

# ● Your Patient Care Team

*(You may want to write the name of each member of your patient care team in the space provided.)*

## Your Attending Physician .....

You attending physician heads the patient care team. The team may include residents and fellows (physicians who practice under the supervision of your attending physician). Many staff members may ask you for similar information. If you have questions, feel free to speak directly to any member of the team.

## Your Primary Nurse .....

Yale-New Haven uses a system of nursing called primary nursing. Soon after admission, you are assigned a primary nurse who is responsible for coordinating your care with other members of the team. Because it is not possible for your primary nurse to be with you at all times, other nurses serve as associates to the primary nurse.

## Other members of the Patient Care Team:

### Care Coordinator .....

The care coordinator is a nurse who works with the patient care team to ensure that your care is efficient and organized.

### Social Worker .....

The social worker can also help with emotional, financial and family issues.

### Patient Care Associate (PCA) .....

The PCA (who usually wears a green shirt) works under the direction of a nurse, takes your vital signs, does blood-drawing or monitoring and helps with some of your daily care (feeding, bathing, dressing).

### Environmental Associate (EA) .....

The EA (who usually wears a purple shirt) is responsible for the cleanliness of the unit and patient rooms, changing patient beds, escorting patients and transporting supplies, specimens and material to and from the unit.

### Business Associate (BA) .....

The BA maintains patient records, tracks patients' belongings, coordinates scheduling and is responsible for the front desk and other secretarial duties.

### Patient Account Representative (PAR) .....

A Patient Account Representative helps each patient with the financial issues of a hospital visit, and can answer questions about your bill and insurance coverage, even after discharge.

## YOU MIGHT ALSO WORK WITH A: .....

Physical/Occupational Therapist .....

Respiratory Therapist .....

Nutritionist .....

Religious Ministries staff .....

Other .....

## ● Patient Pathway

*This is a general description of your hospitalization. Your physicians and nurses may vary this according to your specific needs.*

## ● What is a Total Abdominal Hysterectomy?

### Total Abdominal Hysterectomy

A total abdominal hysterectomy is the surgical removal of the uterus. It is usually done for benign conditions such as uterine fibroids, excessive vaginal bleeding or endometrial pain. Sometimes the fallopian tubes and both ovaries also need to be removed. This is called a bilateral salpingo-oophorectomy.

**Patient**

**Your room**

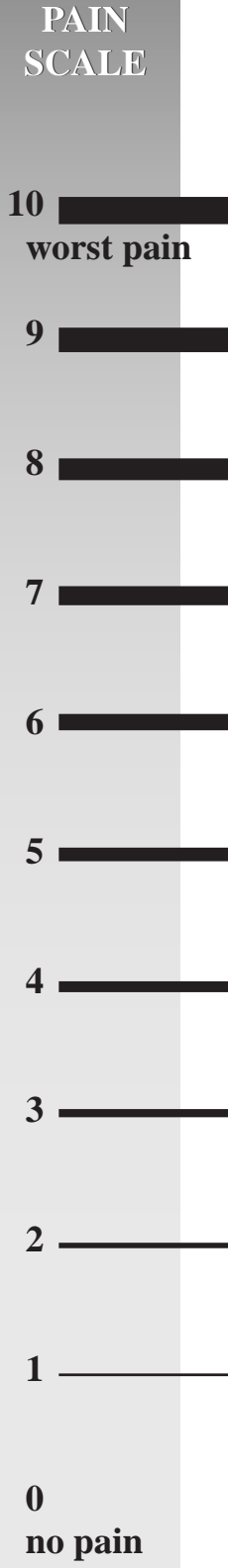
**Your telephone number**



● **Before Admission**      ● **Day of Operation**      ● **Post-Op Day 1**      ● **Post-Op Day 2 (discharge day)**      ● **After Discharge**

- **Location**
- **Education**
- **Nursing Care**
- **Tests/ Procedures**
- **Activity**
- **Medication/ Pain**
- **Diet**
- **Getting Ready to go home**

<ul style="list-style-type: none"> <li>● Home</li> </ul>	<ul style="list-style-type: none"> <li>● Pre-Op area</li> <li>● Operating Room</li> <li>● Recovery Room (Post-Anesthesia Care Unit, PACU) and WP-9 (Gyn unit)</li> </ul>	<ul style="list-style-type: none"> <li>● West Pavilion-9 (Gyn unit)</li> </ul>	<ul style="list-style-type: none"> <li>● Home</li> </ul>
<ul style="list-style-type: none"> <li>● Learn about your operation.</li> <li>● Find out what your insurance covers, including number of days in the hospital and home care coverage after discharge.</li> <li>● Ask you doctor about any therapies (for example, hormonal replacement) you may need after surgery.</li> <li>● Ask about hysterectomy class.</li> </ul>	<ul style="list-style-type: none"> <li>● Learn deep breathing exercises.</li> <li>● Learn how to cough, turn in bed and do deep breathing exercises using a spirometer.</li> <li>● Report any pain to your nurse, using the pain scale on the right-hand side of this pathway.</li> <li>● The nurse will teach you to watch for signs and symptoms of a wound infection.</li> </ul>	<ul style="list-style-type: none"> <li>● Your nurse will review your discharge instructions.</li> <li>● You will be given a follow-up appointment.</li> </ul>	<ul style="list-style-type: none"> <li>● If you have questions about your care at home, you can call the WP-9 nursing station (688-7992).</li> </ul>
	<ul style="list-style-type: none"> <li>● Your nurse will take your blood pressure, temperature and pulse every 4 hours.</li> <li>● Your nurse will check your bowel, bladder and lung function daily.</li> <li>● Your nurse will check your incision daily.</li> <li>● Do breathing exercises every hour while awake.</li> <li>● Compression boots on your legs will help prevent blood clots.</li> <li>● Your nurse will check for vaginal bleeding</li> </ul>	<ul style="list-style-type: none"> <li>● Your nurse will take your blood pressure, temperature and pulse every 8 hours.</li> <li>● Your nurse will check your bowel, bladder and lung function daily.</li> <li>● Your nurse will check your incision daily.</li> <li>● Do breathing exercises every hour while awake.</li> <li>● Discontinue compression boots.</li> </ul>	<ul style="list-style-type: none"> <li>● You might have a home visit by a visiting nurse.</li> </ul>
<ul style="list-style-type: none"> <li>● Before your operation, your doctor will request that you go to YNHH's Pre-Admission Center (PAT) for the necessary blood work, X-rays, EKG's or other tests.</li> </ul>	<ul style="list-style-type: none"> <li>● While you are asleep in the operating room, a tube will be inserted to drain your urine.</li> </ul>	<ul style="list-style-type: none"> <li>● Your bladder catheter may be removed. If you cannot urinate, it may be reinserted.</li> <li>● We will obtain a blood count.</li> </ul>	<ul style="list-style-type: none"> <li>● We may obtain a blood count.</li> </ul>
<ul style="list-style-type: none"> <li>● Normal</li> </ul>	<ul style="list-style-type: none"> <li>● You will get out of bed in the evening with assistance.</li> </ul>	<ul style="list-style-type: none"> <li>● You will get out of bed to walk around 4-6 times a day.</li> </ul>	<ul style="list-style-type: none"> <li>● The nurse will give you instructions on activity, sexual activity, diet, bowel function and medication.</li> </ul>
<ul style="list-style-type: none"> <li>● Before your operation, your doctor will tell you if you should stop or continue taking your usual medications.</li> <li>● Your doctor may order medicine for bowel preparation the night before surgery.</li> <li>● Stop taking aspirin 14 days before your surgery.</li> <li>● Stop taking anti-inflammatory medications 7 days before your surgery.</li> </ul>	<ul style="list-style-type: none"> <li>● An IV will provide pain medication, fluids and antibiotics.</li> <li>● You'll also be given medicine to help prevent clots in the legs.</li> <li>● Check with your nurse or doctor about resuming your usual medication.</li> </ul>	<ul style="list-style-type: none"> <li>● Intravenous antibiotics will be discontinued.</li> <li>● You may begin oral pain medication.</li> <li>● Medications to prevent blood clots may continue.</li> </ul>	<ul style="list-style-type: none"> <li>● You will get a prescription for oral pain medication, if necessary.</li> </ul>
<ul style="list-style-type: none"> <li>● Do not eat or drink anything after midnight the night before surgery. Your doctor may tell you to continue your usual medications with sips of water.</li> </ul>	<ul style="list-style-type: none"> <li>● Nothing to eat or drink.</li> </ul>	<ul style="list-style-type: none"> <li>● Your nurse or doctor will evaluate when you can begin to drink clear liquids.</li> </ul>	<ul style="list-style-type: none"> <li>● Your nurse or doctor will evaluate when you can resume your usual diet.</li> </ul>
<ul style="list-style-type: none"> <li>● Think about whether there is someone who can help you after discharge.</li> <li>● Make sure someone will be available to drive you home on the day of discharge.</li> </ul>		<ul style="list-style-type: none"> <li>● Your nurse and/or care coordinator will talk with you about your need for skilled nursing services at home.</li> </ul>	<ul style="list-style-type: none"> <li>● Your care coordinator or nurse will discuss discharge plans with you.</li> <li>● If you require home care services, we will make a referral to a home care agency for you and update the agency about your status.</li> <li>● The nurse will visit you at home the day after you are discharged, if necessary.</li> </ul>



● Please use this space to jot down questions you have for the doctor or any other notes you would like to keep about your care: