

# Intermountain Healthcare's "Partners in Healing" Caregiver Teaching Points

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Please explain that this program is to help family members prepare to take their loved one home. Thank you for teaching 1-2 family/friends of the patient. Prethoracic nurses, please be selective in choosing who would be appropriate for this. Make sure the significant other (S.O.) understands this is completely optional. This will begin after transfer to CVU 3 or 4, and the accepting transfer nurse will review this information with the S.O. at that time.

1. Use Incentive Spirometer every 2 hours while awake
  - a) Review the respiratory teaching sheet
  - b) Tell the S.O. that the nurses will continue to do this when they are away
  
2. Cough with heart pillow
  - a) Show technique
  - b) Remind the S.O. to request a heart pillow post-op if it was not yet given
  
3. Get up to the chair for meals
  - a) Meals come at about 8 AM, 12 PM and 5 PM
  - b) Call for help if needed (give an example)
  - c) Do not try to get the patient up alone if help is needed
  
4. Walk in hall
  - a) Review the activity handout
  - b) Refer to the "Open Heart Surgery Pathway for RR Pts/Families" to know the appropriate activity level
  - c) Cardiac rehab will take them on 2 walks a day, morning and afternoon
  - d) Call for help if needed
  - e) Call for help with all equipment
  
5. Assist with dietary needs
  - a) Review specific dietary restrictions (fat/salt/sugar/fluid restrictions)
  - b) Show dietary rooms
  - c) Teach how to measure intake including the water pitcher in mL (30 mL=1 ounce) and where to record it
  
6. Change TED hose/Compression boots
  - a) Teach how to do this; show picture on TED hose package
  - b) Remind the S.O. to ask for TED hose if it was not yet placed after surgery
  - c) Wash TED hose daily; show where detergent is

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7. Get warm blanket as needed
  - a) Show where they are
  - b) Instruct S.O. not to take other supplies (cost/safety issue)
  
8. Empty urine and record output
  - a) Flush urine and rinse urinal/hat
  - b) Show how/where to record output (look at urinal/hat for milliliters)
  - c) Write "clear" or "cloudy" and "yellow" or "amber"
  
9. Wear gloves as needed
  - a) Whenever in contact with any body fluids
  - b) Discuss universal precautions for ALL patients
  
10. Understand fall risk prevention
  - a) Review the "Prevent a Fall" handout
  - b) Always call for help if needed
  
11. Call for help with all equipment
  - a) Reemphasize this point
  
12. Review contents of the bag
  - a) Pen and care diary to tape near the grease board in the room
  - b) Mark the checklist with the items they want to help with
  - c) "Partners in Healing" tag (if the S.O. wants a break, do not wear the tag; the tag will allow them into the supply room)
  - d) Water bottle
  - e) Complimentary lunch pass to "Windows on the Wasatch" (hospital cafeteria)
  - f) Stress ball
  - g) Resource information (welcome letter, falls, activity, IS, surgery pathway, survey)
  
13. Please point out that the ultimate responsibility to patient care belongs with the RN and that we appreciate their willingness to help. Ask them to communicate any problems or concerns they may have with the nursing care. Also ask them to fill out the survey sometime during their stay and place it in the box at the front desk.

Thanks to each of you for helping teach the Partners in Healing program. This can be helpful to each of us in giving excellent nursing care to our patients in a busy environment.