



Title List Changes/Modifications March 2007

The number of ExitCare documents has increased by 101 new English titles listed below, 6 Sports Medicine titles, 19 new Lab titles, and 2 new Spanish titles. Based on our extensive editorial review guidelines, our documents continue to be reviewed by physicians who are specialists in their fields and by experts in technical writing to make our documents medically complete and as easily understood as possible. This process is ongoing and will continue through each quarterly release. These modifications are listed below:

Modified Titles:

Abdominal Aortic Aneurysm - Combined two TREATMENT sections.

Eliminated first bullet under THE OUTCOME section.

Angiography - Under PREPARATION FOR THE PROCEDURE, added first bullet " Let your caregiver know if you have had an allergy to dyes used in x-ray of if you have ever had kidney problems or failure."

Under PROCEDURE, added "One danger of the dye used is that it can damage the kidneys and cause renal failure."

Asthma, Childhood - First paragraph rewritten; added 4 bullets to "SEEK IMMEDIATE" section

Back, Compression Fracture - Added "If not already done, you should have a DEXA scan, and based on the results be treated for osteoporosis." and "**If given narcotic medications** for your condition" in last paragraph.

Birth Control Choices for the Adolescent - Dropped "for the Adolescent" from the title

Bone & Joint Infections - Under 1st paragraph: changed 6th sentence to: "Germs (bacteria) are the most common cause; viruses and fungi more rarely."

-Under SYMPTOMS: added "at rest and with activity"

-Under RISK FACTORS: eliminated 1st bullet; changed 2nd bullet to: "Having previous surgery or injury of a bone or joint"; added last bullet: "Chronic viral infections such as HIV/AIDS."

-Under DIAGNOSIS: added to 1st bullet: "Inflammatory markers present in your bloodstream such as an erythrocyte sedimentation rate (SED) or c-reactive protein (CRP) can be markers of deep infection."; changed 1st sentence in 3rd bullet to: "The best test for diagnosing a bone or joint infection is an aspiration or biopsy"; changed last sentence to: "Test performed on these samples can identify an infection"

-Under TREATMENT: changed 3rd bullet to: "Bone and joint infections are rarely fatal."; changed final bullet to: "The most common complication of septic arthritis is osteoarthritis with pain and decreased range of motion of the joint."

-Under Some Forms of Treatment may Include: changed last sentence of last bullet to: "This promotes growth of new tissues and better blood flow to the area."

-Under PREVENTION: changed 3rd bullet to: "Do not smoke. Smoking decreases healing rates of bone and predisposes to infection."

Bone & Joint Infections, Child - Under 1st paragraph: changed 4th sentence to: "Germs (bacteria) are the most common causes. However, viruses, and rarely fungi can be the problem.";

changed 5th sentence to: "They usually come from the bloodstream and injury to the bones, joints, or soft tissue predisposes to these germs setting up an infection."

-Eliminated second paragraph

-Under ETIOLOGY: Used to say: "Blood-carried germs from an infection elsewhere in your child's body can eventually spread to a bone or joint. The bacterium (germ) staphylococcus is the most common cause of both osteomyelitis and septic arthritis. An injury can introduce germs into your bones or joints." Changed to: "Children have bacteria in the bloodstream commonly. An injury can produce a local environment conducive to bacteria multiplying and producing infection in a bone or joint."

-Under DIAGNOSIS: changed 3rd bullet, 2nd sentence to: "Your child's caregiver will usually use a local anesthetic and sedation."

-Under TREATMENT: changed 3rd bullet to: "Bone and joint infections are rarely fatal. Most commonly, this is in the situation of an immune compromise or a chronically sick child."; added to final bullet: "with pain and decreased range of motion of the joint."; Under Some forms of treatment: changed last sentence to : "This promotes healing by the introduction of a new blood supply."

-Under PREVENTION: added bullet between 4th and 5th bullets: "If your child is refusing to bear weight in a leg or to use an arm, especially following a minor injury, this can be a sign of bone or joint infection; seek medical attention promptly."

Bronchiolitis - Added "SEEK IMMEDIATE MEDICAL CARE" section

Carpal Tunnel Surgery - Under PREPARING FOR SURGERY added "stop NSAIDS" 10 days prior to surgery.

Chg'd "stop smoking" to "stop smoking at least a couple weeks prior to surgery".

Croup - Added to "SEEK IMMEDIATE MEDICAL CARE" section:

-There are grunting noises with your child's breathing.

-The stomach or chest is being pulled in while breathing.

-There is inability to drink.

Dehydration, Signs of & Rehydration - Changed "SEE YOUR CAREGIVER OR RETURN TO THIS LOCATION IF" to "SEEK MEDICAL CARE IF". Added:

-There is no urine output in 6-8 hours or small amount of very dark urine.

-There are repeated episodes of vomiting, despite small frequent feeds.

-There is irritability or lethargy.

-There is vomiting of blood or bile (green material).

-There is blood in the stool or the stools are black and tarry.

-There is new or worsening abdominal pain.

Diabetes, Child, Type I - Changed 140 mg to 126 in first paragraph; changed "Juvenile Diabetes" to "Type I"; changed "diabetics" to "people with diabetes".

Falls and Hip Fractures Among Older Adults - Under OUTCOMES OF FALLS: changed 2nd bullet to: "Of those that fall, 20-30% suffer moderate to severe injuries such as hip fractures (break in bone), or head injury that reduces mobility and independence and increases the risk of premature (early) death."; added bullet: "A fall-related fracture is very predictive of another fracture. This is because of osteoporosis. You should ask your primary care physician for a DEXA scan of bone density and seek appropriate treatment based on those results."

Fever, Child (with Dosage Charts) - Added to "SEEK IMMEDIATE" section:

-An unusual new rash develops.

-Your child develops a stiff neck or severe headache.

-Your child has difficulty breathing.

-There is blood in the stool.

-There are signs of dehydration (no urine in 6-8 hours).

- There is refusal to drink.
- There is irritability or inconsolability.
- Your child is difficult to awaken.

Gastritis (Vomiting & Upset Stomach) - Removed first sentence

Gastroenteritis (Vomiting, Diarrhea & Dehydration) - Under "HOME CARE" section, added
 -Over-the-counter diarrhea medications may be harmful. Some medications may have dangerous side effects for young children. Slowing diarrhea may also prolong or worsen the illness.

Some of these medications include Imodium AD, Kaopectate, Pepto-Bismol and Diasorb.
 Under "SEEK IMMEDIATE MEDICAL ATTENTION", added:

- Lethargy develops.
- The amount of urine decreases.
- Vomiting or diarrhea persists more than 48 hours.

Head Injuries, Child - Added "Sometimes it is necessary to keep your infant or child in the emergency department for a while for observation. Sometimes admission to the hospital may be needed." moved to first paragraph.

Changed DISCHARGE to A HEAD INJURY in first section heading

Added "or is unable to walk" to 7th bullet under "Seek Immediate" section

Added "There is a loss of vision" to "Seek Immediate" section

Added new section "Return to Athletics"

- Your child may exhibit late signs of a concussion.
- If your child has any of the symptoms below they should not return to playing contact sports until one week after the symptoms have resolved. Your child should be reevaluated by your caregiver prior to return to playing contact sports.
- A child/adolescent who returns to contact sports too early is at risk for reinjuring their head before the brain is completely healed. This is called second impact syndrome. A second head injury may be minor but can cause a concussion and worsen the symptoms listed below and has been associated with sudden death.

Persistent headache

Dizziness / vertigo

Poor attention and concentration

Feeling fuzzy

Memory problems

Nausea or vomiting

Fatigue easily

Irritability

Intolerant of bright lights and / or loud noises

Anxiety and / or depression

Disturbed sleep

See your caregiver about concerns or problems.

Hyperthyroidism - added graphic

Under "Diagnosis" section: Added "ultrasound tests" after blood tests and added "It may be necessary for your caregiver to watch this illness with blood tests either before or after diagnosis and treatment."

Under "Treatment" section: Added "Low levels of thyroid hormone are increased by using synthetic thyroid hormone. This is a safe, effective treatment."

Pulled symptoms list out of middle of first paragraph.

Under "Symptoms" section: added "if severe, may lead to infertility" to 6th bullet.

Deleted "The menstrual irregularity and problems with metabolism contribute also to infertility."

Deleted "include anything which causes a decreased output of thyroid hormone." and changed to heading

Under "Causes" section: added "or destruction" in first bullet

Under "Diagnosis" section: Changed x-rays to ultrasound tests and deleted "This is done after making a diagnosis (learning what is wrong). It is necessary to watch this illness after starting treatment." Also added "either before or after diagnosis and treatment."

Under "Treatment" section, replaced "Synthetic thyroid hormone is available for treatment." with "Low levels of thyroid hormone are increased by using synthetic thyroid hormone. This is a safe, effective treatment."

Hip Fracture (Upper Femoral Fracture) - Under Treatment: changed "screw or nail" to: "screw, nail, or rod"; changed 6th sentence to: "That portion of the bone may die (osteonecrosis or avascular necrosis)." Added sentence between 6th and 7th: "Sometimes to avoid this complication, an implant is used which just replaces the ball of the femur (hemi-arthroplasty or prosthetic replacement)."

-Under Risks and Complications: added bullet: "Dislocation (if a hemi-arthroplasty or a total hip was inserted)."

-Under Let Your Caregivers Know: added bullet: "History of serious infection"

-Under Before your Surgery: added to end of 2nd sentence: "(spinal anesthetic)."

-Under After your Surgery: after sentence 4, added sentence: "You may be placed on blood thinners to prevent blood clots for 4-6 weeks."

-Under Seek Immediate Medical Attention: added bullet: "Marked increase in pain or shortening of the leg."

Hypotension - Deleted "Your caregiver has diagnosed you as having low blood pressure. Low blood pressure is only a problem if it is" in first paragraph. Added "As your heart beats, it forces blood through your arteries. This force is your blood pressure. If your blood pressure is " Added "you have Hypotension, or low blood pressure"

-Deleted Low Blood Pressure from title

-Deleted "Organs are body parts such as your brain, heart, kidneys, lungs, etc. When your blood pressure becomes too low, you may feel weak, lightheaded; develop a more rapid heart rate, or possibly faint. A fainting episode is a sudden, short-lived loss of consciousness. You pass you out and recover completely. It occurs because there has been a temporary shortage of blood (oxygen and/or glucose (sugar)) to the brain."

-Added: "When your blood pressure becomes too low, you may not get enough blood to your brain, and you may feel weak, lightheaded, or develop a more rapid heart rate. In a more severe case, you may faint: this is a sudden, brief loss of consciousness where you pass out and recover completely"

Deleted: "Your caregiver may send you home if it is believed that the low blood pressure is nothing to worry about and can be soon corrected at home. Depending on your age and health, your caregiver may ask that you stay at the medical facility to be watched. If you return home, have someone stay with you if your caregiver feels that is necessary."

-Added: "Hospitalization is sometimes required for low blood pressure if fluid or blood replacement is needed, if time is needed for medications to wear off, or if further evaluation is needed. Less common causes of low blood pressure might include peripheral or autonomic neuropathy (nerve problems), Parkinson's disease, or other illnesses. Treatment might include a change in diet, change in medications (including medicines aimed at raising your blood pressure), and use of support stockings."

-Under "Home Care" section; added bullets:

-Wear support stockings if prescribed.

-Use walkers, canes, etc., if advised.

-Talk with your physician or nurse about a Home Safety Evaluation (usually done by visiting nurses).

Hypothyroidism - added graphic

- Added "ultrasound tests" after blood tests
- Under "Diagnosis" added "It may be necessary for your caregiver to watch this illness with blood tests either before or after diagnosis and treatment."; Changed "x-rays" to "ultrasound tests"; added either before or after diagnosis and treatment under diagnosis.
- Deleted "This is done after making a diagnosis (learning what is wrong). It is necessary to watch this illness after starting treatment." under diagnosis.
- Pulled symptoms list out of middle of first paragraph.
- Added "if severe, may lead to infertility" to 6th bullet.
- Deleted "The menstrual irregularity and problems with metabolism contribute also to infertility."
- Deleted "include anything which causes a decreased output of thyroid hormone." and changed to heading
- added "or destruction" in first bullet.
- Under "Treatment", replaced "Synthetic thyroid hormone is available for treatment." with "Low levels of thyroid hormone are increased by using synthetic thyroid hormone. This is a safe, effective treatment."

Intestinal Obstruction - Under Symptoms, added "You may also stop having bowel movements or passing gas."

Under Causes, moved "Adhesions" to top of list of bullets

Jaundice, Newborn - under "Home Care Instructions", added "Use the ultraviolet (Bili) lights or blankets as directed. This is called phototherapy."

- Encourage frequent feedings. Use added fluids only as directed. Passing more urine helps improve the jaundice.

Added: SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Your baby starts to act sick, is difficult to wake or becomes more jaundiced (yellow).
- Your baby starts eating poorly or stops wetting their diaper normally.
- There is fever greater than 100.4° F (38° C).
- There is no urine output every 4-6 hours.
- The baby becomes more sleepy or difficult to wake.
- The baby becomes markedly more yellow.

MRSA - Created new document titled "MRSA - Out Patient"

Peripheral Arterial Disease of the Legs - Added legs to first paragraph

- Added "Sometimes a stent (a small mesh tube that acts as a splint inside your artery to provide support) is inserted to help the artery stay open after the procedure."

-Added SYMPTOMS (WHAT SEEMS TO BE THE PROBLEM)

Usually the problems that come with hardening of the arteries include pain in the legs, thighs and buttocks during activities. The pain typically leaves with rest.

- Added "staples" to Procedure section

Peripheral Arterial Disease of the Legs, Care After Surgery - Added "Elevate your legs when sitting around to help with pain and swelling." under Home Care Instructions.

New English Titles (101 Documents):

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| Abdominal Pain, Child | ARDS, Suggestions for Family & Friends |
| Abuse and Neglect, Signs and Symptoms | Back Pain in Pregnancy |
| Adamsite (Diphenylaminechloroarsine) | Birds and Diseases |
| Adenoidectomy, Care After Surgery, Child | Breast Cancer, What You Should Know |
| Adult Brain Tumor, General Information | Bronchiolitis Obliterans |
| Alcohol and Nutrition | Bunion Care |

Carotid Angiography with Stenting
Carotid Angiography with Stenting, Care After Procedure
Central Line Care
Childhood Lupus
Colds & Flu, What to do
Craniotomy
Craniotomy, Care After Surgery
Cysticercosis
Diaphoresis, Treatment with Botox
Endometrial Ablation
Esophageal Dilatation
Eye Patch
Fatty Liver
Flank Pain
Fracture Care, Generic
Glasgow Coma Scale
Grain Fever
Heartbeats (How the Heart Works)
Heel Spur
Hemothorax (Blood in the Chest Cavity)
Hernia, Care After Surgery, Child
Herpes Simplex
Hyperosmolar Hyperglycemic Nonketotic Syndrome (HHNS)
Hypertension Information
Hypocalcemia, Low Calcium, Infants
Immunization Schedule, Adolescents
Immunosuppressant Use Following
Kidney Transplant
Insulin Resistance
Intracranial Pressure (ICP) Monitoring
Juvenile Arthritis
Kaposi's Sarcoma
Kidney Failure in Children
Kyphoplasty, Balloon
Lacrimal Duct Obstruction
Leishmania Infection, Black Fever, Kalaazar
Mercury in Fish and Shellfish
Methamphetamine Abuse, Complications
Microalbuminuria
Neck Injury, Fracture
Lumbar Puncture and Cerebrospinal Fluid Examination
Lymphocytic Choriomeningitis
Mammography Screening Recommendations
Melanoma Recurrence
Menetrier's Disease

MRSA - Outpatient
Naso-lacrimal Duct Obstruction
Necrotizing Enterocolitis (NEC)
Nephrotic Syndrome
Neurasthenia, Da Costa's Syndrome, Asthenia
Neuritis, Peripheral
Nuclear Blast, FAQ's
Onchocerciasis, River Blindness
Oral Contraceptives (OC's) Who Should or Should Not Use Them
Orchiectomy, Care After Surgery, Child
Pacemaker, Fractured Lead
Palindromic Rheumatism
PANDAS, Pediatric Autoimmune Neuropsychiatric Disorder
Pityriasis Alba
Poliomyelitis, Information for Travelers
Polyps, Colon
Postmenopausal Bleeding
Prostatectomy, Radical
Prostatectomy, Laparoscopic, Care After Surgery
Proteinuria, Protein in the Urine
Pseudoseizures
Psittacosis
Short Bowel Syndrome
Rhinoplasty
Sarcoidosis, Schaumann's Disease, Sarcoid of Boeck
Sickle Cell Disease (SCD), Child
Small Bowel Obstruction
Smoking and Your Digestive System
Straddle Injuries
Subdural Hematoma Evacuation
Sudden Infant Death Syndrome
Sympathectomy
Testicular Cancer Staging
Testicular Cancer Treatment Options
Thyroid Cyst
Thyroid Plasty, Chondrolaryngoplasty
Thyroid Plasty, Chondrolaryngoplasty, Care After Surgery
Trichothecene Mycotoxin
Uterine Artery Embolization for Fibroids
Vena Cava Filter Insertion
Viral Gastroenteritis, Facts
Von Willebrand Disease, FAQ's

Water Intoxication
Weight Problems in Children

New Sports Medicine Titles (6 Documents):

Back Exercises, Generic, SportsMed
Elbow Exercises, Generic, SportsMed
Hip Exercises, Generic, SportsMed

New Lab Titles (19 Documents):

Gastroesophageal Reflux Scan
Gastrointestinal Bleeding Scan
Genotypic Resistance Testing
Lactate Dehydrogenase
Legionnaires' Disease Antibody Test
Leucine Aminopeptidase (LAP)
Liver Panel
Lipase
Lipid Profile
Lipoprotein Subfraction Profile Testing

New Spanish Titles (2 Documents):

Foreign Body, Eye

Women's Postmenopausal Health

Knee Exercises, Generic, SportsMed
Shoulder Exercises, Generic, SportsMed
Wrist Exercises, Generic, SportsMed

Liver Profile
Lupus Anticoagulant Panel
Luteinizing Hormone, Female
Luteinizing Hormone, Male
Lymphocyte Immunotyping
Plasminogen, Fibrinolysin
Platelet Antibody Detection
Platelet Count, Thrombocyte Count
Prothrombin Time International Normalized
Ratio

Newborn Booklet