

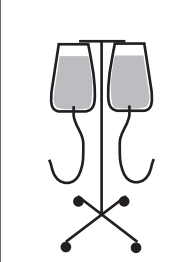
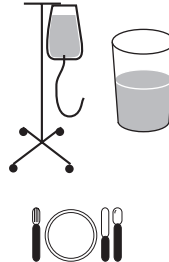

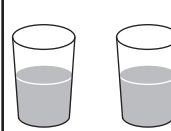

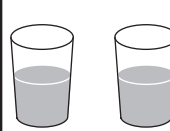


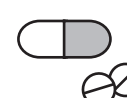
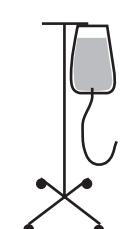
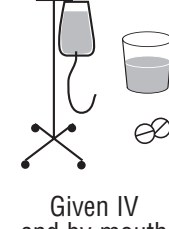

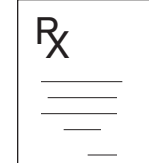

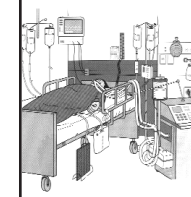
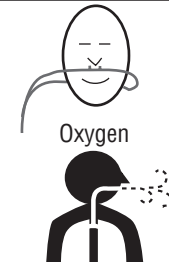

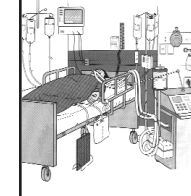
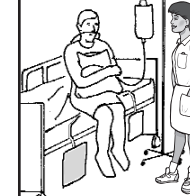
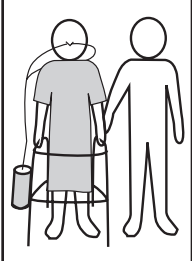
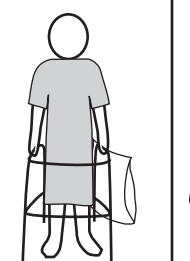
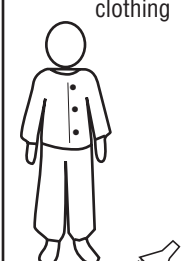

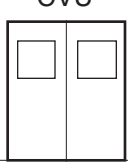

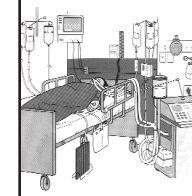


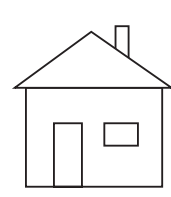


| CARE | DAY BEFORE SURGERY | DAY OF SURGERY | | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | Possible Discharge |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| | | MORNING | IN THE OPERATING ROOM | CVU | | | | | DAY 5 - DAY 7 |
| EATING AND DRINKING |  Nothing to eat or drink after midnight if morning surgery |  Nothing to eat or drink |  | → |   |   |   | → | → |
| WEIGHT |  | | | | RN's check your weight → to detect fluid retention | → | → | → | → |
| MEDICATIONS | Discuss with nurse or anaesthesiologist about what to take before surgery | Receive pre-op medications | | |  Restart Coumadin if needed | Start stool softeners Review home medications | Tell RN if bowels do not move Ask questions about home medications and preventing constipation | → | → |
| PAIN CONTROL | | Pain Medications will be given regularly , by IV, mouth or suppository |  Given IV | → |  Given IV and by mouth and/or by suppository |  | → | → |  → |
| BREATHING |  NO Smoking | |  Breathing machine | Breathing machine will be removed |  Oxygen Breathing exercises every hour | → | → | → | Smoking Cessation Counsellor if required → |
| ACTIVITY |  Do not cross legs Meet nurse, anaesthesiologist, physiotherapist and Nurse Practitioner (if needed) on 3 South, Patient Care Centre. | Arrive to 3 South by 5:30 a.m. (or 10 a.m.) |  | → |  Sit at bedside with help, protect breastbone |  Up with help, protect breastbone |  Walk on own using walker | Hallway walks on own, loose clothing  May Shower |  Walk stairs with physiotherapist → |
| QUESTIONS |  CVU Patient and family tour CVU | |  Doctor calls a family member after surgery |  Family visits |  | → |  Nurse and physiotherapist start discharge teaching with patient and family | Ask questions about discharge with nurse, physiotherapist, surgeon → Discharge Teaching Class, Mon, Wed, Fri at 2:30 pm on 3 North |  Discharge home 9:30 a.m. |
| Ask Questions About... | Medications evening before or morning of surgery | | | | | | Caring for incisions? | Protecting breastbone, Heart valves? | Heart Healthy Living? Signed up for Cardiac Rehabilitation or Exercise program in home community after Discharge |

You are ready for discharge when:

- You no longer need oxygen.
- You are able to get in and out of bed on your own.
- You are able to wash/shower, walk and dress independently.
- You have arranged for help at home.
- Your bowels have moved.
- Your heart is stable.
- You have attended the Discharge Teaching Class.
- You have attended the Anticoagulant Teaching Class (if you are going home on a blood thinner).

Have we answered your questions about:

- follow-up appointments
- bacterial endocarditis (heart valve)
- preventing pain
- pulse irregularities
- preventing constipation
- feeling “down”
- protecting your breastbone (sternum)
- medications
- caring for your incisions
- walking program
- high blood pressure
- cardiac health diets
- smoking cessation
- diabetes
- stress management
- resuming sex
- education programs
- resources in your community

YOUR HEALTH CARE TEAM

Anaesthesiologist:

Doctor who gives you anaesthetic during your surgery and helps with your breathing machine and pain control during and after your surgery.

Cardiovascular Surgeon:

Doctor who does your heart surgery and directs your medical care after surgery.

Dietitian:

Makes sure you get nutritious foods and a normal diet as soon as possible after surgery.

Endocrinologist:

Doctor who specializes in the care of people with diabetes.

Nurse Practitioner:

Nurse who works with other members of the health care team to help patients with complex health issues.

Pharmacist:

Makes sure that you get the medications you need while you are in the hospital.

Physiotherapist:

Makes sure that you get moving and do your breathing and leg exercises as soon as possible after surgery. Teaches you the Cardiac Walking Program to do at home.

Registered Nurse (RN):

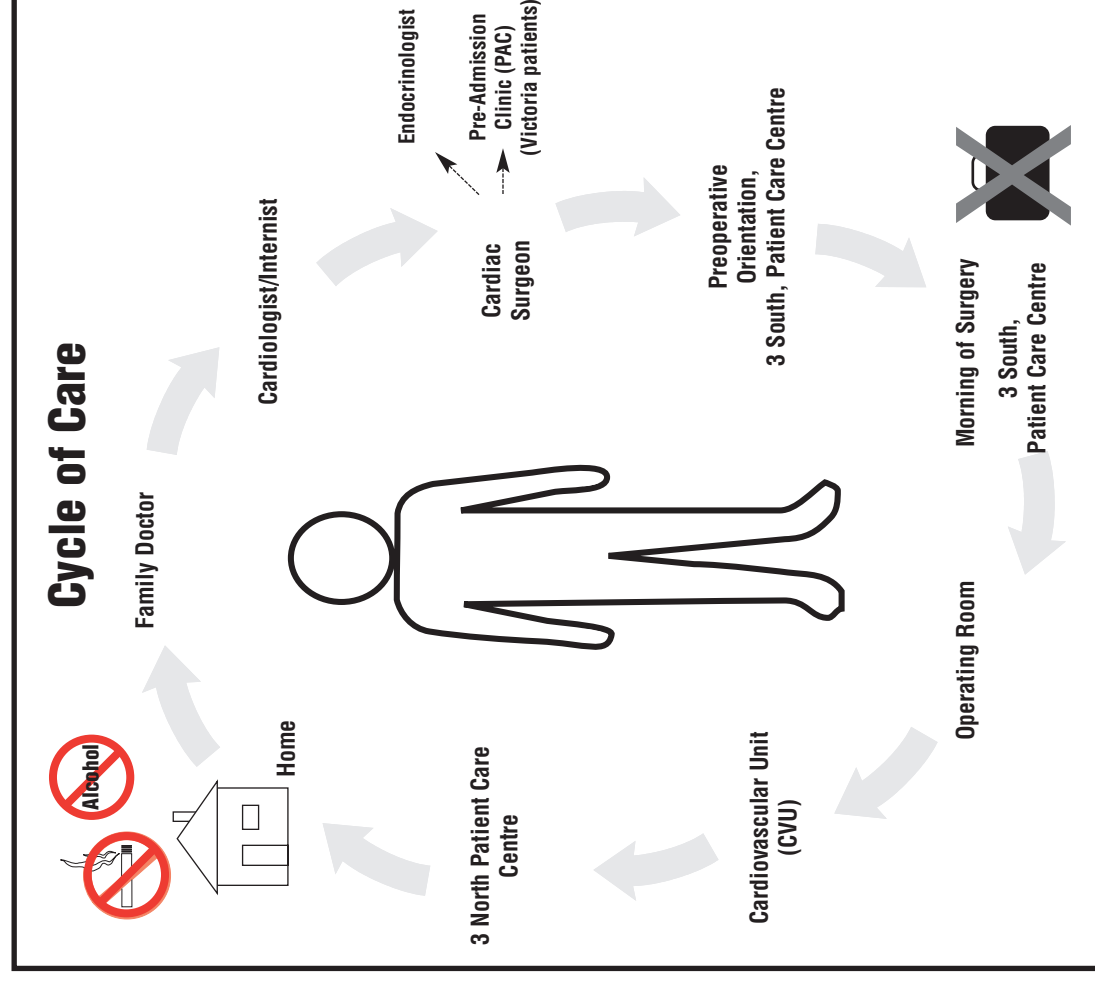
Directs, plans, and gives your nursing care with input of other members of the team as needed.

Social Worker:

Provides emotional and practical support and information on community resources.

Unit Clerk:

Works at the nursing station, answers the telephone, and complete paperwork.



Important Contacts:

| | |
|--------------------------------------------------|-------------------------|
| Cardiac Surgery Triage Nurse | 250-370-8019 |
| Cardiac Social Worker | 250-370-8234 |
| Same Day Surgical Admit (SDSA) | 250-370-8111 ext. 17322 |
| RJH Preadmission Clinic | 250-370-8499 |
| 3 South, Heart Health Unit, PCC (before surgery) | 250-370-8111 ext. 17300 |
| Cardiovascular Unit (CVU) | 250-370-8351 |
| 3 North, Heart Health Unit, PCC (after surgery) | 250-370-8111 ext. 17302 |
| Anticoagulation Class | 250-519-1546 |

Your health care team will help you with your discharge plans.