

About Pre-Admission Testing

Pre-Admission Testing is a unique process that is dedicated to meeting the concerns of our pre-operative patients and their families. A visit to PAT gives each patient having a procedure at Henry County Medical Center, the opportunity to incorporate all registration, testing, health history reviews and teaching into one visit.

Appointments are scheduled for the patient's convenience. Your physician will assist in getting this appointment for you.

Services provided by the Pre-Admission Testing Center may include:

- Blood Testing (phlebotomy)
- EKG studies
- Health history screening
- Medication review and screening performed if necessary (weight)
- Peri-Operative teaching by a registered nurse
- Anesthesia screening
- Discharge planning
- Coordination of specific ancillary services on an individual basis

If possible, studies should be done at least 3 business days before admission so we can analyze the results. Plan to spend between 30 to 90 minutes depending on the complexity of your case and number of services needed.

In some instances, phone interviews are used for those not required to come into the facility for their Pre-Admission Testing. Calls are made by PAT staff to patients within a few days of scheduled surgery. Calls include health screening and peri-operative teaching. You will still be required to sign registration paperwork on your day of surgery or procedure.

How to Prepare for Pre-Admission Testing and Teaching

Patients who are scheduled admissions must complete their personal health assessment form. You may choose to do this prior to your preadmission appointment to save time.

A copy of this form is located in the back pocket of this booklet. You may also download and print a form from our website, www.hcmc-tn.org under the Services Tab, listed as Pre-Admission Testing.

Please have the following information available:

- All medications that you are taking and the containers in which the pharmacy gave them to you.
- A list of any allergies to medications, food, soaps, dyes, tape, and latex.
- Recent health problems (cold, flu, etc.).
- Chronic medical conditions (heart disease, diabetes, emphysema, etc.).
- Use of alcohol, tobacco, or recreational drugs.
- Prior surgical procedures and anesthesia experiences.
- All letters, test results, consent forms, physical examination reports or any other information from your surgeon, family doctor, or medical consultant(s).
- You can help by letting us know if you have any special religious, cultural, or personal needs or any seeing, hearing, or reading problems.
- A translator, if you do not speak English.
- Your plan of how you will manage upon your discharge from the hospital.
- The hospital does not require any special fasting, but specific physicians may require it. Please check with your surgeon or physician.

Feel free to take your medications as usual before you come for your appointment and wear comfortable clothing.

Where do you report on the day of your visit?

Pre-Admission Testing is located in the Henry County Diagnostic Center, 302A Tyson Avenue, from 8 a.m. to 4:30 p.m.

For same day admissions or next day surgery, you will be directed to go to Central Registration at Henry County Medical Center.

How to contact us? What happens if you cannot attend your appointment?

If you need to contact us prior to testing and/or your admission or if your appointment or admission needs to be canceled, please contact us using any of the contact information listed below.

Centralized Scheduling Department

Hours: 8 a.m. - 5 p.m.

Phone: 731-644-8486 Option #2

Email: patnurse@hcmc-tn.org

Fax: 731-644-8488

Pre-Admission Office

Hours: 8 a.m. - 4:30 p.m.

Pre-Admission Registration

When your physician schedules a reservation for admission or short procedure stay, we will contact you by telephone to collect demographic information. We will contact your insurance company and notify them of your impending admission. We will notify you of your financial responsibility.

Preparing for Your Hospital Stay

Whether you expect to be admitted briefly or for a longer time, it's best to prepare.

On your admission day, we suggest that you:

- Wear loose, comfortable clothing, and bring an extra set of everything to wear when you're discharged. If you are having a total joint replacement, please bring two pairs of comfortable shorts for your physical therapy.
- Bring your favorites: shampoo, soap, toothbrush/paste and other personal care items that you use every day.
- A good rule of thumb is to leave all valuables (such as jewelry) at home; it's easy for items to get lost in the transition if you move from unit to unit. All jewelry **MUST** be removed prior to going to surgical suite.
- If you choose to bring small belongings such as audio devices or a book or magazine, make sure you give them to a relative until you get settled in your room.
- Give your cell phone to a family member or friend to hold until you get settled in your room. Cell phones are permitted in rooms except in the critical care units.
- Leave cigarettes or pipes at home.
- Make sure you have someone with you to provide transportation on the day you leave. It's your responsibility to ensure you have a ride once discharged.

Starting Now:

- **Stop smoking:** Smoking reduces circulation to the skin and impedes healing. Smokers have a higher incidence of complications so it's a good time to stop.
- **Stop taking Multivitamins, Vitamin E, and Herbal medications:** Stop taking at least three days prior to your surgery date.
- **Do not take aspirin or ibuprofen:** Stop taking medications containing aspirin or ibuprofen at least three (3) days prior to your surgery unless instructed otherwise by your physician. Review the list of drugs

containing aspirin or ibuprofen carefully. A list of medications containing aspirin and ibuprofen is available to you. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol). If you have any doubts as to whether or not to take medications, please call your attending physician.

- **Changes in health:** If you experience any health changes between your last visit to your physician and the time of your procedure, please notify your physician immediately. Also report any signs of a head cold, chest cold, fever, sore throat, a fever blister or a sore in the surgical area.

The Day Before Surgery:

- **Rest:** Get a good night's rest.
- **Cleansing:** The night before surgery, shower or bathe using Dial soap. *See Bathing instructions further in booklet.*
- **Eating and Drinking:** Do not eat or drink anything after 12:00 midnight. This includes water, gum, and hard candy.
- **Alcohol/tobacco:** Do not use alcohol or tobacco within 24 hours of surgery. (including smokeless, dip or chew) *See Smoking Cessation teaching information further in booklet.*

The Morning of Surgery:

- **Special Information:** Do not eat or drink anything! If you take daily medications, you may take it with a sip of water in the early morning.
- **Eye drops:** Apply your daily eye drops before you come and bring the bottle(s).
- **Inhalers:** Use your routine inhaler(s) before you come and bring the inhaler(s).
- If you are diabetic please check your blood sugar before you come. Do not take diabetic medications the day of your procedure (insulin or tablets) unless directed otherwise by your physician.

The following are special instructions for your medications:

- **Oral Hygiene:** Please brush your teeth (or rinse mouth if you have dentures), but do not swallow the water. Do not use denture adhesive. Dentures must be removed prior to your procedure.
- **Cleansing:** Shower and wash again with Dial soap.
- **Make-up/Contact lenses:** Please do not wear moisturizers, creams, lotions, perfume, contact lenses, nail polish, or make-up on the day of surgery.
- **Clothing:** Wear only comfortable, loose fitting clothing which opens to the front. Remove hairpins, wigs, watches, jewelry (including any body piercing), or dentures/partial plates. Please do not bring valuables with you.
- To prevent delays in your procedure, ***only one person will be allowed with you until you are completely prepared for surgery. In the case of minors, both parents are permitted. Children are not allowed as visitors.***

Bathing Instructions Before Your Surgery:

Reduce Your Risk of Infection

Prepare for your upcoming Surgery with these simple steps:

Before surgery, you can play an important role in reducing your risk of infection at the surgical site by decreasing the number of germs on your skin. Everyone has bacteria (germs) on their skin. Even after taking a shower or bath, these germs can still be left on the skin. It is very important to use an antibacterial soap (Dial soap is recommended) and clean very well before going into surgery. Bathing with this soap helps to kill bacteria that are on your skin. These bacteria can get into the area where you are having your surgery and cause an infection.

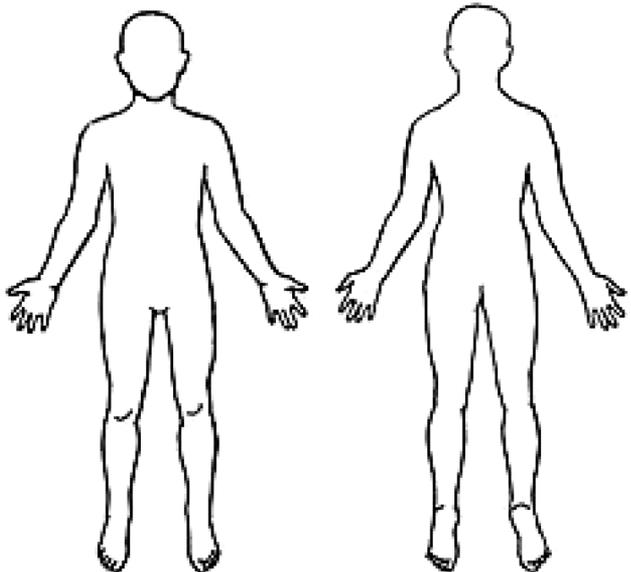
How to use the soap

- Shower if possible, instead of taking a tub bath.
- First, wash your face and hair with your usual soap/ shampoo
- Next, use the special liquid soap from the chin down. It is best to use a wash cloth instead of your hands to scrub. Apply this soap directly to the wash cloth.
- Do not use this soap on your face, head or genital areas.
- Do not get soap into your eyes, ears, and mouth.
- If contact occurs in any of these areas, rinse with cold water right away.
- Make sure that you scrub in a circular (round) motion.
- Give extra attention to your surgical area. Your nurse will tell you where to scrub.
- Ask someone to help if you cannot reach your legs.
- Remove bandages and scrub off all sticky tape. If you have open wounds, ask the nurse how to clean these.
- Rinse and pat your skin dry.

Please do not use lotion. Applying lotion to your skin (especially at the site of your surgery) adds contamination (bacteria) to this area.

You should take at least five (5) minutes to do your scrub.

In certain cases your physician may designate special cleansing soap called Hebicleanse (chlorhexidine gluconate), if this is the case the nurse will provide this to you.



Smoking Cessation Teaching

Reasons to Quit

- An estimated 440,000 Americans die each year from diseases related to smoking
- Smoking increases your risk for many disease and infections such as:
 - Heart and Blood Vessel diseases:
 - Heart Attack
 - High Blood Pressure
 - Stroke
 - Lung Diseases and Infections:
 - Pneumonia
 - Emphysema
 - Bronchitis
 - Asthma
 - Cancer:
 - Lung
 - Throat
 - Esophagus
 - Mouth
- Smoking hurts others
- Smoking is expensive

Benefits of Quitting

- Blood Pressure Decreases
- Circulation Improves
- Sense of smell and taste return
- Coughing, Sinus Congestion, Fatigue and Shortness of Breath Decreases

How to Quit

- Decide to quit - Pick a date and stick with it
- List reasons to quit and read them daily
- Find a healthy substitute for smoking
- Avoid situations you relate to smoking
- Join a support group
- Contact your physician if you are unable to quit on your own

Support for Those Trying to Quit

There are many resources for support and information such as:

- Henry County Medical Center's FIND LINE at 731-642-3463 (FIND) or go to our website at www.hcmc-tn.org
- National Cancer Institute: 1-800-CANCER or 1-800-ACS-2345 or <http://cancer.gov>
- American Lung Association: 1-800-LUNG-USA or www.lungusa.org
- Freedom From Smoking Online: www.ffsonline.org
- American Heart Association: 1-800-AHA-USA1 or www.americanheart.org

Accommodations

On your admission day, every effort is made to provide accommodations in accordance with your personal preference. However, due to volume this is not always possible. If your desired accommodations become available, a transfer may be arranged. In order to provide optimal room and bed placement, please inform us of any disabilities or special needs required for your hospital stay.

Confirming Your Surgery

Please be aware that the Operating Room schedule is not finalized until the afternoon of the **business day** before surgery. For example, the schedule for Monday is completed on the previous Friday, and so on. If you call us any sooner we will be unable to provide any information.

In order to comply with privacy regulations we are required to ask for specific patient information. If you wish to have surgery information given to anyone other than the patient, be sure that they know the patient name, date of birth and date of surgery.

Someone from the Surgery Department will attempt to call you between the hours of 3 P.M. and 6 P.M. on the business day before surgery with your arrival time and other instructions.

If something unforeseen occurs or if you have any questions and it is over a weekend, call the Centralized Scheduling Office 731-644-8486 Option #2 and leave your name and telephone number and a nurse will return your call.

Parking and Where to Go When You Arrive

Park in Visitor Parking Lot A. Walk across the Crosswalk to Entrance A.

Central Registration personnel are available at the desk if needed. Go down Hallway A to the elevators on the left. You will take the elevators to 2nd Floor. Take a right and then left then proceed to Outpatient Surgery Unit. You may be asked to be seated in the waiting area to the left of the elevators.

Once on the unit, you will be asked to complete necessary paperwork to prepare for your surgery. In the case of minors (under 18 years of age), a parent or guardian must accompany the patient before and after surgery.

Transportation

Patients are responsible for ensuring that someone meets you and provides transportation on the day you leave. If any problems are anticipated with transportation, please let your physician or nurse or social worker know as soon as possible.

Hospital Survey

After your hospital stay at Henry County Medical Center, you may receive a phone call to complete a patient survey. We encourage you to take a few minutes to complete the survey and provide honest feedback about your hospital experience. Helping to identify areas of improvement or acknowledging positive experiences is another way you can become a partner in your health care. If during your stay you have any issues or complaints please contact our patient representative to assist you.

Lori Billingsley
Patient Representative
731-644-8268
lbillingsley@hcmc-tn.org

Thank you for selecting Henry County Medical Center for your upcoming admission. If there is anything we can do to make your visit more pleasant, please tell a member of our staff.

Pre-Admission Checklist

- Completed Pre-assessment form (inside your booklet).

A list of all of your medications, including over-the-counter medicines and herbal

- remedies (bring actual meds in if you need to). ***TIP: Contact your Pharmacy to have them print out a list of your medications and bring it with you.***

- A list of your past medical and surgical history.

- A list and a pen and paper ready to make notes of special instructions given to you by the nurse.

- Prepare any questions you may have regarding your surgery.

- If your doctor gives you a form listing the tests you need to have, please bring it with you for preadmission testing.