



## PATIENT AFTERCARE INSTRUCTIONS

24 HR Dispatch- (866) 776-4262

*Reference form for field staff to provide aftercare instructions*

### CONGESTIVE HEART FAILURE (CHF)

1. Medication - Take all medications as instructed by your doctor. Always keep a list of medications you are currently taking. Do not skip medications.
2. Weight - Monitor your weight daily. Write down your daily weight in a log sheet. A sudden weight gain can indicate your body is retaining fluid.
3. Diet - Monitor your salt/sodium and fluid intake. Maintain a sodium and fluid intake log as recommended by your doctor. Do not add salt to your food.
4. Activity - Some form of physical activity as tolerated. Walking is a good exercise that strengthens your heart. Start slowly; don't over do it.
5. Smoking cessation - Do not smoke or use tobacco products. Stay away from other smokers, and do not allow smoking in your home.

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

1. Medication - Take all medications as instructed by your doctor. Always keep a list of medications you are currently taking. Do not skip medications.
2. Activity - Some form of physical activity as tolerated. Walking is a good exercise that strengthens your muscles. Try not to talk when you walk.
3. Self-care - Practice regular pursed lip breathing exercises.
4. Conserve your personal energy - Place items near you where you do not have to reach or bend over to get them. Get help if needed.
5. At home oxygen - Never change how much oxygen you receive without asking your doctor. Always have a back-up supply of oxygen at home. Keep the phone number of the oxygen supplier with you at all times.
6. Smoking cessation - Do not smoke or use tobacco products. Stay away from other smokers, and do not allow smoking in your home.

### MYOCARDIAL INFARCTION (MI)

1. Medication - Take all medications as instructed by your doctor. Always keep a list of medications you are currently taking. Do not skip medications.
2. Diet - Monitor your sodium and fatty food intake. Season food with herbs instead of salt when you cook.
3. Activity - Built your activity according to your doctor's recommendation. Ask your doctor when it's ok to resume sexual activity. Tell your doctor about any erectile dysfunction (ED) medication you are taking.
4. Smoking cessation - Do not smoke or use tobacco products. Stay away from other smokers, and do not allow smoking in your home.
5. When to seek medical attention - Call 911 right away if you have chest pain that is not relieved by medication you are experiencing shortness of breath.

## PNEUMONIA

1. Medication - Take your prescribed medications as ordered. Always keep a list of medications you are currently taking. Do not skip medications. Take your antibiotics as directed. Keep taking the medicine until it is completely gone.

2. Prevent infection - Wash your hands often with soap and warm water. Always cover your mouth when you cough. Avoid other people who are sick.

3. Self-care - Frequent use of the incentive spirometer (as much as 5 to 10 times per hour, each hour). This exercise promotes the breakup of fluids and greater lung expansion. Drink enough water, and get plenty of bed rest.

4. Smoking cessation - Do not smoke or use tobacco products. Stay away from other smokers, and do not allow smoking in your home.

## TOTAL HIP OR KNEE REPLACEMENT

1. Range of motion exercises - To promote optimal motion and full extension of your knee or hip, range of motion (ROM) exercises are encouraged by your doctor or physical therapist when recommended.

2. Wound care - Do not place any ointments, creams or lotions on your wound. Keep the wound site dry. Slight swelling to the site and extremity are normal, and may last for a number of weeks. Ways to reduce swelling include icing the extremity and elevating it on a pillow.

3. Safety - be aware of your surroundings, and be sure that it is free of any potential trip and fall hazards. Utilize any weight bearing devices such as walkers, crutches and canes to assist in movement.