I’m Stronger Because of American Senior Communities!

Area Locations:

CLARKSVILLE
Clark Rehabilitation & Skilled Nursing Center
517 N. Little League Blvd.
Riverview Village
586 Eastern Blvd.

JEFFERSONVILLE
Hillcrest Village
203 Sparks Ave.

LEAVENWORTH
Todd-Dickey Nursing & Rehabilitation
712 W. 2nd St.

SALEM
Meadow View Health & Rehabilitation
900 Anson St.
Salem Crossing
200 Connie Ave.

SCOTTSBURG
Lake Pointe Village
545 W. Moonglo Rd.

VEVAY
Swiss Villa Nursing & Rehabilitation
1023 W. Main St.

LOUISVILLE, KY
Forest Hills Commons
9107 Taylorsville Rd.

Experts in Rehabilitation

Our Moving Forward program is designed for those striving to restore abilities lost due to stroke, cardiovascular difficulties, orthopedic surgery and other debilitating conditions.

Programs vary in frequency and intensity and include physical, occupational and speech/language therapies. Our goal is to return our participants home safely with the skills they need to continue life on their own terms.

Here When You Need Us!

ASC Referral Line:
888-996-8272
Fax: 317-991-1328
e-mail: ReferralLine@ASCSeniorCare.com
Available 7 Days/Week • 365 Days/Year

Visit ASCSeniorCare.com for more information about locations, services and career opportunities.

ASCare.com
Thank you for choosing us for your healthcare needs

At Clark Memorial Hospital, we consider it a privilege to serve the healthcare needs of our community members, and we want to thank you for choosing us for your care.

During your stay, our priority is delivering the highest quality of care available and ensuring that you have a comfortable and pleasant experience. And we know that critical to our success is making sure you have access to the information and resources you need, when you need it.

That is why we have developed this comprehensive patient guide, which we hope you find helpful and reassuring. It is full of information to help you during and after your stay, so please take a few minutes to look through it.

We realize that hospitalization often can be unsettling, and it is our sincere hope that you feel supported and well-cared-for while you are here. If you have any questions or concerns at any time during your stay, please let us know.

Again, thank you for choosing Clark Memorial Hospital for your healthcare needs. It is our pleasure to serve you.

Sincerely,
The Executive Team

About Us

Our Mission: Making Communities Healthier®

Our Vision: We want to create places where...
- People choose to come for healthcare,
- Physicians want to practice, and
- Employees want to work.

Our High Five Guiding Principles: Our High Five Guiding Principles guide our actions and decision-making and define what communities can expect from us as a healthcare partner. They are:
1. Delivering high-quality patient care
2. Supporting physicians
3. Creating excellent workplaces for our employees
4. Taking a leadership role in our communities
5. Ensuring fiscal responsibility
**Phone Directory**

**Main Number**
812-282-6631

Calling from **INSIDE** the hospital?
Dial the *last four* digits only.

<table>
<thead>
<tr>
<th>HOSPITAL SERVICES</th>
<th>Phone Number</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>812-283-2142</td>
<td>Human Resources</td>
</tr>
<tr>
<td>Bolder Outreach</td>
<td>812-283-2337</td>
<td>Information Desk</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>812-283-2254</td>
<td>Medical Records</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>812-283-2273</td>
<td>Outpatient Imaging</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>812-283-2787</td>
<td>Radiology/X-Ray</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>812-283-2787</td>
<td></td>
</tr>
<tr>
<td>Clark Physician</td>
<td>812-285-5983</td>
<td>Patient Registration (Admitting)</td>
</tr>
<tr>
<td>Group Central</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Billing Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial</td>
<td>812-283-2330</td>
<td>Patient Scheduling</td>
</tr>
<tr>
<td>Counselor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food &amp; Nutrition</td>
<td>812-283-2075</td>
<td>Physician Referral Line</td>
</tr>
<tr>
<td>Gift Shop</td>
<td>812-283-2266</td>
<td>Service Excellence Team</td>
</tr>
<tr>
<td>Hospital Patient</td>
<td>812-283-2389</td>
<td>TTY Phone</td>
</tr>
<tr>
<td>Financial Services/Billing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housekeeping</td>
<td>812-283-2303</td>
<td></td>
</tr>
</tbody>
</table>

*For more information on the resources available at Clark Memorial Hospital, visit clarkmemorial.org.*
Our Commitment to Care

Patient Satisfaction Matters to Us

Our goal is to provide the best quality care. To do so, we ask for feedback from patients like you. You may be contacted by phone, email or text and asked to complete a confidential survey. Please take the time to complete the survey. Your feedback will help us know what we’re doing well and where we can improve.

During Your Stay

Please speak with your nurse or nursing supervisor if you have any questions or concerns about your care. If your issue still is not resolved, then contact the Service Excellence Manager at 812-285-5993. You also have the right to file your complaint with either:

Indiana State Department of Health
2 N. Meridian St.
Indianapolis, IN 46204
317-233-1325

Office of Quality and Patient Safety
The Joint Commission
One Renaissance Blvd.
Oakbrook Terrace, IL 60181
800-994-6610
Email: patientsafetyreport@jointcommission.org
www.jointcommission.org

Making a Difficult Healthcare Decision?

Sometimes a healthcare choice can involve an ethical concern—such as a wish to refuse life-saving treatment or a disagreement over advance directives (see p. 22). Our Ethics Committee can help your team of support people make difficult decisions. For help, contact 812-283-2986.
EMERGENCY HELP IS ALWAYS A PHONE CALL AWAY!
JUST DIAL x6444
(or call 812.218.6444 from an external phone)

Your safety is our Priority!
During your stay, you have access to an additional safety feature called “CODE H” for Code Help. You can call this special service and a member of our Rapid Response Team will check on you or your loved one to provide help before there is a life-threatening emergency.

<table>
<thead>
<tr>
<th>WHEN to call CODE H</th>
<th>HOW to call CODE H</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code H should be used for emergencies such as those you would call 911 for at home. You know the patient best; however, examples may include:</td>
<td>First, speak to your nurse. If you continue to have concerns, call:</td>
</tr>
<tr>
<td>• Changes in breathing</td>
<td>Step 1: Call x6444 from the beside phone (or call 812.218.6444 from an external phone)</td>
</tr>
<tr>
<td>• Difficulty speaking or</td>
<td>Step 2: Tell the operator your name, room number, patient’s name, and your concern</td>
</tr>
<tr>
<td>• Change in mental status</td>
<td>Step 3: A member of the Rapid Response Team will be sent to your room</td>
</tr>
<tr>
<td>• Any change that needs immediate attention</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Code H should not be used for television issues, food and/or drink needs, adjustment in room temperature or any other non-life threatening situations. Please use the patient call button for one of these needs.
VISITING THE HOSPITAL?
Thanks for taking the time to support your loved one’s care and recovery.

An A-Z Guide to the Most Frequently Asked Questions

ATM
An ATM is located on the first floor.

Bedside Shift Report
We want you to feel comfortable and cared for throughout your stay, so at each nursing shift change—between 6:45 a.m. and 7:15 a.m. and 6:45 p.m. and 7:15 p.m.—your nurse will introduce your new nurse to you. The team will talk about your progress, medicine and tests scheduled for the day. Ask questions. The more you’re involved, the better and safer your care.

Bedside Technology
During your stay, you may see your doctors and nurses using computers or tablets. These tools help them care for you by providing around-the-clock monitoring, a variety of resources and quick communication with the rest of your healthcare team. If you have any questions, ask your doctor or nurse.

Café at Clark
Location: Main hospital lobby

Hours:
Monday through Friday:
8:00 a.m. to 3:30 p.m.

The coffee shop serves coffee, fruit smoothies, Tazo iced tea, breakfast danishes and muffins, paninis, wraps, desserts, cookies and other snacks.

Cafeteria
Location: First floor

Monday through Friday Hours:
Breakfast: 7:00 a.m. to 9:30 a.m.
Lunch: 11:00 a.m. to 3:00 p.m.
Dinner: 5:00 p.m. to 12:00 a.m.

Saturday and Sunday Hours:
Breakfast: 7:00 a.m. to 9:30 a.m.
Lunch: 11:00 a.m. to 4:00 p.m.
The cafeteria is open for visitors, team members and patients. Snacks and beverages in the vending area are available 24 hours a day.

Calling Your Nurse
Your room is connected to the nursing station via an intercom system. To call for your nurse, press the red cross button located on the remote near your hospital bed. When you push the call light, a member of our team will respond. If you have any questions on how to use the call button, ask a staff member to show you.

Cell Phones
Cell phones are allowed, but cell phone coverage may be inconsistent within the hospital, and some areas may not allow cell phone use.

Emergency Department Renovation
Please pardon our mess. The existing Emergency Department is under renovation. It will remain open 24/7 during construction with an anticipated completion date in December 2018.

Gift Shop
Location: Main lobby
Hours: Monday through Friday: 8:00 a.m. to 5:00 p.m. Saturday: 10:00 a.m. to 2:00 p.m. Sunday: 12:00 p.m. to 4:00 p.m. All hours are subject to change based on staffing.

Hearing and Visually Impaired
Telecommunication devices are available for people with hearing and sight impairments. People with hearing impairments may use the portable telecommunication device for the deaf. Large-button phones are available for people with sight impairments. Both devices are portable and can be taken to the person who needs them by asking your nurse.

Interpreters
Interpreters are available for nearly every language. The nurse will make arrangements through Cyracom Translation Language Services.

Organ Donation Program
We encourage you to talk about organ donation with your doctor, family and friends. If you would like more information about organ donation, please ask your nurse or doctor, or call Kentucky Organ Donor Affiliates at 502-581-9511.

Parking
Free parking is available in the parking lot and garage across from the main entrance. There also is an overflow parking lot across from the Emergency Room.

Valet Parking
Clark Memorial Hospital has partnered with Health Park Hospitality services offering valet parking to patients entering the emergency department. Free valet parking will be available to those entering the emergency department. This service is
available from noon until 10:00 p.m. Monday through Friday.

When you pull your car up to the valet podium, you will be greeted by an attendant that will give you a claim ticket, park your car and safely store your keys. Valets also can assist with luggage, crutches, wheelchairs and directions. If additional help is needed, the valet can call hospital security to bring out hospital staff to give a helping hand.

Cars will be parked in the overflow lot across from the emergency department. When you return for your car, give the claim ticket back to the valet attendant; they will retrieve the car and hand over your keys.

Pastoral Care
The Chaplain’s Office helps patients, family members, friends and staff in comfort and support from their faith. Staff and volunteers are available for most denominations and faith traditions. Chaplain services may be requested by calling 812-283-2228 or asking your nurse to call them for you.

Personal Belongings and Valuables
Personal care items such as contact lenses, eyeglasses, hearing aids and dentures can be stored in your bedside stand when not in use. Please do not put them on your bed or food tray to help avoid them being lost or damaged. Leave valuables like jewelry or cash at home, or give them to a trusted relative or friend to watch over. Clark Memorial Hospital cannot be responsible for replacing personal belongings.

Telephone
To make a local call from your room, dial 9 and the phone number. Long-distance calls can be made collect or with a phone card. Phone cards are available from the hospital switchboard. Please be considerate of those around you by keeping ring tones and voices low.

Tobacco-Free Campus
To protect the health of our patients, visitors and staff, smoking is prohibited in all areas of the hospital. If you are interested in smoking cessation, ask your healthcare provider about resources or call 1-800-QUIT NOW to be connected to the Quitline.

Volunteer Services
Our dedicated volunteers work at reception areas and information desks, escort visitors, provide directions and help keep the hospital running smoothly. To learn more about volunteering, call 812-283-2105.
<table>
<thead>
<tr>
<th>TV CHANNELS</th>
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<tbody>
<tr>
<td>2  cn2</td>
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<tr>
<td>3  Weather</td>
</tr>
<tr>
<td>4  WHAS</td>
</tr>
<tr>
<td>5  WLKY</td>
</tr>
<tr>
<td>6  WAVE</td>
</tr>
<tr>
<td>7  WBKI</td>
</tr>
<tr>
<td>8  Shopping</td>
</tr>
<tr>
<td>9  WDRB</td>
</tr>
<tr>
<td>10 WMYO</td>
</tr>
<tr>
<td>11 Shopping</td>
</tr>
<tr>
<td>12 C-SPAN</td>
</tr>
<tr>
<td>13 KET</td>
</tr>
<tr>
<td>14 Home Shopping</td>
</tr>
<tr>
<td>15 KET2</td>
</tr>
<tr>
<td>16 C-SPAN</td>
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<tr>
<td>17 Public Access</td>
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<tr>
<td>18 Syfy</td>
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<tr>
<td>20 WGN</td>
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<tr>
<td>21 ION</td>
</tr>
<tr>
<td>22 C-SPAN2</td>
</tr>
<tr>
<td>23 QVC</td>
</tr>
<tr>
<td>24 TV One</td>
</tr>
<tr>
<td>25 Metro</td>
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<tr>
<td>50 TLC</td>
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<tr>
<td>51 HGTV</td>
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<tr>
<td>52 Cartoon</td>
</tr>
<tr>
<td>53 truTV</td>
</tr>
<tr>
<td>54 History</td>
</tr>
<tr>
<td>55 FS Ohio</td>
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<tr>
<td>56 E!</td>
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<tr>
<td>59 Comedy</td>
</tr>
<tr>
<td>60 Animal Planet</td>
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<td>61 Travel</td>
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<tr>
<td>62 CMT</td>
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<tr>
<td>63 TV Land</td>
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<tr>
<td>64 CMT</td>
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<tr>
<td>65 Univision</td>
</tr>
<tr>
<td>66 Hallmark</td>
</tr>
<tr>
<td>67 Golf</td>
</tr>
<tr>
<td>68 FS South</td>
</tr>
<tr>
<td>69 MTV2</td>
</tr>
</tbody>
</table>

Quick Quiz! By the age of 65, how many years of the average American’s life is spent in front of the TV?

- 2 years
- 5 years
- 9 years
- 12 years

By age 65 TV-viewing time can equal roughly 9 years!

Answer: With 4 hours of viewing each day or 28 hours a week.
Take Charge of Your Care

You are the center of your healthcare team. Let this special guide help you get the best results from your hospital stay.

Speak Up! If you have questions or concerns, you have the right to ask and get a response from your doctor or nurse that makes sense to you. We encourage you and your family to become active partners on your healthcare team. To help, share your answers to these questions with hospital staff:

- What language would you prefer to speak?
- Do you need glasses, hearing aids or other devices to help with talking to hospital staff?
- Do you prefer to hear, see or read health information?
- Do you have any cultural, ethnic or religious-based special needs?
- Who will be your support person who talks with hospital staff about your healthcare wishes?

Ask Yourself

Is there anything else the hospital should be aware of to improve my care experience?
7 Key Ways
TO TAKE CHARGE OF
YOUR CARE

SPEAK UP. Ask questions and voice concerns. It’s your body, and you have the right to know.

PAY ATTENTION. Always double-check that you are getting the right treatments and medicines from the right hospital staff.

EDUCATE YOURSELF. Learn about your medical condition, tests and treatment options, so you know why following your care plan is so important.

FIND A SUPPORT PERSON. Pick someone to help speak up for your care and needs during your stay.

KNOW YOUR MEDS. Understand what your medicines treat, why you need them and how to take them for the best results.

CHECK BEFORE YOU GO. Make an informed decision when selecting additional healthcare services. Choose only accredited providers who meet patient safety and quality standards. Go to www.qualitycheck.org to learn more.

PARTICIPATE IN YOUR CARE. You are the center of your healthcare team. Make sure you know what’s happening every step of the way—from admission through discharge.

Source: The content within the “Take Charge of Your Care” section reinforces the safety and quality care goals and standards issued by The Joint Commission and other hospital accreditation organizations.
Choose a Support Person

A trusted friend or family member can be a big help during your hospital stay. Select one key person to be your healthcare advocate. If you become stressed or your ability to communicate changes, this person can stand in for you—and stand up for your care.

A support person can:
- ask questions you might not think of and write down information
- double-check your medicines and treatments
- watch for signs your condition is getting worse and ask for help

Don’t forget to tell the staff who you’ve picked to be your support person.

Check IDs

While you are here, many people will care for you (doctors, nurses, aides), and these same people will care for many patients. To prevent errors in your care:

Ask to see the ID of everyone who comes into your room, so you know the name and job of the person caring for you. If you do not see an ID badge, contact your nurse immediately.

Speak up if hospital staff does not check your ID. Any time staff enters your room to give you medicine, transport you, or perform procedures or treatments, state your name and birth date.

Always double-check your name with staff to avoid errors.

This may seem repetitive at times, but it helps ensure you receive the correct care.
Pay Attention to Your Care

- Tell your nurse or member of your care team if something doesn’t seem right.
- Know what time you normally get medicine, and tell your nurse if you don’t get it.
- Request drawings or illustrations to help you learn about your condition.
- Read and understand all medical forms before signing. Ask if you need information explained.
- If your treatment involves medical equipment, practice using it with your nurse before you leave the hospital.
- Don’t be afraid to ask for a second opinion. The more information you have, the better you will feel about making decisions.
- Talk to your doctor and family about whether you want life-saving actions taken.

And Remember, Take Charge of Your Communication

**Ask About Jargon:** If you hear a medical term you don’t understand, ask what it means.

**Teach Back:** After you get instructions or an explanation, repeat back what you thought you heard so you can double-check that you understood.

**Take Notes:** Write down any key facts your doctor tells you so you won’t forget.
5 Ways to Fight Infections

The hospital is a place you come to get well, but you also can come in contact with germs that can make you feel worse. Reduce your chances of infection by taking these safety precautions.

1. **Clean your hands.**
   - after touching hospital objects or surfaces
   - before eating
   - after using the restroom

2. **Ask hospital staff members to clean their hands.** This should be standard practice, but don’t be afraid to remind them if they forget or to ask them to wear gloves when touching you. Ask visitors to clean their hands too!

3. **Cover if you are sick.** If you get an infection, limit the spread of germs by sneezing and coughing into tissues you promptly throw away, and avoid touching other people. Ask the staff if there is anything else you should do—like wear a surgical mask—to prevent the spread of germs.

4. **Keep an eye on bandages or dressings.** If a dressing on a wound or IV becomes loose or wet, let your nurse know. Also if you have a catheter or drainage tube, tell your nurse if it becomes loose or dislodged. Ask each day if it’s time to remove your catheter or IV.

5. **Keep your vaccinations up-to-date.** Make sure you are as protected as possible from the spread of infection. Check with hospital staff about whether it’s safe for you to receive any vaccines you might need.

**CLEANING TIP:**

Use soap and water or alcohol-based hand sanitizer under your nails, in between your fingers, and on the palms and backs of your hands. Rub for 15 seconds (the time it takes to sing Happy Birthday).

Tell friends and family not to visit if they are sick. And make sure all your guests wash their hands when they enter your room.
Don’t Ignore Pain

No one knows how much pain you are in but you. Tell your doctor or nurse when pain strikes or if it comes back again after it goes away. Talk about your pain level throughout the course of your stay.

Ask yourself, then share with your nurse.

- Where does it hurt?
- When does it hurt?
- Does it keep you from doing things—like sleeping, dressing, eating?

Which words describe your pain?

- aching
- bloating
- burning
- comes and goes
- constant
- cramping
- cutting
- dull
- numbing
- pressing
- pressure
- pulling
- radiating
- searing
- sharp
- shooting
- soreness
- stabbing
- throbbing
- tightness

How bad is it on this pain scale?

![Wong-Baker FACES® Pain Rating Scale](image)

You’re the Expert on Your Pain

Starting to get uncomfortable? Pain medicine not working? Speak up. You may need to get more of the current pain medicine you are on or switch to a different kind of medicine to get relief. Don’t try to ignore painful symptoms. Managing your pain will help with your healing process. Talk to your doctor or nurse when pain strikes.
Prevent Falls

While you are here, you may feel dizzy or weak. Illness, procedures, medicines or even just lying down for too long can make you less steady on your feet. To keep yourself safe:

- Use the nurse call button for help getting out of bed.
- Ask for help going to the bathroom or walking around. (And use hospital handrails when they’re available.)
- Wear nonslip socks or footwear.
- Keep often-used items within easy reach (glasses, remote, tissues, etc.).
- Make sure your wheelchair is locked when you get in or out of it. Never step on the footrest.

Patients of all ages are at risk for falls. It’s better to be extra careful than risk another medical problem.

Prepare for Surgery

Before your procedure, make sure you and your surgical staff confirm:

- your name
- the type of surgery you are having
- the body part to be operated on—In fact, hospital staff will mark the correct spot on your body. Make sure you or your support person checks that it’s correct.

Take simple steps like these to help prevent medical mistakes.

Ask your surgeon to take a “time out” to check: you’re the right person, getting the right surgery, on the right body part.
Manage Your Meds

Whether you take one medicine or five, it’s important to know what you are taking and why. Ask your doctor these questions about any new (and current) medicines you take:

- What is the name of my medicine? Generic name?
- Why am I taking it? How will it help? When will it start working?
- What dose? How often? How long?
- What is the best time (morning, night, etc.) or way to take it (with food, with water)?
- What are possible side effects? What do I do if they happen?
- Are there any foods, drinks or activities to avoid?
- What do I do if I miss a dose?

For a medicine tracker, see p. 39.

Prevent Medicine Errors

Be sure your doctors and nurses know:

- All the prescription drugs, over-the-counter medicines and herbal or vitamin supplements you take.
- Any allergies you have to medicines, anesthesia, foods, latex, etc.
- That your name matches the name on the medicine (use your ID bracelet to double-check).

Remember, Take Charge of Your Medicines

Think you’re due for your next dose? Wondering if this new medicine can replace one you already take? Want to make sure all your medicines and supplements are safe to take together? Don’t be afraid to ask.
According to the U.S. Department of Health and Human Services, 1 in 25 patients gets a healthcare-associated infection while staying at the hospital. Often, these happen because hospital procedures and equipment can expose internal parts of your body to germs. The chart below lists common infections and steps you can take to prevent them.

### Prevent Hospital Infections
**Take Steps to Reduce Your Risk**
**During Your Stay**

<table>
<thead>
<tr>
<th>TYPE</th>
<th>HOW IT STARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Catheter-Associated Urinary Tract Infections (UTI)</strong></td>
<td>Germs enter your urinary tract while using a tube to drain urine</td>
</tr>
<tr>
<td><strong>Surgical Site Infections</strong></td>
<td>Germs affect the site of your surgery—either on your skin or internally</td>
</tr>
<tr>
<td><strong>Central Line-Associated Bloodstream Infections</strong></td>
<td>Germs enter your bloodstream through a large tube that’s inserted in a vein near your neck, chest or groin</td>
</tr>
<tr>
<td><strong>Ventilator-Associated Pneumonia</strong></td>
<td>Germs enter your lungs through a tube in your mouth, nose or neck used to help you breathe</td>
</tr>
</tbody>
</table>
**Superbugs**
A superbug is a germ that causes a bacterial, viral or fungal infection, but does not respond to the usual treatments. This means these bugs make you sicker longer and increase your risk of more serious complications. Common strains include MRSA, E. coli and VRE. Superbugs spread from person to person through touching germy hands or objects. Protect yourself by taking the steps below. And remember, wash your hands and ask everyone you see during your stay to wash his or her hands too.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>PREVENTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• fever</td>
<td>• clean hands before touching area</td>
</tr>
<tr>
<td>• burning</td>
<td>• keep urine bag below level of bladder to prevent backflow</td>
</tr>
<tr>
<td>• pain</td>
<td>• don’t tug, pull, twist or bend the tube</td>
</tr>
<tr>
<td>• bloody or frequent urination</td>
<td>• secure catheter to your leg and ask every day if it’s still needed</td>
</tr>
</tbody>
</table>

| • redness | • do not shave surgery site (irritation increases risk of infection) |
| • pain    | • clean hands before touching area |
| • drainage of cloudy fluid | • don’t let visitors touch or dress your wound |
| • fever  | • ask your nurse to show you how to care for your wound |

| • red skin and soreness at site | • clean hands before touching area |
| • fever | • make sure staff wears gloves, gown, cap, mask and sterile drape when handling tube |
| • chills | • speak up if your bandage comes off, looks wet or dirty, or if your skin looks sore |
|         | • avoid touching tube or letting visitors touch tube |
|         | • ask that tube be removed as soon as possible |

| • cough | • clean hands before touching area |
| • mucus | • ask if it’s safe to raise the head of your bed |
| • fever | • know how often the inside of your mouth needs to be cleaned |
| • chills | • ask that tube be removed as soon as possible |
| • shortness of breath | |
You Have the Right to the Best Care

We want to encourage you, as a patient at Clark Memorial Hospital, to speak openly with your healthcare team, take part in your treatment choices and promote your own safety by being well-informed and involved in your care.

Because we want you to think of yourself as a partner in your care, we want you to know your rights as well as your responsibilities during your stay at our hospital. We invite you and your family to join us as active members of your care team.

What You Can Expect From Us

► You will receive considerate, respectful and compassionate care in a safe setting regardless of your age, gender, race, national origin, religion, sexual orientation, gender identity or disabilities.

► We will deliver care safely in an environment free from all forms of abuse, neglect, or mistreatment.

► We will call you by your proper name and to be in an environment that maintains dignity and adds to a positive self-image.

► We will inform you of the names of your doctors, nurses, and all health care team members directing and/or providing your care.

► You will be able to have a family member or person of your choice remain with you for emotional support during your hospital stay unless your visitor’s presence compromises your or others’ rights, safety or health. You have the right to deny visitation at any time.

► We will keep you informed about your diagnosis and possible prognosis, the benefits and risks of treatment, and the expected outcome of treatment, including unexpected outcomes. You have the right to give written informed consent before any non-emergency procedure begins.

► You have the right to have your pain assessed and to be involved in decisions about treating your pain.

► We will make every effort to keep you comfortable.

Concerns?

If you have concerns about the care you or your loved one is receiving, please speak with your doctor or nursing supervisor. If you feel that your issue isn’t resolved, dial ext. 6444 from any patient room or hospital phone.
At Maple Manor Christian Home, we do our best to make our residents feel at home in a warm, friendly atmosphere. We are a fully staffed skilled nursing home with 57 licensed inpatient beds that are Medicare, Medicaid and private pay certified.

- Licensed nurses on duty 24/7
- Medical care overseen by a medical director
- Housekeeping, laundry and maintenance
- Activities and social services offered

Located in a pleasant, safe neighborhood in a non-commercial area of Sellersburg.

www.maplemanorchristianhome.org

(812) 246-4866
643 W. UTICA ST.
SELLERSBURG, IN 47172

Adaptive Nursing and Healthcare Services is a fully licensed home health company specializing in providing long-term non-medical care to help patients maintain independence in their home for as long as possible. These non-medical services can be used in conjunction with other services offered by Adaptive, and are based on the patient’s needs.

**Services may include:**
- Attendant care services - Homemaking services
- Transportation - Errand running
- Companionship

We focus our attention on the aged and disabled population who need more than intermittent skilled services, and specifically benefit from having daily help with Activities of Daily Living including:

- Personal Care such as dressing, grooming and bathing
- Meal preparation and assistance with feeding
- Medication reminders - Light housekeeping
- Safety and supervision
- Consistent oversight from our registered nurses

www.adaptiveindiana.com
812.283.7700

Veteran and locally owned.
Now accepting homecare referrals.
Need help finding a job? With parenting, budgeting or nutrition? With senior care? We’re here to help, with services you can use. Serving 20 counties in Indiana. Adult Services • Family Services • Affordable Housing

Maintaining Your Home
Light housekeeping – dusting, vacuuming, mopping, cleaning bathrooms and kitchen, washing dishes, removing trash, laundry, changing linens

Connecting to Your Community
Transportation to doctor appointments, shopping/errands, social engagements, therapy or other services, transportation to place of worship

Personal Care
Assistance with dressing, grooming, personal hygiene, medication administration, meal planning/food preparation

Remaining Active
Assistance with exercise program, assistance with maintaining a safe environment, mobility needs
PROTECT YOUR ASSETS

- Qualify for benefits to pay for nursing home care/home healthcare
- Legally protect your assets
- Avoid the time and cost of probate

Let our team help ensure you don’t go broke in a nursing home®

Elder Advisers
Larry G. Weiss, Inc.

812.949.3223
ELDERADVISERS.COM
SonBlestat Elder Care
Since 1991

No Contracts!
No Deposits!
No Sales Pitches!

- Non-medical, in-home care with over 25 years of reliable service
- Seven days a week, including holidays • 24/7 care available
- Reasonable rates • 2016 Reader’s Choice award winner
- One of the area’s largest agencies • Licensed in Indiana

www.sonblesteldercare.com
812-283-7015

OUR STUDENTS CHANGE LIVES

Ivy Tech Community College students are changing lives in physician offices, hospitals, long-term care facilities and other health care providers throughout Kentuckiana. To learn more, visit IvyTech.edu/Sellersburg or call 888-IVY-LINE.

8204 Hwy. 311
Sellersburg, IN 47172
(812) 246-3301

Dear Sam,
The pressure you’re putting me under is too much.
I QUIT!
Sincerely,
Your Heart

Don’t let your heart quit on you. If you are living with high blood pressure, just knowing and doing the minimum isn’t enough. Uncontrolled high blood pressure could lead to stroke, heart attack or death.
Get yours to a healthy range before it’s too late. Find out how at heart.org/BloodPressure

Check. Change. Control.™
• We will respect your privacy and confidentiality in care discussions, exams, and treatments. You may ask for a health care provider to accompany you during any type of exam.

• We encourage you to participate in decisions about your care.

• We will individualize communication to meet your needs. The hospital will provide sign language and foreign language interpreters as needed at no cost. Information given will be appropriate to your age, understanding, and language. If you have vision, speech, hearing, and/or other impairments, you will receive additional aids to ensure your care needs are met.

• Following discharge, you have the right to obtain a copy of your medical records.

• You may add information to your medical record by contacting the Health Information Management Department.

What We Need From You
Complete and accurate information, including your full name, address, home telephone number, date of birth, Social Security number, insurance carrier and employer when it is required.

• A copy of your advance directive if you have one.

• Complete and accurate information about your health and medical history, including present condition, past illnesses, hospital stays, medicines, vitamins, herbal products, and any other matters that pertain to your health, including perceived safety risks.

• To ask questions when you do not understand information or instructions. If you believe you cannot follow through with your treatment plan, you should tell your doctor.

Nondiscrimination Statement
This facility and its affiliates comply with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-812-282-6631.

注意:如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-812-282-6631。

Questions?
If you have questions about your patient rights and responsibilities, contact the Service Excellence Manager at 812-285-5993.
Advance Directives

A Simple and Smart Way to Take Charge of Your Care

One of the most important decisions you can make about your care is to fill out advance directives in case you can no longer speak for yourself. Advance directives are documents that let others know your wishes about the type of care you want. And they will only be used if you become unconscious or too ill to communicate yourself.

Different states have different laws about advance directives. Check with your Admissions department or nurse if you have any questions. Directives can include:

**Living Will**
This set of instructions explains the type of life-prolonging medical care you wish to accept or refuse. It can include your wishes about the use of resuscitation (CPR) if your heart stops, a ventilator if you stop breathing, or feeding tubes or IVs if you cannot eat or drink.

**Durable Power of Attorney**
**For healthcare:** This is a legal document that names your healthcare proxy—someone who can make medical decisions for you if you're unable to do so. An official healthcare proxy can represent your wishes on emergency care but also on other medical issues like potential treatment options, blood transfusions, kidney dialysis, etc. Choose someone you trust, discuss your medical wishes and make sure the person agrees to represent you in this role.

**For finances:** You also have the right to appoint someone or the same person to help manage your finances if you cannot.

*Choose Your Care*
Fill out advance directives so your wishes are met and your loved ones are sure of what you want.
Privacy and Health Information

You have privacy rights under a federal law that protect your health information. This law sets rules and limits on who can look at and receive your health information. These rights are important for you to know.

Who must follow this law?

- Most doctors, nurses, pharmacies, hospitals, clinics, nursing homes and many other healthcare providers and their vendors
- Health insurance companies, HMOs and most employer group health plans
- Certain government programs that pay for healthcare, such as Medicare and Medicaid

What information is protected?

- Information your doctors, nurses and other healthcare providers put in your medical records
- Conversations your doctor has with nurses and others regarding your care or treatment
- Information about you in your health insurer’s computer system
- Billing information about you at your clinic
- Most other health information about you held by those who must follow this law

What rights do you have over your health information?

Providers and health insurers must comply with your right to:

- Ask to see and get a copy of your health records
- Have corrections added to your health information, as long as your doctor agrees
- Receive a notice that tells you how your health information may be used and shared

Right to Complain

If you believe your rights are being denied or your health information isn’t being protected, you can file a complaint with your provider, health insurer or the U.S. government at https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf.
Your Privacy Matters continued

▸ Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing

▸ Get a report on when and why your health information was shared for certain purposes

▸ File a complaint

What are the rules and limits on who can see and receive your health information?

To make sure that your health information is protected in a way that doesn’t interfere with your healthcare, your information can be used and shared:

▸ For your treatment and care coordination

▸ To pay doctors and hospitals for your healthcare and help run their businesses

▸ With your family, relatives, friends or others you identify who are involved with your healthcare or your healthcare bills, unless you object

▸ To make sure doctors give good care and nursing homes are clean and safe

▸ To protect the public’s health, such as by reporting when the flu is in your area

▸ To make required reports to the police, such as reporting gunshot wounds

Without your written permission, your provider cannot:

▸ Give your health information to your employer

▸ Use or share your health information for marketing or advertising purposes

▸ Share private notes about your mental health counseling sessions

Another law provides additional privacy protections to patients of alcohol and drug treatment programs. For more information, visit: www.samhsa.gov.

Source: U.S. Department of Health & Human Services Office for Civil Rights
We encourage patients to pick a key person to support them during their hospital stay. Whether you are that primary support person, or just one of many people caring and supporting your loved one, you can play an important role in making sure your loved one gets the safest and best care both here and beyond the hospital.

**Patient and Family Care**
Clark Memorial Hospital participates in patient- and family-centered care. We believe that family plays an important role in ensuring the health and well-being in patients of all ages. Our goal is to create partnerships among healthcare practitioners, patients and families that will lead to the best outcomes and enhance the delivery of safe, quality, efficient, effective and timely care.

You can help us improve our care by joining the Patient & Family Advisory Board. Call 812-283-2986 for more information.

**What to Know Before You Leave**
Caregivers can help ensure the best outcome for their loved one after a hospital stay by getting the answers to these three questions:

- **What is the next step for medical care (home or facility, follow-up with primary care physician or physical therapy, etc.)?** Help your loved one arrange the details to make this happen—financial plan, transportation, scheduling, etc.

- **What new and former medicines does my loved one need to take?** Help your loved one understand the details—timing, dosing instructions, side effects, prescription refills, etc.

- **What health warning signs do I need to watch for and what do I do if they happen?** Help your loved one by writing these symptoms down as well as the name and contact number to call.

**Caregivers Need Care Too**
If you feel like you need a break or help, reach out to friends and family. And consult the resources listed here.

**RESOURCES**
- National Alliance for Caregiving [www.caregiving.org](http://www.caregiving.org)
- Family Caregiver Alliance [www.caregiver.org](http://www.caregiver.org)
- Caregiver Action Network [www.caregiveraction.org](http://www.caregiveraction.org)
Before You Leave the Hospital

A successful recovery after your stay starts with a solid plan before you go.

Plan Early to reduce your chances of being readmitted and increase your chances for a healthy recovery. Take steps as soon as possible during your stay to plan for a successful transition from the hospital.

To begin, ask to speak with your discharge planner, and review the following:

- your discharge summary and discharge plan
- your complete medicine list and instructions
- your upcoming appointments
- what to do if you don't feel well

A Reason to Plan Early

If you need a rehabilitation facility, nursing home, skilled care or other service after your stay, you’ll need time to find and weigh your options. For help comparing services in your local area, go to:

- www.medicare.gov/nursinghomecompare
- www.medicare.gov/homehealthcompare
- www.qualitycheck.org
Checklist for Discharge

Make sure you have the following information before you leave the hospital.

- **Discharge summary.** This includes why you were in the hospital, who cared for you, your procedures and medicines.

- **Medicine list.** This includes all your new and former prescriptions, over-the-counter medicines, vitamins and supplements. Ask if there are any medicines you can stop taking or that are not good to take together. Also make sure you know why, how and when to take each one.

- **Prescriptions.** Check that your pharmacy has your new prescriptions and you have a plan to get them filled.

- **Follow-up care instructions.** Beyond medicine, this can include:
  - foods or activities to avoid
  - tests or appointments
  - how to care for incisions or use equipment
  - warning signs to watch for
  - daily living adjustments (like how to get into bed)
  - who to call with questions

- **After-hospital services.** Know how much support you’ll need in these areas:
  - **Personal care:** bathing, eating, dressing, toileting
  - **Home care:** cooking, cleaning, laundry, shopping
  - **Healthcare:** taking your medicines, doctor’s appointments, physical therapy, wound care, injections, medical equipment

- **Local resources.** Ask your discharge planner for help finding local after-care services or other support groups.

**Not Ready to Leave?**

You have the right to appeal your discharge if you don’t agree with the decision that you are ready to leave the hospital. Speak with your discharge planner or physician and share your concerns. You also may need to reach out to Medicare, Medicaid or your insurance company.

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Try the teach-back method. Repeat back what you hear the discharge planner say to make sure you understand the details correctly.
After-hospital care that fits your needs is important. Make sure you understand what your doctor recommends for treatment after your hospital stay. After-care options include:

**Home Healthcare**—Care provided by professionals in your home to help maintain or restore health. Can include: home care services such as housekeeping and meal preparation; personal care services such as bathing, dressing or eating; and healthcare services such as physical therapy or skilled nursing.

**Independent Living**—Communities with individual, private apartments or homes. Includes: meals, housekeeping, maintenance, social activities and possibly transportation. Healthcare services like skilled nursing are not usually standard.

**Assisted Living**—Individual units or apartments, usually in a long-term care facility. Includes: home and personal care services, as well as help managing health conditions and medicine routines—plus social activities and transportation. Medical staff is on-site 24 hours.

**Nursing Home**—Long-term care facility for those who don’t need a hospital, but can’t be cared for at home. Includes: all daily living and personal care services, 24-hour skilled nursing care, plus social activities and events. Special units often available for people with Alzheimer’s disease or memory loss.

**Hospice**—Care program that provides support for terminally ill patients and families in hospitals, facilities or homes. Includes: 24-hour help with pain control, symptom management and emotional or spiritual support.

To get started evaluating or finding after-hospital care resources in your area, visit:

- Eldercare Locator
  [www.eldercare.gov](http://www.eldercare.gov)
- National Respite Network and Resource Center
  [www.archrespite.org](http://www.archrespite.org)

You can also speak with someone from Care Coordination at 812-283-2254 or ext. 2254 for help finding the right after-hospital care.
Take Charge of Your Payments

The hospital billing process may seem complicated, but you can feel more in control by knowing exactly what your bill covers. For example, if you stay overnight, you can expect to see charges for your room, meals, 24-hour nursing care and medicines. The bill also will show charges for any special services, such as X-rays and lab tests. You’ll receive bills for doctors, surgeons and specialists separately from the hospital.

**Medicare**

If you have Medicare, you’ll have to fill out an MSP (Medicare Secondary Payer) form. This ensures that Medicare only pays for services not covered by other insurance you may have. If you have secondary insurance, this usually covers Medicare deductibles. If you don’t have secondary insurance, you need to pay these amounts yourself.

Also be sure to read your quarterly MSNs (Medicare Summary Notices) to review:

- the amount your doctor(s) charged
- the amount Medicare approved and paid
- the amount you owe
- your current deductible status

If you have questions, call the customer service number listed on your statement.

**Commonly Confused Terms**

- **Deductible**: The amount you owe each year before your insurance begins making payments.
- **Co-payment**: A flat fee you pay for a specific service, usually due at the time of service.
- **Coinsurance**: The portion of your medical expenses that you’re personally responsible for paying. For example, your insurance may cover 80 percent of a bill, while you have to pay the remaining 20 percent.

**QUESTIONS?**

If you have billing questions, contact Patient Financial Services at 812-283-2389.
Commercial Insurance Providers
If you use a commercial insurance provider, then the hospital forwards your claim based on the information you provide at registration. About a month after you leave the hospital, you’ll get an explanation of benefits (EOB) statement from your insurance provider. This isn’t a bill. EOBs show:
- the amount billed by your doctor or hospital
- how much of that cost is covered by your insurance
- how much you owe

Review this and all other bill-related documents carefully. If you have questions, contact your doctor or the customer service number listed on the statement.

Self-Pay Patients and Payment Arrangements
If you’re planning to pay your bills without help from Medicare or a commercial insurance provider, then you’ll get bills directly from the hospital. When the first bill arrives, call the hospital’s financial services department to set up a payment plan.

Communicate with the financial services department as soon as possible. If you don’t set up a payment plan, or if you stop making payments, then your account may be placed with a collection agency. The hospital wants to work with you, so reach out with any questions or concerns you have.

Understanding Coordination of Benefits (COB)
COBs happen when you’re covered under two or more insurance companies. This may occur when spouses or partners are listed on each other’s insurance policies, or when both parents carry their children on their individual policies.

To prevent duplicate payments, COBs determine the primary payer. You choose who this is when you’re admitted. Insurance companies usually request completed COBs from you before paying a claim, so make sure you address these requests quickly.

Need Help?
If you don’t understand something on your bill, or if you’re having trouble paying your bills, call Patient Financial Services at 812-283-2389. A patient representative can work with you and guide you to services that can help.
Heart Attack & Stroke Warning Signs

Recognize the Signs and Get Help Quickly

A heart attack or stroke is a medical emergency and every second counts. The faster you or a loved one recognizes the symptoms and gets help, the better your chances of surviving, with the least amount of damage to your heart or brain.

Once you’ve had an event, you’re at greater risk of having another in the future. But keep in mind that the symptoms of a second event can be different from what you experienced the first time.

Heart Attack Warning Signs

The main symptom of a heart attack is chest pain or discomfort. It also can feel like pressure, fullness or squeezing in your chest. These feelings may start gradually and get worse, or they may come and go.

The symptoms of a heart attack can be different for women. Women also may have unusual heartburn, shortness of breath, lightheadedness, nausea, or they may feel tired or anxious weeks before a heart attack.

Stroke Warning Signs

Think F.A.S.T. when it comes to recognizing a stroke:

- **FACE DROOPING:** Does one side of your face droop or is it numb? Try to smile.
- **ARM WEAKNESS:** Is one arm weak or numb? Raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY:** Is your speech slurred? Are you unable to speak? Try to say a simple sentence like “The sky is blue.”
- **TIME TO CALL 911:** If you notice any of these symptoms, even if they go away, call 911 right away.

Other sudden symptoms can include:

- numbness or weakness in your leg
- confusion or trouble understanding
- trouble seeing in one or both eyes
- trouble walking, dizziness, loss of balance and coordination
- severe headache with no known cause
Stop Smoking
Reduce Your Chances of Returning to the Hospital

No matter how long you’ve been a smoker, it’s never too late to quit this unhealthy habit. The benefits start right away and last a lifetime:

- **20 MINUTES** after quitting, your heart rate and blood pressure drop.
- **2 WEEKS TO 3 MONTHS** after quitting, your circulation improves and your lungs work better.
- **1 YEAR** after quitting, your risk of heart disease is half that of a smoker’s.
- **5 YEARS** after quitting, your risk of mouth, throat, esophagus and bladder cancers is cut in half.
- **10 YEARS** after quitting, your risk of lung cancer is half that of a smoker’s.
- **15 YEARS** after quitting, your risk of heart disease is the same as a nonsmoker’s.

**Ready, Set, Quit!**

Now that you’ve decided to quit, take it one day at a time. Remind yourself that you are in control—you can choose to smoke or not. Make a commitment to yourself. Write down why you want to quit and read it every day.

Be prepared to have nicotine cravings. They usually pass soon, so wait it out. The good news is that they become weaker and less frequent the longer you go without smoking. When a craving hits, take a walk, call a friend or do something else you enjoy.

**3 Tips to Help You Quit**

**1. Fight the Urge**
Don’t let yourself think that you can have just one cigarette, but if you do slip, start again and make tomorrow your new first day to quit.

**2. Get Moving**
Exercise is a good way to keep your mind off cigarettes. The longer you go without smoking, the better you can breathe and the easier it will be to exercise.

**3. Keep Your Mouth Busy**
Try toothpicks, celery, sugarless gum or sugar-free lollipops.
Type 2 Diabetes
Managing Diabetes During Your Hospital Stay

Keeping your blood sugar under control takes careful attention. To help, make a diabetes care plan with your doctor or nurse. Include information like:

- how often your blood sugar needs to be checked
- how often you need to take your medicines and insulin
- what to do if you can’t eat
- how to handle your insulin pump if you have one

You also may want to ask a friend or family member to be your diabetes advocate. Together you can work with hospital staff to follow your diabetes care plan.

Tracking Your Blood Sugar
Tracking your blood sugar can give you valuable information about how your body’s working. It also can help you make adjustments if your numbers are generally too high or too low.

Being sick and taking new medicines can cause your blood sugar numbers to go up or down. Ask your nurse if your blood sugar needs to be tested more often.

Taking Medicine or Insulin
You’ll still need your medicines and insulin (if you take it) while in the hospital, but do not take them yourself. Your nursing staff will be responsible for giving them to you. If you have questions about your schedule, it’s okay to ask.

Avoid Infections
Having diabetes puts you at a higher risk of getting an infection, so it’s important to be extra careful during your hospital stay:

- Ask everyone who comes in your room to wash his or her hands.
- Wash your own hands when you can, or ask for hand sanitizer to be placed near your bed.
- Tell your nurse about any cuts, sores or bruises you have.
- Ask friends and family who aren’t feeling well to stay home and not visit.

Planning for Meals
Once you’re admitted to the hospital, ask if there’s a special meal plan for patients with diabetes. You also can ask to see the hospital’s dietitian if your blood sugar is too high or too low during your stay.

If you need to take medicine or insulin before your meal, make sure you’ve worked out a schedule with your nurse.
This sheet contains side effects of common medicines you may be given during your hospital stay. Ask your nurse if you have questions about these medicines or if you would like to speak with a pharmacist.

<table>
<thead>
<tr>
<th>REASON FOR MEDICINE</th>
<th>MEDICINE NAMES: GENERIC (BRAND)</th>
<th>MOST COMMON SIDE EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain Relief</td>
<td>❑ Acetaminophen <em>(Tylenol®)</em></td>
<td>Dizziness/ Drowsiness</td>
</tr>
<tr>
<td></td>
<td>❑ Fentanyl <em>(Duragesic® Patch)</em></td>
<td>Constipation</td>
</tr>
<tr>
<td></td>
<td>❑ Hydrocodone/Acetaminophen <em>(Vicodin®, Lortab®, Norco®)</em></td>
<td>Nausea/Vomiting</td>
</tr>
<tr>
<td></td>
<td>❑ HYDROMorphone <em>(Dilaudid®)</em></td>
<td>Rash</td>
</tr>
<tr>
<td></td>
<td>❑ Ibuprofen <em>(Advil®, Motrin®)</em></td>
<td>Confusion</td>
</tr>
<tr>
<td></td>
<td>❑ Ketorolac <em>(Toradol®)</em></td>
<td>Itchiness</td>
</tr>
<tr>
<td></td>
<td>❑ Morphine</td>
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<td></td>
<td>❑ Oxycodone</td>
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<tr>
<td></td>
<td>❑ Oxycodone/Acetaminophen <em>(Percocet®)</em></td>
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<td></td>
<td>❑ Tramadol <em>(Ultram®)</em></td>
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<td></td>
<td>❑ Other:</td>
<td></td>
</tr>
<tr>
<td>Antibiotics for Infections</td>
<td>❑ Amoxicillin/Clavulanate <em>(Augmentin®)</em></td>
<td>Stomach upset</td>
</tr>
<tr>
<td></td>
<td>❑ Azithromycin <em>(Zithromax®)</em></td>
<td>Diarrhea</td>
</tr>
<tr>
<td></td>
<td>❑ Cefazolin <em>(Ancef®)</em></td>
<td>Rash/Flushing</td>
</tr>
<tr>
<td></td>
<td>❑ Ceftriaxone <em>(Rocephin®)</em></td>
<td>Headache</td>
</tr>
<tr>
<td></td>
<td>❑ Clindamycin <em>(Cleocin®)</em></td>
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<td></td>
<td>❑ Levofloxacin <em>(Levaquin®)</em></td>
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<td></td>
<td>❑ Metronidazole <em>(Flagyl®)</em></td>
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<td></td>
<td>❑ Piperacillin/Tazobactam <em>(Zosyn®)</em></td>
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<td></td>
<td>❑ Vancomycin <em>(Vancocin®)</em></td>
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<tr>
<td></td>
<td>❑ Other:</td>
<td></td>
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<tr>
<td>Blood Sugar Control</td>
<td>❑ Insulin aspart, short acting <em>(NovoLOG®)</em></td>
<td>Headache</td>
</tr>
<tr>
<td></td>
<td>❑ Insulin lispro, short acting <em>(Humalog®)</em></td>
<td>Irritation at injection site</td>
</tr>
<tr>
<td></td>
<td>❑ Insulin glargine, long acting <em>(Lantus®)</em></td>
<td>Low blood sugar (hypoglycemia)</td>
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<td>❑ Insulin detemir, long acting <em>(Levemir®)</em></td>
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<td></td>
<td>❑ Insulin, regular <em>(Novolin R®, Humulin R®)</em></td>
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<td></td>
<td>❑ Other:</td>
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<tr>
<td>Cholesterol Lowering</td>
<td>❑ Atorvastatin <em>(Lipitor®)</em></td>
<td>Headache</td>
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<tr>
<td></td>
<td>❑ Simvastatin <em>(Zocor®)</em></td>
<td>Muscle pain</td>
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<tr>
<td></td>
<td>❑ Lovastatin <em>(Mevacor®)</em></td>
<td>Stomach upset</td>
</tr>
<tr>
<td></td>
<td>❑ Other:</td>
<td></td>
</tr>
<tr>
<td>REASON FOR MEDICINE</td>
<td>MEDICINE NAMES: GENERIC (BRAND)</td>
<td>MOST COMMON SIDE EFFECTS</td>
</tr>
<tr>
<td>----------------------</td>
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</tr>
<tr>
<td>Blood Thinner (to Stop or Break Down Blood Clots)</td>
<td>❑ Enoxaparin <em>(Lovenox™)</em>&lt;br&gt;❑ Heparin&lt;br&gt;❑ Warfarin <em>(Coumadin™)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Increased risk of bleeding</td>
</tr>
<tr>
<td>Blood Thinner (to Stop Blood Clots from Forming)</td>
<td>❑ Aspirin&lt;br&gt;❑ Clopidogrel <em>(Plavix™)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Stomach upset&lt;br&gt;Increased risk of bleeding</td>
</tr>
<tr>
<td>Lowers Blood Pressure &amp; Heart Rate</td>
<td>Calcium Channel Blockers:&lt;br&gt;❑ Diltiazem <em>(Cardizem [CD]®, Cartia XT®, Tiazac®)</em>&lt;br&gt;Beta Blockers:&lt;br&gt;❑ Atenolol <em>(Tenormin™)</em>&lt;br&gt;❑ Carvedilol <em>(Coreg®)</em>&lt;br&gt;❑ Metoprolol <em>(Lopressor®, Toprol XL®)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Dizziness/&lt;br&gt;Drowsiness&lt;br&gt;Headache</td>
</tr>
<tr>
<td>Lowers Blood Pressure</td>
<td>ACE Inhibitors, Angiotensin Receptor Blockers (ARBs)&lt;br&gt;❑ Benazapril, Captopril, Enalapril, Lisinopril, Quinapril, Ramipril&lt;br&gt;❑ Irbesartan <em>(Avapro™)</em>, Losartan <em>(Cozaar®)</em>, Valsartan <em>(Diovan®)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Dizziness&lt;br&gt;Cough</td>
</tr>
<tr>
<td>Diuretic (Water Pill)</td>
<td>❑ Bumetanide <em>(Bumex™)</em>&lt;br&gt;❑ Furosemide <em>(Lasix™)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Dehydration&lt;br&gt;Headache</td>
</tr>
<tr>
<td>Heart Rhythm Problems</td>
<td>❑ Amiodarone <em>(Pacerone™)</em>&lt;br&gt;❑ Digoxin <em>(Digitek™)</em>&lt;br&gt;❑ Other: __________________________</td>
<td>Dizziness&lt;br&gt;Headache</td>
</tr>
<tr>
<td>REASON FOR MEDICINE</td>
<td>MEDICINE NAMES: GENERIC (BRAND)</td>
<td>MOST COMMON SIDE EFFECTS</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>---------------------------------------------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Heartburn or Reflux</td>
<td>❑ Famotidine <em>(Pepcid</em>) ❑ Omeprazole <em>(Prilosec</em>) ❑ Pantoprazole <em>(Protonix</em>) ❑ Other: ___________________________</td>
<td>Diarrhea Headache</td>
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<tr>
<td>Helps with Inflammation</td>
<td>❑ Celecoxib <em>(Celebrex</em>) ❑ Dexamethasone <em>(Decadron</em>) ❑ Hydrocortisone <em>(Cortef</em>, Solu-Cortef*) ❑ Ibuprofen <em>(Advil</em>, Motrin*) ❑ Ketorolac <em>(Toradol</em>) ❑ Methylprednisolone <em>(Solu-Medrol</em>) ❑ Prednisone ❑ Other: ___________________________</td>
<td>Sleeplessness Stomach upset</td>
</tr>
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<tr>
<td>Nausea or Vomiting</td>
<td>❑ Ondansetron <em>(Zofran</em>) ❑ Promethazine <em>(Phenergan</em>) ❑ Scopolamine patch <em>(Transderm Scop</em>) ❑ Other: ___________________________</td>
<td>Constipation Drowsiness Dry mouth Headache</td>
</tr>
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<tr>
<td>Calms Nerves or Makes You Sleepy</td>
<td>❑ Alprazolam <em>(Xanax</em>) ❑ Diazepam <em>(Valium</em>) ❑ Lorazepam <em>(Ativan</em>) ❑ Midazolam <em>(Versed</em>) ❑ Temazepam <em>(Restoril</em>) ❑ Zolpidem <em>(Ambien</em>) ❑ Other: ___________________________</td>
<td>Confusion Dizziness/ Drowsiness Headache</td>
</tr>
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<td></td>
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<tr>
<td>Inhaled Treatments (to Help with Breathing)</td>
<td>❑ Albuterol <em>(Proair</em>, Ventolin*, Proventil*) ❑ Ipratropium <em>(Atrovent</em>) ❑ Budesonide, beclomethasone <em>(Pulmicort</em>, QVAR*) ❑ Tiotropium <em>(Spiriva</em>) ❑ Other: ___________________________</td>
<td>Cough Dry mouth Feeling anxious Headache Throat irritation Upset stomach</td>
</tr>
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</tbody>
</table>
Get Connected with Our Patient Portal

myClark is an effort by our hospital to enhance communication and coordination of care with our patients. By creating a platform where you can access important health information related to your stay, our hope is that you will feel better prepared to take an active role in your care.

If you agree to participate and provide your email address to us, you will have access to important information about your recent hospital stay, including:

- A list of current and past medical issues
- A list of current medicines and your medicine history
- Laboratory test results
- Goals for your health

To learn more about accessing myClark from your computer, smartphone or tablet, please visit www.clarkmemorial.org/for-patients-and-visitors/myclark.

Setting Up Your Account

Once you’re discharged from our hospital, all you need to do is register with myClark.

If you’ve provided your email address, you should receive a message from noreply@followmyhealth.com in your inbox. Simply click the link in that email and follow the instructions on the screen to create your username and password. Then enter the invitation code provided by Clark Memorial Hospital, and click “Agree” to the release of information.

Once you’re set up, you will receive two emails: one welcoming you to the portal and one confirming your connection with our organization.

If you have questions or need assistance, please contact the Patient Portal Coordinator at 812-218-6243.
Crossword Puzzle

Complete the crossword by filling in a word that fits each clue.

ACROSS
1. Israelite tribe
4. Biblical giants
8. Universe (pref.)
12. Stitchbird
13. Synthetic rubber
14. Table scraps
15. Eg. god of pleasure
16. Tallow (2 words)
18. Madame Bovary
20. Commotion
21. Padded jacket under armor
25. Son of Zeus
29. Dish (2 words)
32. Ganda dialect
33. Agent (abbr.)
34. Indian sacred fig
36. “Blue Eagle”
37. Ravine
39. Immense
41. Swelling
43. State (Ger.)
44. Medieval shield
46. Before (Lat.)
49. Culm (2 words)
55. Fiddler crab genus
56. Snake (pref.)
57. Unfledged bird
58. Centers for Disease Control (abbr.)
59. Love (Lat.)
60. Tooth (Lat.)
61. Exclamation

DOWN
1. Deride
2. Attention-getting sound
3. Raze
5. Pigeon
6. Black cuckoo
7. Hindu god of love
8. Banner
9. Yellow ide
10. As written in music
11. Mountain standard time (abbr.)
17. Amer. Dental Assn. (abbr.)
19. Pointed (pref.)
22. End
23. Auricular
24. Rom. historian
26. Build
27. Irish sweetheart
28. Hall (Ger.)
29. Created
30. Old-fashioned oath
31. Beer ingredient
35. Afr. worm
38. Vomiting
40. Drain
42. Amer. Cancer Society (abbr.)
45. Habituated
47. Alternating current/direct current (abbr.)
48. Apiece
49. Tibetan gazelle
50. Revolutions per minute (abbr.)
51. Exclamation
52. Nautical chain
53. Belonging to (suf.)
54. Manuscripts (abbr.)

Answer Key

Source: mediaworks.satoripublishing.com
Keep track of all the new medicines you are prescribed while in the hospital—plus any other medicines you already take.

<table>
<thead>
<tr>
<th>MEDICINE 1</th>
<th>MEDICINE 2</th>
<th>MEDICINE 3</th>
<th>MEDICINE 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug Name</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>What Does it Treat?</td>
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<td></td>
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<tr>
<td>Dose</td>
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<tr>
<td>How to Take it (With food, on an empty stomach, etc.)</td>
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<td></td>
<td></td>
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<tr>
<td>When to Take it (Time of day, morning, night, etc.)</td>
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<td></td>
</tr>
<tr>
<td>Notes (Prescribing doctor, pharmacy, side effects)</td>
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</tbody>
</table>

Share With Staff

*Fill out this list with hospital staff to double-check you’re taking your medicines correctly and that they’re safe to take together. Also be sure to include over-the-counter medicines, vitamins and supplements.*
Have a question or concern on your mind? Share it with hospital staff. We want to help but can’t unless you tell us what you need.
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Clark Memorial Hospital
A Norton and LifePoint Partnership

ClarkMemorial.org

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-812-282-6631.

注意:如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-812-282-6631。