

Lodi Memorial Hospital
Patient Discharge Instructions

Date **08/26/13**
Li,Nanying MD - HOSP

M053082 V024954695
PARVIN,MARY JEAN
03/16/43 70 F 2S

DC Inpatient Medical/Surgical

Discharge to: Home
Activity- As tolerated
Diet- Heart healthy

Medication Reconciliation

Prescriptions

Continue taking these medications:

Aspirin ** (Aspirin **) 81 MG TAB.CHEW
81 Milligram(s) ORAL Daily

Potassium Chloride (Klor-Con) 10 MEQ TABLET.SA
10 Milliequivalent(s) ORAL Daily

Biotin (BIOTIN) 1000 MCG TAB
1000 Micogram(s) ORAL Daily

Isosorbide Mononitrate ** (Imdur **) 30 MG TAB.SR.24H
30 Milligram(s) ORAL Daily
Qty = 30

Insulin Glargine,Hum.rec.anlog ** (Lantus **) 100 UNIT/ML VIAL
55 Unit(s) Subcutaneous At bedtime
Qty = 1

Meclizine (Antivert) 25 MG TAB
25 Milligram(s) ORAL Four times daily

clonidine ** (Catapres **) 0.2 MG TAB
0.2 Milligram(s) ORAL Daily

Escitalopram (Lexapro) 10 MG TABLET
10 Milligram(s) ORAL Daily
Qty = 90

Furosemide ** (Lasix **) 40 MG TAB
80 Milligram(s) ORAL Daily
Qty = 90

Metolazone (Metolazone) 2.5 MG TABLET
2.5 Milligram(s) ORAL Daily
Qty = 90

Levothyroxine Sodium (Levothroid) 100 MCG TABLET
100 Micogram(s) ORAL Daily
Qty = 90

Carvedilol ** (Coreg **) 12.5 MG TAB
12.5 Milligram(s) ORAL Twice daily

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Qty = 180

HYDROcodone/Acetaminophen 10-500 (Lortab 10-500) 1 TAB TAB

1 Tab(s) ORAL Every 8 hours

Qty = 90

Telmisartan (Micardis) 80 MG TABLET
80 milligram ORAL Daily

Insulin Aspart ** (NovoLOG **) 100 UNIT/ML VIAL

0 Unit(s) Subcutaneous Before meals

Instructions:
sliding scale

Lovastatin (Lovastatin) 40 MG TABLET

40 Milligram(s) ORAL At bedtime

Qty = 90

PCP name Dr. Freund

Signature *Munday a/a at 2:00pm*

If you have any questions regarding these instructions, please call your primary care physician MD at telephone # .

I have read , reviewed and understand these instructions:

Date _____

Date/Time 08/26/13

(Patient or Patient's representative signature and relationship)

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<Electronically signed by Nanying - HOSP Li, MD>

08/26/13 1415



Lodi Memorial Hospital

975 S. Fairmont Ave, Lodi CA 95240
(209) 334-3411

Date: 08/25/13
Account No: V024954695
Unit No: M053082
Patient: PARVIN, MARY JEAN
Location: 2S
Physician: Li, Nanying MD - HOSP

Syncope

WHAT YOU SHOULD KNOW:

Syncope is also called fainting or passing out. Syncope is a sudden, temporary loss of consciousness, followed by a fall from a standing or sitting position.

AFTER YOU LEAVE:

Medicines: If you are given medicine, take it as directed. Call your primary healthcare provider if you think your medicine is not working as expected. Tell him if you are allergic to any medicine. Keep a current list of the medicines, vitamins, and herbs you take. Include the amounts, and when, how, and why you take them. Take the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency. Throw away old medicine lists.

Follow up with your primary healthcare provider as directed: Write down your questions so you remember to ask them during your visits.

Prevent and manage syncope:

- **Change body positions slowly:** Sudden movements may cause a fainting spell. Move slowly and let yourself get used to one position before you move to another position. This is very important when you move from a lying or sitting position to a standing position. Take some deep breaths before you stand up from a lying position. If you must sit or stand in one position for a long time, move your legs often. Do not lock your knees or cross your legs. If you feel faint or dizzy, sit or lie down right away. Put your feet up higher than your head. This will get the blood flowing back to your heart and brain.
- **Diet:** You may need to drink more liquids to prevent dehydration. Ask your primary healthcare provider if you should increase your salt intake to keep your blood pressure from dropping too low. Avoid straining if you are constipated. Straining to have a bowel movement may cause you to faint. Walking is the best way to get your bowels moving. Eat foods high in fiber to make it easier to have a bowel movement. Good examples are high-fiber cereals, beans, vegetables, and whole-grain breads. Prune juice may help make bowel movements softer.
- **Tilt training:** This is training yourself to stand for 10 to 30 minutes each



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day against a wall. This helps your body adjust to posture changes and reduces the number of fainting spells.

- **Do not** drive a car or use heavy machinery if you feel faint.
- **Do not** exercise outside during the heat of the day.
- Wear a medical alert bracelet or necklace if you have a heart problem that causes fainting spells.

Contact your primary healthcare provider if:

- You have another fainting spell.
- You have a headache, fast heartbeat, or feel too dizzy to stand up.
- You have questions or concerns about your condition or care.

Seek care immediately or call 911 if:

- You are bleeding because you accidentally hit your head after fainting.
- You suddenly have double vision, difficulty speaking, numbness, and cannot move your arms or legs.
- You have chest pain and trouble breathing.



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The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.

PATIENT RIGHTS

You have the right to:

1. Considerate and respectful care, and to be made comfortable. You have the right to respect for your cultural, psychosocial, spiritual, and personal values, beliefs and preferences.
2. Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission to the hospital.
3. Know the name of the licensed health care practitioner acting within the scope of his or her professional licensure who has primary responsibility for coordinating your care, and the names and professional relationships of physicians and nonphysicians who will see you.
4. Receive information about your health status, diagnosis, prognosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. You have the right to effective communication and to participate in the development and implementation of your plan of care. You have the right to participate in ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services, and forgoing or withdrawing life-sustaining treatment.
5. Make decisions regarding medical care, and receive as much information about any proposed treatment or procedure as you may need in order to give informed consent or to refuse a course of treatment. Except in emergencies, this information shall include a description of the procedure or treatment, the medically significant risks involved, alternate courses of treatment or nontreatment and the risks involved in each, and the name of the person who will carry out the procedure or treatment.
6. Request or refuse treatment, to the extent permitted by law. However, you do not have the right to demand inappropriate or medically unnecessary treatment or services. You have the right to leave the hospital even against the advice of members of the medical staff, to the extent permitted by law.
7. Be advised if the hospital/licensed health care practitioner acting within the scope of his or her professional licensure proposes to engage in or perform human experimentation affecting your care or treatment. You have the right to refuse to participate in such research projects.
8. Reasonable responses to any reasonable requests made for service.
9. Appropriate assessment and management of your pain, information about pain, pain relief measures and to participate in pain management decisions. You may request or reject the use of any or all modalities to relieve pain, including opiate medication, if you suffer from severe chronic intractable pain. The doctor may refuse to prescribe the opiate medication, but if so, must inform you that there are physicians who specialize in the treatment of severe chronic pain with methods that include the use of opiates.
10. Formulate advance directives. This includes designating a decision maker if you become incapable of understanding a proposed treatment or become unable to communicate your wishes regarding care. Hospital staff and practitioners who provide care in the hospital shall comply with these directives. All patients' rights apply to the person who has legal responsibility to make decisions regarding medical care on your behalf.
11. Have personal privacy respected. Case discussion, consultation, examination and treatment are confidential and should be conducted discreetly. You have the right to be told the reason for the presence of any individual. You have the right to have visitors leave prior to an examination and when treatment issues are being discussed. Privacy curtains will be used in semi-private rooms.
12. Confidential treatment of all communications and records pertaining to your care and stay in the hospital. You will receive a separate "Notice of Privacy Practices" that explains your privacy rights in detail and how we may use and disclose your protected health information.



PARVIN, MARY JEAN

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13. Receive care in a safe setting, free from mental, physical, sexual or verbal abuse and neglect, exploitation or harassment. You have the right to access protective and advocacy services including notifying government agencies of neglect or abuse.
14. Be free from restraints and seclusion of any form used as a means of coercion, discipline, convenience or retaliation by staff.
15. Reasonable continuity of care and to know in advance the time and location of appointments as well as the identity of the persons providing the care.
16. Be informed by the physician, or a delegate of the physician, of continuing health care requirements and options following discharge from the hospital. You have the right to be involved in the development and implementation of your discharge plan. Upon your request, a friend or family member may be provided this information also.
17. Know which hospital rules and policies apply to your conduct while a patient.
18. Designate visitors of your choosing, if you have decision-making capacity, whether or not the visitor is related by blood, marriage, or registered domestic partner status, unless:
 - No visitors are allowed.
 - The facility reasonably determines that the presence of a particular visitor would endanger the health or safety of a patient, a member of the health facility staff or other visitor to the health facility, or would significantly disrupt the operations of the facility.
 - You have told the health facility staff that you no longer want a particular person to visit.

However, a health facility may establish reasonable restrictions upon visitation, including restrictions upon the hours of visitation and number of visitors. The health facility must inform you (or your support person, where appropriate) of your visitation rights, including any clinical restrictions or limitations. The health facility is not permitted to restrict, limit, or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, or disability.

19. Have your wishes considered, if you lack decision-making capacity, for the purposes of determining who may visit. The method of that consideration will comply with federal law and be disclosed in the hospital policy on visitation. At a minimum, the hospital shall include any persons living in your household and any support person pursuant to federal law.
20. Examine and receive an explanation of the hospital's bill regardless of the source of payment.
21. Exercise these rights without regard to sex, economic status, educational background, race, color, religion, ancestry, national origin, sexual orientation, disability, medical condition, marital status, registered domestic partner status, or the source of payment for care.
22. File a grievance. If you want to file a grievance with this hospital, you may do so by writing or by calling: Lodi Memorial Hospital, 975 S. Fairmont Ave., Lodi, CA 95240, 800-876-6750, ext. 7400. The grievance committee will review each grievance and provide you with a written response within seven days. The written response will contain the name of a person to contact at the hospital, the steps taken to investigate the grievance, the results of the grievance process, and the date of completion of the grievance process. Concerns regarding quality of care or premature discharge will also be referred to the appropriate Utilization and Quality Control Peer Review Organization (PRO).
23. File a complaint with the California Department of Public Health regardless of whether you use the hospital's grievance process. The California Department of Public Health's phone number and address is: California Department of Public Health, 3901 Lennane Dr., Ste. 210, Sacramento, CA 95834, 800-554-0354.

This Patient Rights document incorporates the requirements of the The Joint Commission; Title 22, California Code of Regulations, Section 70707; Health and Safety Code Sections 1262.6, 1288.4, and 124960; and 42 C.F.R. Section 482.13 (Medicare Conditions of Participation).



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M053082 V024954695

Patient Responsibilities

As a patient of Lodi Memorial Hospital, you have the responsibility to:

- a. Maximize healthy habits, such as exercising, not smoking, and eating a healthy diet.
- b. Provide, to the best of your ability, accurate and complete information about your present medical issues, past illnesses, hospitalizations, medications, perceived risks in your condition, and other matters related to your health.
- c. Work together with healthcare providers in developing an agreed upon plan of care.
- d. Follow the treatment plan. Tell your doctor or nurse if you believe you cannot follow through with the treatment plan and why you cannot.
- e. Find out about consequences of refusing treatment or of selecting an alternative treatment not recommended by your medical team. Accept the consequences if you do not follow your care plan.
- f. Ask questions when you do not understand your care, treatment, or services provided to you, or what you are expected to do.
- g. Alert nursing staff to any extra needs you have including meal service, medications, and other treatments.
- h. Keep Lodi Memorial Hospital equipment in the building at all times and having licensed staff maintain it, for your safety.
- i. Be considerate of Lodi Memorial Hospital staff and other patients and their property.
- j. Follow Lodi Memorial Hospital rules and regulations affecting your care and conduct, including but not limited to: visitation, NO smoking policy and assisting our efforts to limit noise.
- k. Use Lodi Memorial Hospital's internal complaint and appeal processes to address concerns that may arise.
- l. Avoid knowingly spreading disease. Check with your doctor or nursing staff if you are permitted to move about. Stay within your nursing staff surveillance. This is important in achieving the necessary care for your treatment plan.
- m. Promptly meet your financial obligations.
- n. Provide a copy of an Advance Directive (i.e. Living Will or Power of Attorney for Health Care) if you have completed one.
- o. Safeguard your personal belongings by sending your valuables home with family or friends or secure any valuables in Lodi Memorial Hospital's safe, as needed, to prevent loss.
- p. Keep scheduled appointments and notify the appropriate department and/or professional when unable to keep an appointment.

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BE A PARTNER IN PREVENTING INFECTION

HAND HYGIENE

The practice of good hand hygiene is the best way to prevent the spread of infection. There are two ways to clean the hands;

1. Washing with soap and water; and
2. Rubbing with an alcohol-based hand sanitizer (located in all patient care-areas).

Clean hands:

- Before eating;
- After using the restroom; and
- After touching any hard surfaces (bedside table, hand rails and phone).

Doctors, nurses, visitors and volunteers must also use good hand hygiene before touching patients. It is okay to remind them to do so.

RESPIRATORY HYGIENE

It is important to practice good respiratory hygiene. This means:

- Covering the mouth/nose with a tissue or shirt sleeve when coughing or sneezing;
- Throwing away used tissue immediately after use; and
- Cleaning hands after coughing or sneezing.

ISOLATION PRECAUTIONS

Some patient rooms may have isolation signs on the door. These signs instruct staff and visitors what to do before entering the room of patients with certain infections.

At some point during a patient's stay, he or she might be placed in isolation. If that happens, the nurse will explain what precautions the patient, the patient's family and other visitors need to take.



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Do you have a complaint?

Lodi Memorial Hospital strives to provide quality care and services to all patients. However, should you have any concerns or complaints while you or a member of your family are a patient, we want to know about it. Please contact your immediate care giver or any other staff member who will then assist in resolving your concern.

If your concern is unresolved, you may contact any of the following:

- **Joseph Harrington, chief-executive officer**
Lodi Memorial Hospital
975 S. Fairmont Ave.
Lodi, CA 95240
209/334-3411
- **LMH Patient Safety and Care Concern Line**
Email: CareConcerns@lodihealth.org
209/339-7400
- **Quality Improvement Organization for Medicare Services**
Health Services Advisory Group
5201 W. Kennedy Blvd., Ste. 900
Tampa, FL 33609
Website: www.hsag.com
866/800-8749
- **California Department of Public Health Services**
Licensing and Certification Program
3901 Lennane Dr., Ste. 210
Sacramento, CA 95834
Website: www.cdph.ca.gov
916/263-5800 or 800/554-0354 or fax to 916/263-5840
- **The Joint Commission**
Office of Quality Monitoring
One Renaissance Blvd.
Oakbrook Terrace, IL 60181
Email: complaint@jointcommission.org
800/994-6610