



LONG-TERM ACUTE CARE

Patient & Family Guide



DeKalb Medical
Downtown Decatur

Dear Patient and Family,

Thank you for allowing DeKalb Medical at Downtown Decatur to be a member of your medical team. We appreciate the trust that you have placed in us, and we will do everything we can to provide the best medical care possible. We are aware that you have been through very difficult times. Now you are coming to a new hospital with new faces, new routines, new rules and new ways of doing things. We recognize that this type of change can be very stressful, and we promise to do our best to help everyone adjust.

In this booklet you will find some helpful information to make your stay more comfortable. If you do not find the information you need, please ask any of our staff members or at the front desk and we will be happy to assist you.

Sincerely,
The LTAC Care Team

Admission

Most patients admitted to DeKalb Medical at Downtown Decatur come directly from other acute care hospitals. Even before your admission, information about your stay at the previous hospital is provided to us so we can learn about your condition, your previous treatment and how we can effectively continue your care.

Once you arrive in your room, you will be seen by the attending physician and other members of your healthcare team. These may include representatives from:

- ▶ Nursing
- ▶ Respiratory Therapy
- ▶ Rehabilitation Services
- ▶ Nutrition Services
- ▶ Discharge Planning
- ▶ Wound Care Services
- ▶ Pharmacy

Each of these caregivers will complete an initial assessment of your health status. They will then work together to develop an individual care plan for you. Within three days of admission, care team representatives will schedule a time to talk with you and your family about your care plan.

A Typical Day at DeKalb Medical at Downtown Decatur

Each patient receives very individualized care at DeKalb Medical at Downtown Decatur, but there are some basic things you can expect during your stay:

Physician Visits: Our physicians make rounds daily at various times during the day. You will have a primary physician who may work with physician assistants. You may also have consulting physicians working on your case who will visit you as needed. If you would like to speak to any of your physicians, please let the nurse or the front desk know so it can be arranged.

Personal Care: Performing as much of one's own self-care (bathing, dressing, grooming) as possible is one way our patients gain the necessary skills and strength to return home. If you are unable to perform your own self-care, it will be provided for you daily or as needed by a patient care tech (PCT). Since all patients need self-care during the day, the time of day will vary.

Clinical Procedures: Throughout the day, nurses and other specialized clinical staff--such as respiratory therapists and wound care nurses--will provide the clinical care you need. This may include:

- ▶ Changing wound dressings
- ▶ Monitoring vital body functions

- ▶ Managing oxygen needs
- ▶ Providing support for ventilator patients or patients who have tracheostomy tubes
- ▶ Delivering necessary medications and nutritional supplements

The kind of care you receive will depend on your personal needs. If you have any questions about your care, feel free to ask any of our clinical staff members for more information.

Rehabilitation: Most patients will receive some type of rehabilitation during their stay at our Downtown Decatur location. This may include physical therapy (PT), occupational therapy (OT), speech-language pathology (ST) and/or restorative services (such as range of motion exercises and help with getting out of bed). You will most likely begin receiving therapy in your room, but eventually you may travel to a gym area to utilize specialized equipment. Because our patients are medically unstable, therapy is provided as the patient tolerates – some days 15 minutes, other days an hour and some days none at all.

Education and Training: A very important part of caring for the medically complex patient involves you and/or your family members learning about your condition and care needs. This is done throughout the day in a variety of ways. Rehab therapists teach adaptive techniques and how to use different pieces of equipment to help with self-care or other functional tasks. Nursing staff members teach patients

and/or families about medications and management of other health conditions. A nutritionist may teach about special diet, a wound care nurse may teach dressing changes, and a respiratory therapist might teach how to manage oxygen. A pharmacist may teach you about your new medications. A special two-week program is available to teach families how to care for a patient on a ventilator at home.

DeKalb Medical at Downtown Decatur is the ***first and only hospital*** in the nation to hold the Joint Commission accreditation for treating respiratory failure for patients on a ventilator.

Case Management: Each patient has an assigned case manager and/or social worker who helps drive discharge planning, provides education regarding community resources and communicates with your insurance company throughout the stay. Each week the healthcare team meets to discuss your individual progress and adjusts the plan as needed. The case manager or social worker will contact your family regarding a family conference within three days of admission.

Chaplain Services:

A chaplain is available 24 hours a day, 7 days a week. The chaplain will make rounds and visit patients regularly. If you would like to speak with a chaplain, please let the charge nurse or front desk staff know and one will be called. If you would like to speak with one immediately, please make that part of your request.

Additional Information

Parking: Parking is free at the First United Methodist Church across Candler Street from the hospital. You will need a parking pass, which can be obtained at the front desk on the LTAC Unit or at the front desk on the second floor. There are signs in the lot directing you where to park for the hospital (first 5 rows). You may also park in the parking deck but, because it is not owned or operated by the hospital, you will have to pay for that parking.

Handicap parking is available in the deck – you must have the permit visible. The tickets can be validated at the front desk on the second floor (handicap parking only).

The doors on the ground floor entrance (on Candler Street) are locked from 6:30 p.m. to 6:30 a.m. and on the weekends to ensure the safety of the building. Please enter from the front of the hospital during those times.

Visiting Hours: Visiting hours are from 9 a.m. to 9 p.m. We would appreciate family members adhering to that schedule to assist the patients in healing. Hospital rules prohibit overnight stays by visitors, except in very unusual situations. Please contact the nursing manager if you have questions. Children are allowed to visit; however, we try to keep patient areas quiet to ensure that the patients can rest. If anyone in the family is sick, please do not visit as the patients' immune systems are low and they can become ill easily.

What is needed during your stay: Please have family members bring any item that will make your stay more comfortable (i.e., eye glasses and/or dentures). House coats or pajamas are allowed but may not be worn until approved by nursing. After rehab has completed their assessment, you may be asked to bring other items, including wheelchairs, walkers, clothing, splints, shoes, etc. You do not need to bring your home medications – they will be provided for you.

Where to eat: The hospital cafeteria is open Monday through Friday from 6:30 a.m. to 9:00 a.m. for breakfast and 11:30 a.m. to 1:30 p.m. for lunch. The lunch menu is posted outside the cafeteria daily. If you would like to eat outside the hospital, there are several restaurants in the area. Some of these include:

- ▶ Kroger Deli
- ▶ McDonalds
- ▶ Atlanta Bread Company
- ▶ Subway
- ▶ Noodle
- ▶ Ruby Tuesday

Feel free to ask the front desk staff for a Decatur map, directions or other suggestions.

Places to Stay: If you are from out of town or will be having out-of-town guests, there is a hospitality house available for

lodging. Please contact the case managers at 404.501.6294 or 404.501.6587 for more information. There are also several motels in the area of the hospital, including Decatur Inn, Holiday Inn Select Decatur and Super 8 Motel.

Security: As previously mentioned, the doors on Candler Street are locked at night and on the weekends to secure the building. You must go around to the front of the building or utilize the call box outside the door. If, at any time, you would like a security guard to walk you to your car, please let the front desk staff know and they will call security for you.

Other Information: Wireless Internet is provided inside the hospital. You are allowed to use cell phones and PDAs; however, it would be helpful to have these on vibrate so they don't disturb the patients.

Discharge Information

Your plan for discharge starts even before you are admitted to this facility. We understand that this plan may change throughout your stay as your medical status changes. At the family conference, your discharge plan will be discussed with the team. At that time, we want to make sure your plan is aligned with our plan and answer any questions you may have.

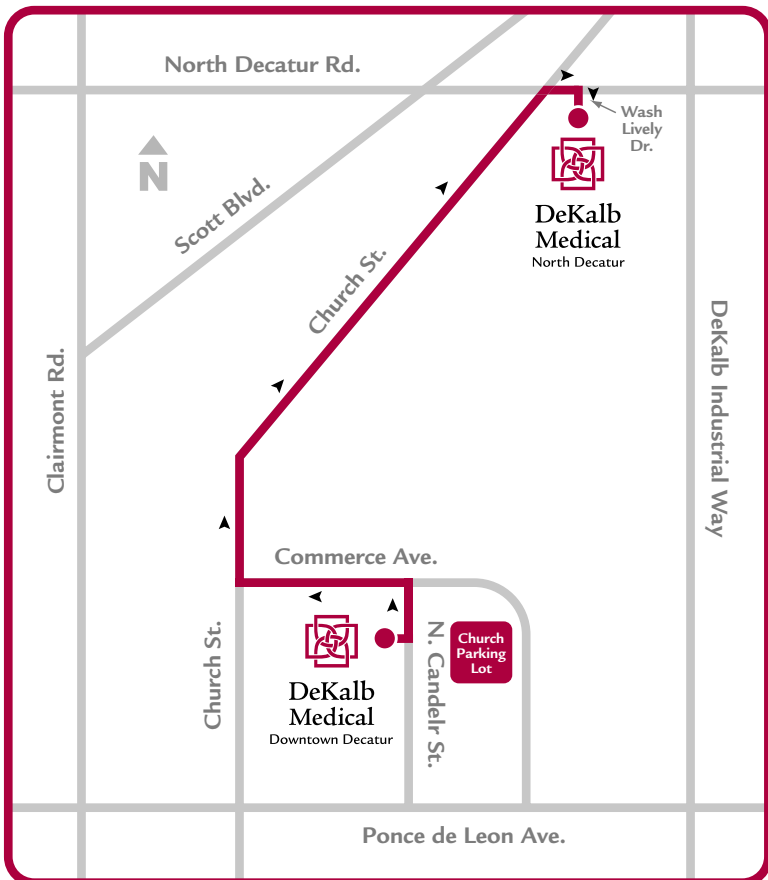
Your discharge time will be based on how much medical care you require, which will be determined by the healthcare

team. If going home is the plan, throughout your stay you will receive instructions on the care that will be required at home. On the day of discharge, you will also receive discharge instructions from your nurse.

Close to your discharge date, you will receive a patient satisfaction survey. We would appreciate you completing this survey and mailing it in. We strive to provide excellent patient care. If, at any time during your stay, we do not exceed your expectations, please let us know so we can make the appropriate changes.

At times you may need to go to DeKalb Medical at North Decatur campus for further tests.

To reach this campus, exit right out of the church parking lot and turn left at the first stop light onto Commerce Drive. Turn right at the first traffic light onto Church Street. Continue straight on Church Street for several miles, and then turn right onto North Decatur Road. DeKalb Medical at North Decatur will be on your right. Parking for the Women's & Surgery Center is to the left, and parking for the main hospital and professional buildings is to the right.





DeKalb Medical

Downtown Decatur

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www.dekalbmedical.org