **Fall prevention:** Being in an unfamiliar environment and taking medications that alter your balance and awareness can put you at a higher risk for falling. We implement safety precautions such as yellow non-skid slippers, easy to reach call lights and hourly checks from medical staff. Please ask for help when getting out of bed or going to the bathroom.
- **Hourly rounding:** Your care team will check on you on an hourly basis. During this time, they will check on your safety, concerns or care needs. This is also a great time to use the restroom if needed.

HOSPITALISTS

Summit Medical Center utilizes a group of physicians to accommodate those that have medical needs in addition to their surgical needs. Your Surgeon and you can decide if you need this service during your stay.

Our hospitalists work directly with patients to offer consistent, cohesive care throughout your stay. The hospitalist will work with your care team and surgeon to craft a treatment plan best for your needs.

PATIENT RIGHTS AND RESPONSIBILITIES

As a hospital patient, you have many rights and responsibilities. Please read the Patient Rights flyer you received on your admission or ask a nurse or any staff member for a copy. We keep your health information private and confidential, as required by the Health Insurance Portability and Accountability Act, or HIPAA. If you believe your health information was misused, you may file a complaint with your provider, your health insurer or contact our privacy officers at 307-232-6600.

To get copies of your medical records, contact the Medical Record Department at **307-232-4068**.

SECURITY/LOST & FOUND

Security staff is available if you have any concerns about your safety and can escort you to and from your car after hours. Please ask any staff member for assistance.

Please send purses, jewelry, wallets and other valuables home with a trusted friend or family member.

Summit Medical Center takes care of all items left at our hospital. The proper protection and security will be placed on all items. To inquire about a lost item please call 307-232-6600.

Visitors Guidelines

Visiting hours are from 7 a.m. to 10 p.m. for the inpatient unit. To protect the health and comfort of our patients, we ask that you follow these general guidelines when visiting friends or family. These guidelines may change before or during your stay so please follow all instructions regarding visitors. Remember this is to keep you and all other patients healthy and safe.

- Dress appropriately and wear shirts and shoes.
- No more than one visitor is allowed at the bedside at a time.
- You may be asked to leave the room during tests or treatments.
- Do not visit patients if you have a cold, sore throat or any contagious disease. Before entering a patient room, please use our hand hygiene stations located in each room and throughout the hospital.
- Respect other patients by maintaining a quiet environment.

PHONE AND INTERNET ACCESS

Hospital phones can be used for local calls by dialing 9 and the number. Family and friends can call your room by dialing the phone number on your room's white board. They can also call the main hospital number and ask for you by name and room number.

Free wireless internet is available. Follow the login instructions provided on your device.

- **SummitMedical-PublicWiFi**
- No Password is needed for this connection

INTERPRETATION AND HEARING/ VISUAL IMPAIRMENT SERVICES

Free interpreter services are available upon request for patients and family members. Ask your nurse for more information. Wyoming TTY Services are available for the hearing impaired. Call Wyoming TTY ask the nursing supervisor for help. Sign Language interpretation is available in house via video remote interpretation computers.

ROOM SERVICE

Our full-service dining menus are available in every room. Your physician will order your diet based on your unique condition and problems. If you need help ordering your meal, ask your nurse or nursing assistant. If your physician orders diet counseling, a dietician will come visit with you regarding your nutritional needs.

- Patient meals are served from 6:30 a.m. to 6:30 p.m., and we strive to serve you within 45 minutes of your order. A food service worker will you're your order from you in your room Guest trays for patient family members are available.
- Comprehensive nutrition and wellness program for patients, including diet education, registered dietitian availability and inpatient dining with meals delivered to rooms

HOUSEKEEPING

Clean environments aid healing and your room will be serviced throughout the day. If there is a problem, please notify your nurse or nurses aid.

FLOWERS AND MAIL

Flowers, mail and packages are delivered to patients each morning.

Please note: As part of our latex-safe environment, latex balloons are not allowed.

ADVANCE DIRECTIVES

Summit Medical Center has a free booklet explaining advance directive tools such as Durable Power of Attorney for Healthcare, Living Wills and Comfort One©/Do Not Resuscitate Orders. Advance directives are legal documents outlining the health care you want in cases when you are too sick or injured to speak for yourself. Ask your nurse or any member of your care team for a booklet.

TELEVISION

All patient rooms and waiting areas are equipped with HD TV's. Cable television is provided on each TV. Please be considerate of other patients and keep volumes as low as possible.

Surgery and Enhanced Recovery After Surgery (ERAS)

Here at Summit Medical Center we will help you have the safest, quickest recovery possible. We utilize a program called ERAS, which means Enhanced Recovery after Surgery. This is a program developed to improve patient outcomes with surgery. Following these tips will lead to a faster recovery and getting back to what you want to do sooner.

- Be active (walk at least 30 minutes per day for 5 days before surgery, (if able).
- If you are a smoker, now is the time to quit! Talk to your doctor if using nicotine replacement therapy is right for you.

Before surgery

- Know the importance of handwashing and how to protect yourself from infection.
- You will receive phone calls before surgery to help you get ready.

The morning of surgery

- Take only the medications you were instructed to take.
- Do not drink, eat, chew gum or use mints. Nothing should go in your mouth after midnight.

Right after surgery

- Soon after surgery you will get out of bed with help. Being active is the most important thing you can do to get better.
- While in bed, move your feet and legs often.

At home

- Be as active as your doctor advises.
- Someone will call to check on you after you go home.
- Call your doctor if you have any concerns including fever, problems passing urine or stool.

Getting Ready for Surgery

Phone calls or clinic visit

- Before your surgery a nurse will call you or you may visit a nurse at Summit Medical Center. They will ask you questions about your medicines and health to make sure you can safely have anesthesia.
- 1 business day before your scheduled surgery, you will get a call telling you what time to come in on the day of your surgery.
- A nurse in the clinic or preoperative area will give you the information for the questions below. Use this worksheet on the following page to write down what you need to know.

Questions about My Surgery

What day is my surgery?	Who is my surgeon?
What surgery am I having?	
What time should I arrive? (this may be called to you)	
Where am I having surgery?	
Where should I park?	What door should I use?

Getting Ready Safely

Follow these steps and the checklist on the following page to be prepared for surgery	
What medicines should I take in the morning with a sip of water?	
<p>When do I stop eating, drinking, using tobacco, sucking on hard candy, or chewing gum? (this may be called to you)</p> <p><input type="checkbox"/> Eating food, candy, or gum Stop date: _____ Stop time: _____</p> <p><input type="checkbox"/> Drinking clear liquids Stop date: _____ Stop time: _____</p> <p><input type="checkbox"/> No tobacco products 24hr before surgery.</p>	
How will my medications be reviewed?	<input type="checkbox"/> Bring all medications in their bottles Bring a list of your medicines
Should I bring any medical equipment that I use at home? (check all that apply)	<input type="checkbox"/> CPAP machine & CPAP tubing <input type="checkbox"/> Know CPAP settings <input type="checkbox"/> Cane or walker Other _____ <input type="checkbox"/> Specialty Medications such as chemo medication

Before Surgery

Following these steps can help you have a safe and successful surgery and recovery

- See your regular doctor for a checkup before surgery or as recommended by your surgeon.

Ask your doctor and surgeon about when to take or stop taking these medicines. Write any instructions below.

- **Blood thinners:**
- **NSAIDs** (such as Advil or Aleve) or aspirin:
- **Weight Loss** medications (such as Phentermine):
- **Herbal** medicines or supplements:
- **Diabetic** medicine changes:
- **Blood pressure** medicine changes:

If your surgery needs to be re-scheduled, speak with your doctor about restarting your medications.

- Tell your doctor if you drink alcohol most days and how much.
- Arrange a ride home from the hospital or surgery center as directed.
- Ask someone to stay with you for 24 hours or more after you are discharged.
- Eat nutritious foods including proteins, whole grains, and colorful fruits and vegetables.
- Walk 5 times a week for 30 minutes (if able) to gain strength.
- Be sure to have adequate rest and sleep in the weeks before surgery.
- Do **not** drink energy drinks 24 hours before surgery.

The Day Before Surgery

- Stop drinking alcohol. No liquor, beer, or wine for 1 day before surgery.
- Shower before bed using soap. Your surgeon may tell you to use special soap. **Do not** use any deodorant, nail polish, makeup (especially eye makeup), lotions, powders, perfumes, or shave area of surgery.
- Stop all tobacco products for 24 hours before surgery.**

The Morning of Surgery

Follow instructions about eating and drinking. Do **not** chew gum or suck on hard candy.

Remove all jewelry including wedding rings and all piercings. Use plastic inserts if needed.

Shower again using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup, lotions, powders, perfumes, or shave area of surgery.

Brush your teeth. **DO NOT** use water or mouth wash

Take only your prescription medicines, as directed.
• **Do not** take those that you have been asked to stop.

Leave any valuables, such as jewelry and watches, at home.

Wear clean, loose, comfortable clothing.

For women: If you have your period, wear a pad instead of a tampon.

What to Expect the Day of Surgery

Admitting

- You will arrive at the hospital and enter through the south main entrance. A receptionist will greet you and take your name. You will then go through the registration process. This process is done in a private closed comfortable office space. Then you will be asked to wait in the main waiting area.
- A nurse will call your name and bring you into the admitting area.
- You will be asked to change into a hospital gown. And remove contact lenses and jewelry if you have them
- A nurse will go over paper work, ask you questions and take your blood pressure.
- You will visit with an anesthesia provider, your surgeon, and other staff that help with your care.
- A support person of your choice may be with you. This person will need to care for your personal belongings during your surgery.
- Admitting can take **1 ½ hours to 2 ½ hours**.

Surgery

- When the admitting process is done and the surgery before yours is completed, you will be moved to the operating room.
- You will be connected to equipment that will monitor you during the surgery.
- An anesthesiologist and operating room team will care for you during surgery.
- The amount of **time for the surgery** depends on the type of surgery you have.

Recovery

- As you wake up in the recovery room, you will be monitored by nursing staff. You will be in the recovery room **for about 1 hour**. This may be longer based on the type of surgery and your needs.
- You may have oxygen, an IV, or other equipment connect to you.
- When you are ready, you will be moved to the discharge area or taken to your room if you are staying in the hospital.

Discharge

- Arrange a ride home from the hospital as directed. Your surgery may be rescheduled if you do not have an adult to bring you home.
- Your time in the discharge area depends on many things such as how long you need to wake up after anesthesia, how well you tolerate drinking fluids and how well your pain or other symptoms are controlled.
- Managing your pain at a level that is comfortable for you may include medicine and non-medicine methods. Talk to your surgeon about what to expect.
- The discharge process takes about **45 minutes to 1 ½ hours** but may change based on your needs.

24 hours or more after surgery – for your safety

- Ask someone to stay with you after you leave the hospital.
- Do not use sleeping pills or drink alcoholic beverages.
- Do not make any important decisions or sign important papers.
- Do not drive a motor vehicle, operate machinery, or use power tools.

Pain Management

If you're having surgery, it's natural to have concerns about pain after the procedure, as well as the risks associated with powerful pain medications. Controlling pain and minimizing side effects are both important for post-surgical comfort, recovery and rehabilitation.

The time to talk about post-surgical pain relief and pain medications is before you have surgery. Being prepared can lead to more effective pain management.

Planning for surgery

Before surgery you will likely have a discussion with your surgeon or other members of your care team about pain management, treatment options and your individual needs. This conversation should include the following:

- **Pain expectations.** Ask your surgeon about pain typically associated with the procedure and the expected duration of recovery and about your concerns about pain and pain control
- **Previous experiences with pain.** Talk to your surgeon about your experience with pain and different methods of pain control. Mention what has worked for you in the past.
- **Chronic pain.** If you take drugs to treat chronic pain, your body may not respond as well to pain medication. Your surgeon or pain doctor will discuss options for treating both chronic pain and post-surgical pain.
- **List of your medications.** Include all prescription and over-the-counter medications plus any supplements or herbs you've taken in the past month. Your doctor needs to know about anything that might interact with post-surgical pain medications. You may need to change your medication routine before and after surgery.
- **Alcohol and drug use.** Accurately describe your current use of alcohol, tobacco or other drug use. Your doctor needs to know about your use of alcohol or drugs, including prescription medications, in order to plan and monitor your pain management.
- **Side effects.** Ask for written information about the drugs you will be prescribed and their side effects. Ask questions about what can be done to minimize side effects and when to get help for serious side effects.
- **Additional pain management.** Ask your doctor about non medication options such as deep breathing, interventions to address anxiety or coping skills.

Types of Pain Medication

Post-surgical pain is usually managed with multiple pain-reducing medications. The appropriate type, delivery and dose of medications for you depend on things like; your needs, type of surgery and expected recovery.

Pain medications include the following:

- **Opioids:** powerful pain medications that diminish the perception of pain, may be given after surgery. Medications that go into an IV may include fentanyl, hydromorphone, morphine, oxycodone, oxymorphone and tramadol. Examples of opioids prescribed in pill form after surgery include oxycodone (OxyContin, Roxicodone, others) and oxycodone with acetaminophen (Percocet, Roxicet, others). These medications have the most side effects.
- **Local anesthetics:** such as lidocaine and bupivacaine, cause a short-term loss of sensation at a particular area of the body. Please also see page 12
- **Nonsteroidal anti-inflammatory drugs (NSAIDs):** such as ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, Anaprox), celecoxib (Celebrex) or ketorolac — lessen the inflammatory activity that worsens pain.
- **Other nonopioid pain relievers:** include acetaminophen (Tylenol, others) and ketamine (Ketalar).
- **Other psychoactive drugs:** that may be used for treating post-surgical pain include the medication midazolam or gabapentin (Gralise, Horizant, Neurontin) and pregabalin (Lyrica).

Managing the risks of opioid use

Opioids are often critical for post-surgical pain management because of their powerful effect. But their side effects can be significant, including nausea, vomiting, constipation, urinary retention, drowsiness, impaired thinking skills and decreased breathing.

Because of the risks associated with opioids and their potential side effects, these drugs are used very carefully. Opioids are used at the smallest dose effective for the shortest possible time.

You and your doctor should discuss steps you can take to reduce the risks associated with opioid use, including:

- Taking medication only as directed, minimizing dose and length of opioid use
- Not using alcohol while taking opioids
- Following your doctor's instructions about other drugs not to take while using opioids
- Storing drugs safely
- Disposing of unused drugs properly
- Not sharing your medication with other people

While opioids may or may not be appropriate to use after your surgery, your surgeon will likely prescribe a combination of treatments to control pain, lessen side effects, enable you to resume activity appropriate for recovery and lower risks associated with opioids.

Pain relief after major surgery

A primary goal of pain management after major surgery is for you to awaken relatively comfortable and to experience an uninterrupted transition to pain control, but some discomfort is common and should be anticipated after surgery.

Following are types and ways of giving pain medication.

Intravenous (IV) pain medication

Before surgery, you'll probably have a slender plastic tube, referred to as an IV, inserted into a vein in your hand or arm. This allows for you to receive fluids, sedatives, anesthetics, antibiotics and pain medications without drink anything. The catheter can be used for delivering pain medications until you can take pills by mouth.

Pain relievers, such as some opioids, can be injected into your IV catheter

Nerve block

A nerve block uses a local anesthetic, similar to what you get at the dentist, to provide targeted pain relief to an area of your body, such as an arm or leg. It prevents pain messages from going to your brain.

For pain relief lasting several hours, an injection is used for a nerve block. For longer pain control, a catheter may be inserted for continuous medicine delivery through a device called On-Q. Please see section on On-Q device page 12. The On Q device is not used on back surgeries.

Pain relief after minor surgery and during home recovery

Your doctor will provide you with instructions for general post-surgical care, such as rest, ice packs, rehabilitative exercises and wound care.

For minor surgeries these instructions may be the primary means for pain management. After major surgery, they will help you with a more comfortable transition off medication.

You will switch to taking pain medications by mouth before leaving the hospital and continue to take them at home to manage pain. You will probably take a combination of medications in pill form, which may include the following:

- Opioids
- Acetaminophen (Tylenol)
- NSAIDs, such as ibuprofen, Advil and naproxen

Be sure to understand what active ingredient is in each pain medication, what the appropriate dose is, and how frequently to take your medication. Also ask your surgeon about possible interactions with over-the-counter medications, such as cold medicine, other prescription medications you regularly take, and any supplements or minerals that you take.

Identifying pain

Pain is expected after surgery. The amount of pain and discomfort you have can depend on many things. Although it may not be possible to eliminate your pain completely, it is important to us that you are as comfortable as possible. Limiting your movement is not the answer to decreasing your pain. Summit Medical Center uses many methods to help you identify your pain. One way is a pain scale of 0-10.

Pain Rating Scale

- 0 Pain free
- 1 Very minor annoyance – occasional minor twinges.
- 2 Minor annoyance – occasional strong twinges.
- 3 Annoying enough to be distracting.
- 4 Can be ignored if you are really involved in your work, but still distracting.
- 5 Can't be ignored for more than 30 minutes.
- 6 Can't be ignored for any length of time, but you still can go to work and participate in social activities.
- 7 Makes it difficult to concentrate, interferes with sleep. You still can function with effort.
- 8 Physical activity severely limited. You can read and converse with effort. Nausea and dizziness set in as factors of pain.
- 9 Unable to speak. Crying out or moaning uncontrollably. Near delirium.
- 10 Completely distressed. Pain makes you pass out.

Your role in pain control

After surgery, work with your health care team to make your recovery as prompt and pain-free as possible. You'll need to communicate with your doctors and nurses to help them assess and adjust your pain management plan.

- **Be honest about the pain you feel after surgery.** Let your doctors and nurses know how much it hurts, where it hurts, and what activities or positions make it better or worse. Your health care team will want to know the intensity of pain on a 0 to 10 scale, where 0 is no pain and 10 is the worst pain you can imagine. The more specific you can be, the better your doctors can help you.
- **Don't ignore side effects.** Tell your care team if you experience sleepiness, constipation, nausea or other side effects of the medications. A different pain medication or dose can sometimes reduce uncomfortable side effects, and these side effects can often be treated and relieved.

On-Q Device

ON-Q PAIN RELIEF SYSTEM –PAIN RELIEF RIGHT WHERE YOU NEED IT

The ON-Q* system is a small disposable pump filled with a local anesthetic medication to relieve your pain after surgery. It continuously delivers medication that blocks pain in the area of your procedure. With the ON-Q* system, you may get better pain relief than by taking narcotics alone. You may also need to take less narcotic medication.

HOW THE ON-Q* PAIN RELIEF SYSTEM WORKS

The pump is connected to a small catheter (tube), which is inserted by your surgeon or anesthesiologist. Depending on your procedure, the catheter will be placed near the surgical incision site or under the skin next to a nerve near the surgical area. The ON-Q* pump continuously delivers the medication at a very slow flow rate. It is completely portable and may be clipped to your clothing or placed in a small carrying case.

FREQUENTLY ASKED QUESTIONS

WILL THE ON-Q* SYSTEM TREAT ALL OF MY PAIN?

- Patients experience different levels of pain. The ON-Q* system works with other medications or therapies your doctor may prescribe to manage your pain after surgery. With the ON-Q* system, you may need less narcotics and have better pain relief than with narcotics alone.

HOW DO I KNOW THE PUMP IS WORKING?

- The pump delivers your medication very slowly. It may take longer than 24 hours after your procedure to notice a change in the size and look of the pump.
- As the medication is delivered, the pump (ball) will gradually become smaller.
- You can also take other pain medicine as instructed by your doctor.

HOW LONG WILL MY ON-Q* PUMP LAST?

- Depending on the size of your pump, it may take 2-5 days to give all the medication.
- All the medication has been delivered when the ON-Q* pump is no longer full. The outside bag will be flat, and a hard tube can be felt in the center of the pump.

WHERE CAN I FIND MORE INFORMATION ABOUT MY PUMP?

- You will be provided with a Patient Guideline prior to discharge (it may be in your carry case).
- Patient Guidelines can also be found on www.myON-Q.com.
- There is a 24-hour Product Support Hotline for questions about your pump: 800.444.2728.



**Please call your surgeon for all medical questions
and dial 911 for any emergency.**

Helpful Resources

The following equipment may be recommended and helpful after your procedure.

- *Walker/Cane/Crutches
- *Reacher/Grabber
- *Shower Transfer Bench
- *Sock Helper
- *Elevated Toilet Seat
- *Shower Sponge with long handle
- *Shower Chair
- *Shoe Horn with long handle
- *Leg Lifter
- *Removable Grab Bars

**Please call Summit Medical Center with any questions or concerns.
The care coordinator is available to help 307-232-4055.**

These items can be found online at sights such as Amazon, Walmart, and Walgreens.

Some items may be found at local loan closets and senior centers at no charge.

The two local loan closets in Casper are:

Casper Senior Center
1831 East 4th Street
Casper, WY
307-265-4678
Open M-F 8-4p

Brain Injury Alliance
140 East K Street
Casper, WY
307-473-1767
Open M-F 9-4p

Most hotels in the Casper area offer medical rates for patients and families.

Some local hotels around Summit Medical Center are:

Main Stay Suites
307-472-7829
551 Granite Peak Casper WY

Holiday Inn
307-577-5000
721 Granite Peak Casper WY

Best Western Plus
307-472-1120
651 Granite Peak Casper WY

Residence Inn
307-234-9008
4930 East 2nd Casper WY

Leaving the Hospital

PREPARING FOR DISCHARGE

Discharge planning begins upon admission to the hospital. When your physician determines you are ready for discharge, your care team will give you instructions regarding medications and activity restrictions. Your care team will help set up follow-up appointments or assist in the transition to another care facility such as a nursing home or rehabilitation center. If you require specific medical equipment or rehabilitation services, our Care Coordinator is available to help.

Please, don't hesitate to ask questions or take notes. You and your caregivers are important members of your healthcare team, and we will do everything we can to make sure you understand the process.

This checklist can help you prepare you for a safe discharge:

- Do I have a ride home, and does my ride know when to pick me up?
- Do I have the medications, medical equipment or supplies I will need at home? (Ask for a list of community resources including numbers for local pharmacies, medical supply companies, eldercare locator and more.)
- Do I know how to take my medications?
- Have I made arrangements with family and friends to assist me after discharge?
- If the doctor ordered home care, do I know how to contact the agency?
- Do I need any follow-up appointments? Have they been scheduled?
- Do I have a copy of my discharge instructions?

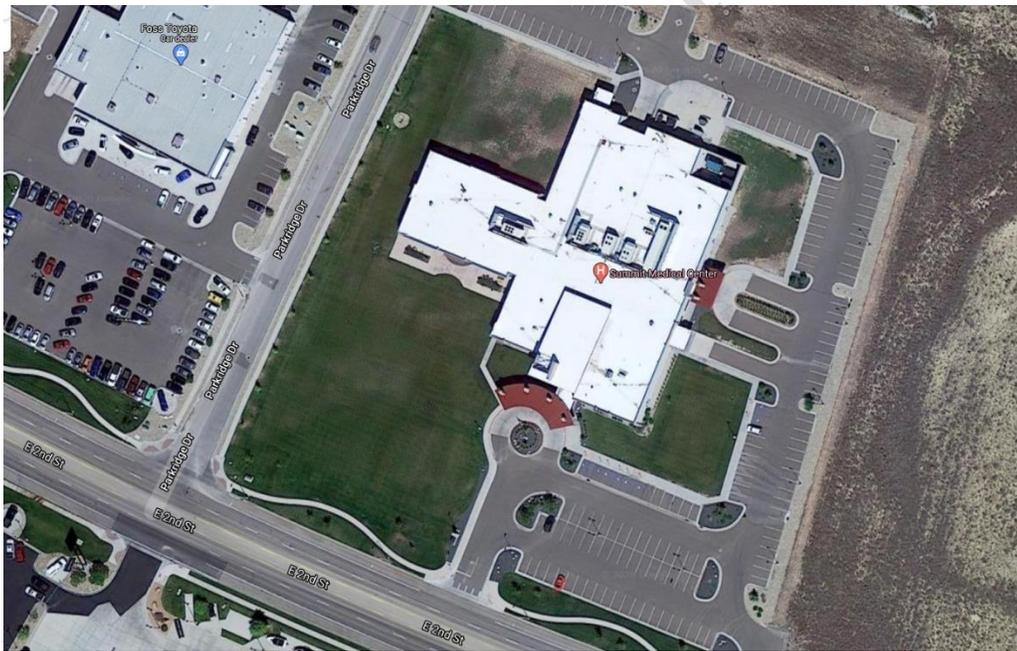
Important Phone Numbers and Locations

Summit Medical Center..... (307) 232-6600
6350 East 2nd Street
Casper, WY 82609

Preadmission Testing Nurse (307) 232-3248

Care Coordinator Nurse (307) 232-4055

You can also visit us at <https://summitmedicalcasper.com> to take a virtual walk through the hospital and to learn about upcoming events, special classes and webinars that are available to patients and families.



If you would like a personal tour of the hospital before your stay, please call 307-232-4055.
We would be happy to show you around.