

MANAGE YOUR PAIN

Most people have some pain while in the hospital. Pain can make it hard for you to take deep breaths, move and walk. We can help you to manage your pain.

STAY AHEAD OF YOUR PAIN

When your pain is in control it is easier to sit up, walk, eat and breathe.

1. Request your pain medicine before your pain is unbearable.
2. Let staff know if your pain is not controlled. Your pain treatment can be adjusted by the doctor.



ONLINE RESOURCES

Visit your doctor's home page at kp.org/mydoctor where you can:

- Prepare for Successful Surgery by listening to our guided imagery podcast on your computer or downloading it to your portable device, at kp.org/listen.
- Use other online, interactive programs to quit smoking, handle headaches, reduce stress and more.
- Watch our interactive "Prepare for Your Procedure (Emmi)" programs to help you learn more about what to expect before, during and after your procedure.
- E-mail your doctor with non-urgent medical questions.*
- Review lab results and past office visits.*
- Order prescription refills.*
- Request, change, or cancel appointments with primary care physicians.*
- Check the immunizations and screening tests you may need.*

* These secure features require you to have an active password for our member site. To request a password, go to kp.org/register or visit your local Health Education Center, which also offers health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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how to thrive in the hospital

PREVENTING PNEUMONIA

AVOID INFECTION IN THE HOSPITAL

Infection is a leading cause of death in U.S. hospitals. Pneumonia, which is an inflammation or swelling of the lungs, is common in the hospital. But you can reduce your risk of pneumonia during your hospital stay by following these steps.

KEEP YOUR LUNGS STRONG

Breathing deeply and expanding your lungs will keep them strong and reduce your risk of infection. Your incentive spirometer is a device to help your lungs stay active.

HOW TO USE YOUR INCENTIVE SPIROMETER:

- Sit up as far as you can in bed, in a chair, or on the edge of your bed.
- Hold the device in an upright position with the "BEST, BETTER, GOOD" label facing you.
- Place your lips tightly around mouthpiece.
- Inhale slowly and deeply to raise the piston in the chamber to the level prescribed. As you inhale keep the top of the yellow flow cup in the "Best" to "Better" flow range.
- When you have inhaled completely, remove the mouthpiece, hold your breath for 5 seconds, and then exhale normally. Allow the piston to return to bottom of the chamber.
- Rest and repeat this breath exercise.
- Do this breath exercise 10 times every 2 hours you are awake.



BRUSH YOUR TEETH

The bacteria in your mouth can cause lung infections. The bacteria can make their way into your lungs. This raises your risk of infection.

If you are having surgery, brush your teeth well 2 times daily before your stay in the hospital to reduce the bacteria in your mouth. We will give you a toothbrush, tooth paste and mouthwash. Please brush your teeth the morning of surgery, and spit it all out.

After surgery and during your stay in the hospital, brush your teeth at least twice

each day and use the special swabs that the nurse will give you between brushings.

MOVE OR WALK

We recommend getting out of bed as soon as possible depending on your medical condition. Your doctor will determine when and how you should increase your activity. Moving can help you heal faster. It can help prevent pneumonia, blood clots, and skin breakdown after surgery.

You may feel weak and not be able to move without help. Ask staff to help you change your position in bed or to walk.

If you are unable to walk, there are still things you can do to prevent skin breakdown and pneumonia. Sit up in a chair during meals, change your position often and do simple exercises in bed.

SIT UP AT MEAL TIME

Be sure to sit in a chair for meals. Stay upright for 30 minutes after eating. If you are not able to sit up in a chair, tilt your bed to an upright position for meals and snacks.

RAISE THE HEAD OF YOUR BED

Keep the head of your bed elevated to 30 degrees all of the time especially if you have had surgery. This will help you breathe better and prevent pneumonia.