



Patient Information System

Title List Changes/Modifications June 2007

ExitCare is excited to announce the addition of a new language to our current six languages. **Bosnian** is making its debut in this release with the 12 titles listed below. This list will eventually expand to at least 300 titles. The number of ExitCare documents has increased by 20 new English titles, 10 new Spanish titles, and 12 new Bosnian titles. 14 Sports Medicine titles have been divided into 2 parts; Phase I and Phase II, creating 14 additional 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 as 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: (34 Documents):

Pneumonia – Added “Symptoms” and “Diagnosis” sections.

Hip Fracture (Upper Femoral Fracture) – Under “Treatment” section, added: “Screw, nail, or rod”.

-Under “Risks & Complications” section, added: “That portion of the bone may die (osteonecrosis or avascular necrosis) and added: “Dislocation if a hemi-arthroplasty or a total hip was inserted.”

-Under “Let Your Caregivers Know About” section, added: “History of serious infection”.

-Under “Before Your Surgery” section, added: “Spinal anesthetic”.

-Under “After Your Surgery” section, added: “You may be placed on blood thinners to prevent blood clots for 4-6 weeks”.

-Under “Seek Immediate Medical Attention” section, added: “Marked increase in pain or shortening of the leg”.

Mitral Valve Prolapse (MVP) – Under “Seek Immediate Medical Attention” section, added: “Severe chest pain or shortness of breath”, “Irregular heart or palpitations associated with weakness or dizziness”, and “Difficulty with vision, swallowing, or weakness or numbness on one side of your body.”

Measles – Under “Home Care Instructions” section, added: “Keep your child isolated from others until the rash is gone”, “Keep your child out of bright light to protect their eyes”, and “The cough can be treated with a humidifier and cough medicine.”

-Under “Seek Immediate Medical Attention” section, added 4 bullets.

Manic Depression (Bipolar Disorder) – Added “Treatment” section.

Lice, Head and Pubic (Pediculosis) – Added “Seek Immediate Medical Attention” section.

Hypoglycemia – Added:

Your family notices that you have:

-Anxiety, headaches, irritability, anger, confusion, poor coordination, or tingling.

-Hunger, stomach aches, shakiness, or pale, sweaty skin

During a hypoglycemic episode your family should try to give you some juice with sugar in it. This should not be done if you are unconscious or unable to respond. You may not be unable to treat yourself. Your family or friend should check a blood sugar if they know how.

Normal blood glucose can be as low as 60 mg/dL; the symptoms of hypoglycemia usually develop if the blood glucose is less than 50 mg/dL. Your blood sugar today was _____ mg/dL.

STAY ALERT

Try to be alert to your blood sugar changes. If you are exercising more, going without a meal, or having an alcoholic beverage, be on the look out for a low blood sugar. You may want to take a snack to try and avoid problems. Severe or prolonged reactions can cause convulsions, coma, and permanent brain damage.

- If you recognize symptoms of hypoglycemia, give yourself *glucose* (sweetened juice, or commercial glucose concentrates) at the first sign.
- Do not skip meals or drink too much alcohol.
- Report hypoglycemic reactions to your caregiver so your medicine dose can be adjusted. You should not drive a car or operate dangerous equipment until your glucose is better regulated. Make sure your caregiver approves your driving.

WEAR A MEDIC ALERT BRACELET!

Hypertension – Added:

Your blood pressure today was _____. The optimal blood pressure for adults is 120/80 mm Hg. Your blood pressure today was taken and recorded at least twice. Your caregiver will receive a copy of these readings. If your caregiver feels you require further evaluation, they can inform you during your next visit. You may need to begin treatment or have any current medications adjusted. Elevated blood pressure rarely causes any symptoms, unless the blood pressure is extremely high. However, even mild hypertension increases long term health risks. Blood pressures above 130/85 can double your risk of complications over a 10 year period.

One high blood pressure reading doesn't necessarily mean you have hypertension. A diagnosis of high blood pressure requires two separate blood pressure measurements above 140/90 mm Hg on different days. Your blood pressure should be checked when you are relaxed and have been sitting for about 10 minutes. Injury, illness, emotional stress, caffeine, and some medicines such as decongestants may elevate blood pressure temporarily. Hypertension rarely requires emergency treatment.

We suggest you have your blood pressure rechecked 2-3 times during the next week. Check with your caregiver, hospital, pharmacy, or employee health nurse about where you can have it checked free. A blood pressure consistently above normal means that further medical evaluation and treatment may be needed. Because high blood pressure usually has no symptoms, it is known as "the silent killer." The only way you know you have hypertension is to have your blood pressure checked. Check the blood pressure in both arms and then use the arm with highest blood pressure reading for your future checks. Regular blood pressure checks in your own home are recommended for anyone on treatment for hypertension.

TREATMENT FOR HYPERTENSION INCLUDES BOTH LIFESTYLE CHANGES AND MEDICATIONS

- Weight loss and reducing dietary salt is highly beneficial.
- Smoking cessation and an exercise program such as walking can also make a big difference.
- Avoid decongestants, oral contraceptives, and recreational drugs that cause hypertension.
- Drink moderately which means no more than one to two alcoholic drinks a day.
- There are many different types of medicine used to treat high blood pressure. You usually have to take medicine every day. If not treated, high blood pressure increases your risk for heart disease, stroke, and kidney failure. See your caregiver as recommended.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- A severe headache, blurred or changing vision, or confusion.
- Unusual weakness or numbness, or a faint feeling.
- Severe chest or abdominal pain, vomiting, or breathing problems.

If your blood pressure today was over 180 mm Hg systolic range, you should be seen by your personal caregiver soon.”

Foreign Bodies, Swallowed, Child – Added “Seek Immediate Medical Attention” section.

Choking – Swallowing Foreign Bodies – Added “Seek Immediate Medical Attention” section.

Eye – Black Eye – Under “Seek Immediate Medical Attention” section, added 3 last bullets.

Transient Ischemic Attack (TIA) – Added to paragraph 1: “This means that the nervous system did not work properly for a short time.”

-Added to paragraph 1: “A small percentage of patients who have had a TIA will have a stroke within a couple days, and up to 20% will have a stroke within 3 months.”

-Under “Symptoms” section, added 3 new bullets: “Weakness or numbness in the face, arms, or legs”, “Dizziness or difficulty walking”, and “Slurred speech or difficulty swallowing.”

Urinary Tract Infection, Care of – Added “Seek Immediate Medical Care” section.

Tooth Loss (Avulsion) – Added paragraph 1.

-Added “Home Care Instructions” section.

-Added at bottom, “If your tooth was replaced today, follow up with your caregiver as suggested.”

Cirrhosis, Scarring of the Liver – Under “Home Care Instructions” section, added bullets 3 and 4: “Vitamin supplements including vitamins A, K, D, and thiamine can help” and “A low salt diet, water restriction, or diuretic medicine may be needed to reduce fluid retention.”

Hemorrhoids – Under “If Thrombosed” part of “Home Care Instructions” section added 3 bullets: “Special creams and suppositories (Anusol, Nupercainal, Wyanoids) may be used or applied as directed”, “Do not use a donut shaped pillow or sit on the toilet for long periods. This increases blood pooling and pain”, and “Move your bowels when your body has the urge; this will require less straining, thereby decreasing pain and pressure.”

Hernia – Under “Seek Immediate Medical Attention” section, added 2 bullets: “You have increased pain or swelling around the hernia” and “You cannot push the hernia back in place by applying gentle pressure while lying down.”

Influenza, Adult – Under “Seek Immediate Medical Attention” section, changed bullet 3 to: “You develop a severe headache, facial pain, or earache.”

Pleurisy – Under “Seek Immediate Medical Attention” section, added/changed last 4 bullets: “You have continuing pain unrelieved by medicine or lasting more than one week”, “You have pain that radiates into your neck, arms, or jaw”, “You develop increased shortness of breath or wheezing”, and “You develop fever, rash, vomiting, fainting, or other serious complaints.”

Sinusitis – Added “Seek Immediate Medical Care” section.

Torticollis (Wry Neck) – Added “Seek Immediate Medical Care” section.

-Changed “Diagnosis (Learning What is Wrong)” section from bullets to paragraph.

Mumps – Added “Seek Medical Care” section.

Neck Injury, Home Care After – Added “Seek Immediate Medical Attention” section.

Parkinson’s disease – Added to paragraph 2: “Parkinson’s disease is caused by depletion of the brain nerve transmitter dopamine. This disease usually starts in middle or late life and develops very slowly.”

-Added to paragraph 2: “Other conditions can resemble this disease. Special tests such as MRI or CT scans may be needed to evaluate your problem completely and establish the diagnosis.”

-Added paragraph 3.

Pityriasis Rosea – Added “Seek Medical Care” section.

Scabies, Treatment of – Changed final sentence to: “See you caregiver if you do not improve within a week’s time or the rash spreads or looks infected.”

Syncope (Fainting Episode) – Under “Causes” section:

-Changed bullet 8 to: “Irregular heart beat and circulatory problems.”

- Changed bullet 9 to: "Fear, emotional distress, injury, sight of blood, or illness."
- Under "Seek Immediate Medical Attention" section:
- Changed bullet 1 to: "You have another fainting episode or faint while lying or sitting down. DO NOT DRIVE YOURSELF. Call 911 if no other help is available."
- Changed bullet 2 to: "You have chest pain, *nausea* (feeling sick to your stomach), vomiting or abdominal pain."
- Added bullet 3: "You have an irregular heartbeat or one that is very fast (pulse over 120 beats per minute)."
- Changed bullet 5 to: "You have difficulty with speech, confusion, severe weakness, or visual problems."

Advance Directives (My Voice, My Choice) – Added to paragraph 4: "This should be someone you trust to make important medical decisions for you."

-Added paragraph 5.

-Added paragraph 6.

AIDS – Entire document rewritten.

Alcohol Withdrawal – Added to paragraph 7: "To get further help, contact AA or call your caregiver, counselor or minister. AL-ANON and ALA-TEEN are support groups for friends and family members of an alcoholic. The people who love and care for an alcoholic often need help, too. For information about these organizations, check your phone directory or call a local alcoholism treatment center."

-Added "Seek Immediate Medical Care" section.

Atrial Fibrillation – Added to paragraph 1: "It can be due to a structural abnormality of the heart. It can also be caused by strong irritants such as alcohol or by thyroid disease. When it occurs, the rhythm is irregular and can be quite fast. You may sense this as palpitations or a fluttering in your chest. Proper treatment for this condition is very important to help avoid repeat episodes. Complications of atrial fibrillation can include stroke, chest pain, and heart failure. You may need further medical evaluation, including an echocardiogram, to identify the cause of your atrial fibrillation."

-Added paragraph 2.

-Under "Seek Immediate Medical Attention" section, changed bullet 1 to: "You develop chest pain, abdominal pain, sweating, weakness or *nausea* (feeling sick to your stomach)."

Birth Control Choices – In section 3, added bullet 5: "The Female Condom - A condom for women, to prevent pregnancy and sexually transmitted diseases, including AIDS, is available. The device is a soft, loose-fitting sheath made of polyurethane that is inserted into the vagina. With "perfect" use it has a 3% fail rate, but it is more expensive than the male condom."

-In section 3, added bullet 8: "The Birth Control Patch (Ortho-Evra) - This contains hormones similar to those in the birth control pills, so effectiveness, risks and side effects are similar to those described above. It must be changed only once a week so can be a good method for women who have trouble remembering to take a pill every day. It is less effective in very overweight women, but overall the failure rate is 3-4%."

-In section 3, added bullet 9: "The Vaginal Ring (Nova Ring) - This very effective method also contains hormones similar to those in birth control pills. It is left in place for three weeks, removed for a week, and then a new one is placed. It comes with a timer to put in your purse to help you remember when to take it out or put a new one in. It can be removed or left in place during sex, as you prefer. The failure rate is 2-4%."

Ear – Foreign Body In – Added to paragraph 1: "Foreign bodies may cause pain, buzzing or roaring sounds, hearing loss, and ear drainage."

-Under "Seek Immediate Medical Care" section:

- Changed bullet 1 to: "There is bleeding from the ear or increased pain and swelling."
- Added bullet 2: "There is reduced hearing."
- Added bullet 5: "Headache, fever, or other serious problems develop."
- ED (Erectile Dysfunction) – Under "Diagnosis of ED" section, changed to: "Your caregiver can often diagnose ED by taking a history and doing a physical exam. Once your caregiver has made sure that you do not have an *organic* (caused by disease) problem you may be given medications to try."
- Added "Treatment" section.

New English Titles (20 Documents):

Alzheimer's Disease, Caregiver Guide, NIH
 Back Pain in Children
 Biliary Colic
 Brachytherapy
 Breastfeeding Challenges
 Bronchiolitis Obliterans
 Chagas Disease
 Clean Air, Preparing for an Emergency
 Earthquake, What to Do After
 Earthquake, What to Do During

Fever, Taking a Temperature
 Food and Drug Interaction
 Hip Arthroscopy
 Holter Monitoring
 Mallory-Weiss Syndrome
 Mammogram Tips
 Radial Fracture
 Streptococcal (Pneumococcal) Pneumonia
 Ulnar Fracture
 Water and Food for an Emergency

Sports Medicine Titles (28 Documents):

Achilles Tendon Rupture with Rehab-SportsMed – Divided into Phase I and Phase II
Achilles Tendon Rupture, Partial & Complete with Rehab-SportsMed – Divided into Phase I and Phase II
Ankle Sprain, Acute with Rehab-SportsMed – Divided into Phase I and Phase II
Anterior Cruciate Ligament Tear, Surgery for with Rehab - Divided into Phase I and Phase II
Lateral Collateral Knee Ligament Sprain with Rehab-SportsMed - Divided into Phase I and Phase II
Medial Collateral Knee Ligament Sprain with Rehab-SportsMed - Divided into Phase I and Phase II
Meniscus Tear with Rehab-SportsMed - Divided into Phase I and Phase II

Meniscus Tear, Surgery for with Rehab-SportsMed - Divided into Phase I and Phase II
Patellar Dislocation and Subluxation with Rehab-SportsMed - Divided into Phase I and Phase II
Patellar Dislocation and Subluxation, Surgery for with Rehab-SportsMed - Divided into Phase I and Phase II
Posterior Cruciate Ligament Tear with Rehab-SportsMed - Divided into Phase I and Phase II
Shoulder Instability, Anterior, Surgery for with Rehab-SportsMed - Divided into Phase I, Phase II, and Phase III
Shoulder Instability, Multidirectional, Surgery for with Rehab-SportsMed - Divided into Phase I and Phase II
Shoulder Instability, Posterior, Surgery for with Rehab-SportsMed - Divided into Phase I and Phase II

New Spanish Titles (10 Documents):

Ankle Exercises, Generic-SportsMed
 Back Exercises, Generic-SportsMed
 Cough, Bacterial
 Cough, Generic

Cough, Viral
 Elbow Exercises, Generic-SportsMed
 Hip Exercises, Generic-SportsMed
 Knee Exercises, Generic-SportsMed

Shoulder Exercises, Generic-SportsMed

Wrist Exercises, Generic-SportsMed

New Bosnian Titles (12 Documents)

Advance Directives

AML

Anemia and Cancer

Bariatric Diet

Basal Cell Carcinoma

Biliary Tube, Discharge Instruction

Biopsy, Discharge Instructions for

Blood Products Information

Bone Marrow Aspiration and Bone Biopsy

Bone Metastases, Metastatic Cancer

Breast Cancer, General Information

Cancer of the Colon, Treatment by Resection,
Care After Surgery