

1. Inform the parish office before entering the hospital



2. Request Anointing of the Sick at the parish prior to hospitalization

The Anointing of the Sick is not a sacrament for those only who are at the point of death. It is fitting to receive the Anointing of the Sick prior to a planned hospitalization. This sacrament may be received on more than one occasion.

3. Make sure all health professionals involved in your care, have all important health information about you. Develop a folder, which contains all your medical information, including medications, as well as known allergies and keep it in an easily accessible spot—let several people know where it is located.

4. During the hospital stay

- **Speak Up** if you have questions or concerns. You should participate in your care. Be aware of what is happening to you. Don't be afraid to ask for an explanation if there is something you don't understand.

- **Be aware**, if surgery is planned, that nail polish and jewelry are not permitted as well as body piercing. If you are unable to remove a wedding band, it can be taped.
- **Be prepared** by taking paper and a pen to jot down questions for the hospital staff/doctor during the hospital stay.

- **Have someone with you**, a family member or advocate to hear the physician's assessment or treatment plan. You may have difficulty taking in and processing all the correct information.



- **It is important that** you let the nursing staff know when you are experiencing pain. Pain management is essential for your recovery.
- **To avoid infection**, make sure proper hygiene, hand washing, gloves and masks are used in your care.

5. Get written or recorded information.

Ask for pre-printed instructions or information whenever possible. If instructions are hand-written, be sure they are legible before you leave the office or hospital.

6. If you have a test done, don't always assume that no news is good news.

Ask about results, including what they mean, and if you need any type of follow-up care.

7. Know the requirements of the admissions process, such as:

- Bringing your durable power of attorney regarding health care and your living will.
- Bringing a list of your medications.
- Be aware of required screening.
- During admission, identify your parish and ask them to notify your parish of your hospital stay, location and room number.
- Notify the pastoral care department of your admission and that you desire to receive daily Eucharist.
- Identify your family spokesperson or advocate and designate who you want to have access to your medical information.

8. Preparing for Discharge

A social worker may visit to do an assessment on care required when returning home.

Please notify the nurse or advocate if there is a medical concern that you feel would prevent you from being discharged.

Determine your limitations when you are discharged from the hospital.

Notify the parish office for assistance and follow-up after your hospital stay.



9. Medication Safety

Be honest – tell your doctor, nurse and pharmacist about everything you take—including herbal supplements and over the counter medications. At least once a year bag up your medications and take them with you to your doctor's appointment.

Be familiar with your medications.

- Check the expiration date.
- Does it need to be refrigerated?
- What is this medicine for?
- How am I supposed to take it and for how long?
- Is this medication safe to take with other medicines, herbs or dietary supplements?
- What food, drink, or activities should I avoid while taking this medication?
- What are the side effects?

Know the abbreviations that are used in your medication instructions. Some of the most common are:

prn = as needed

tid = three times a day

pc = after meals

npo = nothing by mouth

qd = every day

hs = at bedtime

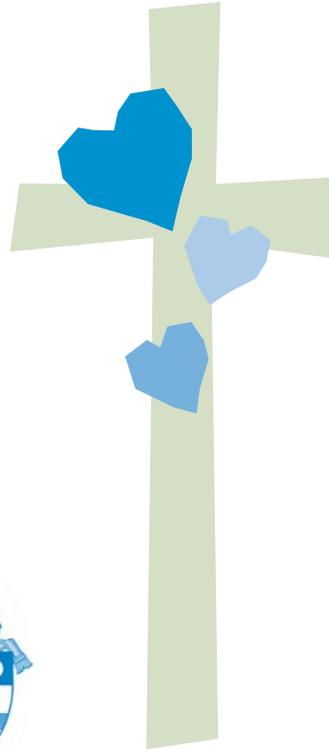
stat = immediately

bid = twice a day

ac = before meals

po = by mouth

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DIOCESE OF HARRISBURG

Secretariat for Parish and Special Ministries

Diocesan Helping Ministry Advisory Committee

Phone: (717) 657-4804, ext. 316

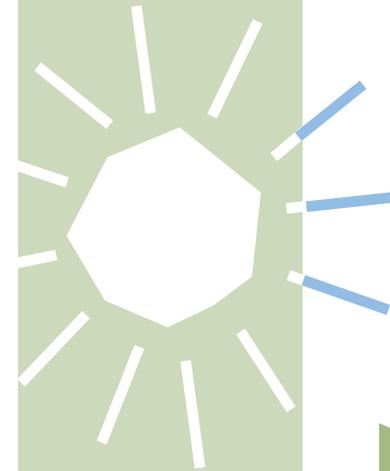
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A Check List

When entering the
or
Hospital

Undergoing Outpatient
Procedures and Surgery



Diocese of Harrisburg