

During your stay, your health care team will discuss the following:



## Activity

- Moving your body every day improves your health
- Your health care team will help you move every day by exercising in bed, sitting up in a chair or walking



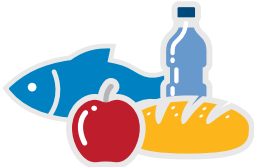
## Comfort

- Our goal is to make sure you are as comfortable as possible
- Your health care team will discuss pain-management options with you to help manage your pain



## Hygiene and infection prevention

- You, your health care team and visitors should routinely clean your hands with either an alcohol-based hand rub or antibacterial soap and water when entering and leaving your room
- To reduce risk of infection, you will receive a daily skin cleansing treatment called chlorhexidine gluconate (CHG)
- High-touch surfaces, such as medical equipment, will be wiped down with anti-bacterial wipes



## Nutrition

- Your health care team will work with you to ensure you get the proper nutrition to help you heal



## Rest

- A quiet environment helps you heal so please let us know when and how you sleep best
- We can provide you with earplugs if needed



## Call, don't fall!

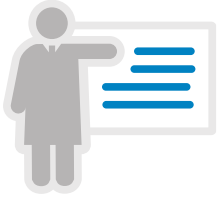
- A member of your health care team will visit you every hour to make sure you are safe and comfortable and to help you use the bathroom
- Patients at higher risk of falling should use the call light to ask for help getting out of bed and have a care partner or nurse with them during all bathroom activities
- Visitors can help prevent falls by notifying the nurse with any activity needs, including going to the bathroom



## Communicate during shift change

- During a shift change, your nurses will discuss your care
- We encourage you to communicate your needs and be involved in this discussion

During your stay, your health care team will discuss the following:



## Whiteboard

- The dry-erase board on the wall is where we write information regarding your health care team, medication, plan of care and expected day of discharge
- If you have any questions about what we write, please ask



## MD-RN rounding

- MD-RN rounding is when your doctor and nurse visit you at the same time to discuss your plan of care
- We want you to be involved with this plan, so please ask questions



## Bedside

- It is important for you to know about your health care
- [myUCLAhealth Bedside App](#) will keep you informed about your tests, medications, procedures and more
- Your nurse can help you log into [myUCLAhealth Bedside App](#) on your bedside tablet



## Lab work

- If your doctor ordered lab tests, a lab technician may draw your blood early in the morning, we apologize if we need to wake you

## Preparing for discharge

We will discuss the following with you before you are discharged:

- Signs and symptoms you should watch for after discharge
- Who will help with your care at home
- Follow-up appointments
- How to get your prescription medications
- Transportation following discharge



If necessary, we may also discuss the following:

- Oxygen/respiratory therapy
- Support needs, such as a walker, cane or portable toilet
- Physical, occupational or speech therapy
- Home health
- Social services or other support

