

LEXINGTON



1740 Nicholasville Road • Lexington, Kentucky 40503 • (859) 260-6499

Dear Patient,

Your physician requests for you to participate in a nursing visit in **Pre-Admission Testing (PAT)** at Baptist Health Lexington (BHLEX). PAT is a service to safely prepare each patient for their scheduled procedure and support excellent outcomes. PAT is open Monday-Friday 8 a.m. - 4 p.m. Your visit with a PAT registered nurse (RN) should last one hour or less. Physician offices notify each patient of appointment times (e.g., COVID/PAT appointment, Pre-Op arrival). Please contact them with any concerns or requests to change.

Pre-Admission Testing Appointment:

Date: _____ Time: _____

Your time is valuable. To prevent delays, please bring the following to your PAT appointment as it applies:

- Written physician orders (if given to you by your physician)
- Medications in the original bottles including over-the-counter medications (NOT a list), or pictures on cell phone
- Copy of **living will or power of attorney** documents •
- Copy of recent test results (EKG, stress test, echo, heart cath, etc.) •
- Copy of pacemaker or ICD cards and date of last interrogation •
- Copy of **cardiac clearance letter** from your cardiologist or primary care physician if history of heart problems •
- Name and phone number of your pharmacy, primary care physician and/or cardiologist •

Prior to your appointment, please access and review the General Education packet and video located on the BHLEX PAT website: https://www.baptisthealth.com/lexington/patient-and-visitor-information/pre-admission-testing

Patients may also scan the QR code below from a cell phone. The purpose of the packet and video is to help safely prepare for the scheduled surgery or procedure. Both can be accessed 24/7 before and after the PAT appointment. Be sure to complete the 5-minute online post-survey after watching the video (second QR code below). If you do not have access to a personal laptop or cell phone, general education is provided during the scheduled PAT appointment.



PAT General Education Packet & Video QR Code



During the appointment, be prepared to answer questions about your medical history including any previous surgeries or procedures. The RN enters your medical history into the computer system, obtains lab work ordered by physician, provides education about the procedure and preventing infection (also in the video), witnesses any consents, and discusses what to expect if being hospitalized after a procedure (as appropriate). If ordered an EKG or chest x-ray. consider wearing a loose-fitting shirt or blouse. Females should avoid wearing panty hose or full slips. You do not need to fast for a PAT visit. Please ask your physician's office if you need to fast for other labs or tests order the same day. Tests results are reviewed and available to your physician. Please allow one hour for the appointment and possibly longer if a referral is needed or previous tests results are obtained while you are with us.

Refer to the back of this page for directions to BHLEX, parking, Registration and PAT department. You will need to go to **Registration** before arriving to PAT. Please call (859) 260-6499 if you are unable to keep your scheduled appointment.

We look forward to seeing you during the visit. Thank you!

Pre-Admission Testing Leadership & Staff



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Directions to Baptist Health Lexington:

- From I-64 and I-75 North of Lexington: Take I-75 South to the Man O'War exit. Go right on Man O' War to Alumni Drive. Right on Alumni Drive to Nicholasville Road. Left on Nicholasville Road to Baptist Health Lexington located is on the left.
- From I-75 South of Lexington: Get off I-75 at the Man O' War exit. Go left on Man O' War to Alumni Drive. Right on Alumni Drive to Nicholasville Road. Left on Nicholasville Road to Baptist Health Lexington located is on the left.
- From the South (US 27): Follow US 27 to approximately one mile inside New Circle Road. Baptist Health Lexington is on the right at Nicholasville Road and Rosemont Garden.

Parking:

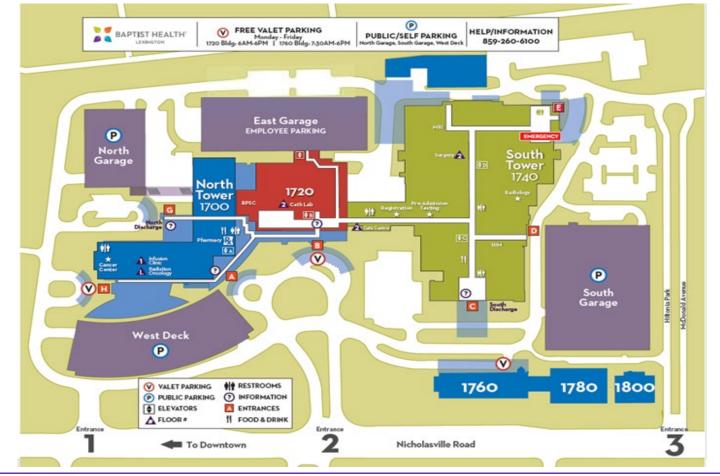
- Free Valet Parking Take Entrance 2 from Nicholasville Road and go straight ahead to 1720 building.
- Self-Parking Take Entrance 1 from Nicholasville Road, bear left and follow the road to North Garage.

Directions to Registration:

- If entering through front of 1720 Building (valet parking), take a right and proceed up the hallway connecting 1720 building to 1740 building. Registration is on the left about halfway up the hall.
- If entering from North Garage, take garage elevator to first floor (\$1), exit to the right and proceed through the doors to outside, follow the covered sidewalk to entrance of North Tower, follow signs to 1720 Building, this leads to the 1720 lobby and information desk. Proceed past the information desk to the hallway that connects 1720 Building to the South Tower. Registration is on the left about halfway up the hall.

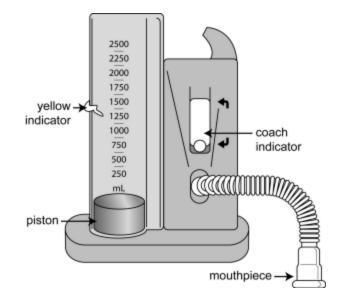
Directions to Pre-admission Testing:

• Follow directions to Registration, and Pre-admission Testing is next door to Registration.



HOW TO USE AN INCENTIVE SPIROMETER (Respirex)

Using your incentive spirometer and coughing after surgery will help prevent pneumonia by assisting you to fully expand your lungs and clear your secretions. The incentive spirometer will also help your lungs expel the anesthesia gas you were given during surgery.



How to use the incentive spirometer:

- 1. Sit on the edge of your bed if possible or sit up as far as you can in bed.
- 2. Hold the incentive spirometer in an upright position. Blow out to empty your lungs.
- 3. Place the mouthpiece in your mouth and seal your lips tightly around it.
- 4. **Breathe in slowly** and as deeply as possible raising the blue piston toward the top of the column. The blue coach indicator should float between the arrows.
- 5. Hold your breath as long as possible (for at least five seconds). Allow the piston to fall to the bottom of the column.
- 6. **Rest for a few seconds** and repeat Steps one to five at least 10 times every hour when you are awake.
- 7. Position the blue indicator on the left side of the spirometer to show your best effort. Use the indicator as a goal to work toward during each repetition.
- 8. Cough to clear your lungs after each set of 10 deep breaths.
- 9. Use the incentive spirometer every hour, 10 to 12 repetitions throughout your hospital stay and after going home.
- 10. Breathe deeply, cough well and walk as soon as instructed by your health care provider.

BAPTIST HEALTH LEXINGTON PHARMACY



For your convenience, we have a **Meds-to-Bed Program** that provides you an option to have your prescriptions filled before leaving the hospital.

What you need to know:

- □ Let the pre-op nurse know if you want to have your prescriptions filled before you leave the hospital. If you decide you want to have them filled and:
 - If you spend the night at the hospital after your procedure, your prescriptions will be filled by the pharmacist and delivered to your room.
 - If you are discharged from the recovery room (PACU) after your procedure, a family member or person you designate will be directed to the Baptist Health Retail Pharmacy to pick up your prescription(s).

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Bring your co-pay for prescriptions. Since your prescriptions are separate from your hospital stay, payment is expected at the time of delivery or pick-up.

Meds-to Bed Prescriptions only filled: Monday-Friday, 8 A.M. – 4:00 P.M. Saturday-Sunday, 9 A.M. – 3:00 P.M.



Pharmacy Hours Monday-Friday, 7 A.M. – 5:30 P.M. Saturday-Sunday, 8 A.M. – 4:30 P.M.

> Located Across From North Café in North Tower



Patient Belongings

Limit Patient Personal Belongings

- Patient personal belongings will be limited. Only necessary items such as personal communication devices (phone, tablet), clothing to go home, and other personal aids (dentures, hearing aids, cane, glasses, respiratory masks, etc.) will be permitted
- You may take a photo (on their personal device) of home medications (photo to include name of patient, name of medication and dosage) to allow for accurate documentation of medical history
- Keep personal belongings and anything you consider valuable (such as pocketbooks, watches, jewelry and cash) at home
- Baptist Health Lexington is not responsible for patient belongings
- **NO FOOD DELIVERIES PERMITTED** to be dropped off.

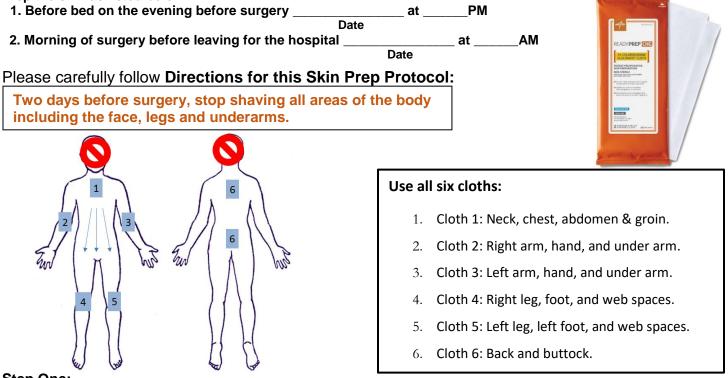




Pre-operative Skin Prep Instructions

Preparing the Skin Before Your Procedure

"Prepping" skin before your procedure can reduce the risk of infection at the surgical site. To help you prevent infection, we are providing you with disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate antiseptic solution (CHG prep cloth) which kills harmful bacteria on your skin and forms a barrier that continues to reduce bacteria for hours. The steps below outline the prepping process and should be carefully followed. **Prep the skin as listed below:**



Step One:

- 1. Night before surgery, shower or bathe using soap and warm (not hot) water.
- 2. After drying with a clean towel, place on clean pajamas or gown. Place clean sheets on bed.
- <u>Wait at least one hour</u> after you shower or bathe. This allows skin pores to close and decreases risk of irritation to skin.
- 4. Perform CHG bath using three packages of 2% CHG wipes (six total wipes) by gently scrubbing back and forth and up and down for three minutes with each cloth. Use a separate cloth for each body area as indicated in the picture above. Dispose of each wipe in the trash can. Do not flush in the toilet.
- 5. Do not rinse off. Allow to air dry. Wash your hands after each use of the wipes.
- 6. Avoid contact with face, eyes, ears, mouth, vaginal/genital area or any open areas on your skin.
- 7. Once prepping begins, do not apply lotions, moisturizers or make- up which may interfere with the effectiveness of the CHG solution.
- 8. If a rash develops or the area becomes reddened, itchy or uncomfortable, rinse off and do not repeat the Skin Prep the next morning.

Step Two:

1. The morning of surgery, repeat the CHG bathing process as outlined above except <u>do not</u> bathe with soap and water prior to using the wipes.

2. Wash your hands.

Bring this completed form with you the morning of your procedure and give to pre-op staff, as this is part of your permanent medical record.



Instrucciones preoperatorias para la preparación de la piel

Preparando la piel antes de su procedimiento:

"Preparar" la piel antes de su procedimiento puede reducir el riesgo de infección en el sitio quirúrgico. Para ayudarle a prevenir una infección, le estamos proporcionando unos paños desechables humedecidos con gluconato de clorhexidina al 2%, solución antiséptica (paño de preparación CHG) que mata las bacterias dañinas en su piel y forma una barrera que continúa reduciendo las bacterias por horas, por lo que no debe enjuagar la solución. Los pasos a continuación describen el proceso de preparación y deben seguirse cuidadosamente.

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1740 Nicholasville Rd Lexington, KY 40503

Prepare la piel como se detalla a continuación: 1. La noche anterior a la cirugía, antes de acostarse _______a las ___PM Fecha a las ___PM 2. En la mañana de la cirugía antes de salir para el hospital ______a a las ___AM Por favor siga cuidadosamente las instrucciones de este
protocolo de preparación de la piel: Dos días antes de la cirugía, deje de afeitarse todas las áreas del
cuerpo incluyendo la cara, las piernas y las axilas. Use las seis toallas húmedas:
 1. Toalla 1: cuello, pecho, abdomen e ingle.
 2. Toalla 2: Brazo derecho, mano y axila.

- 3. Toalla 3: Brazo izquierdo, mano y axila.
- Toalla 4: Pierna derecha, pie y espacio entre los dedos del pie.
- 5. Toalla 5: Pierna derecha, pie y espacio entre los dedos del pie.
- 6. Toalla 6: Espalda y glúteos.

Paso número uno:

- 1. La noche anterior a la cirugía, dúchese o báñese con jabón y agua tibia (no caliente).
- 2. Luego de secarse con una toalla limpia, use una pijama o bata limpia. Póngale sábanas limpias a la cama.
- 3. <u>Espere al menos una hora</u> después de bañarse. Esto permite que los poros de la piel se cierren y disminuya el riesgo de irritación de la piel
- 4. Realice el baño de CHG con tres paquetes de toallitas con 2% de CHG (seis toallitas en total) frotando suavemente hacia atrás y adelante, hacia arriba y abajo durante tres minutos con cada paño. Use una toalla húmeda diferente para cada área del cuerpo como se indica en la imagen de arriba. Deseche cada toalla en el bote de basura. No las tire en el inodoro.
- 5. No se enjuague. Deje que se seque al aire libre. Lávese las manos después usar cada toalla.
- 6. Evite el contacto con la cara, ojos, oídos, boca, área vaginal/genital o cualquier área abierta en su piel.
- 7. Una vez que comience la preparación, no se aplique lociones, humectantes o maquillaje que pueda interferir con el efectividad de la solución de CHG.
- 8. Si desarrolla una erupción o el área se enrojece, pica o se siente incómoda, enjuague y no repita la preparación de la piel a la mañana siguiente.

Paso número dos:

1. La mañana de la cirugía, repita el proceso de baño de CHG como se describe anteriormente, excepto que no se bañe con jabón y agua antes de usar las toallas húmedas.

2. Lávese las manos.

Traiga este formulario completo con usted la mañana de su procedimiento y entréguelo al personal preoperatorio, ya que es parte de su registro médico permanente.





Routine Blood Glucose Testing

During your admission to Baptist Health Lexington, you may have a glucose (blood sugar) and/or a Hemoglobin A1c blood test(s) performed.

What is blood glucose?

The human body is constantly in motion on the inside and outside and these actions need fuel. Glucose (sugar in the blood provided by the foods we eat) is the fuel our body uses to walk, talk, breathe, feed our body and perform all the activities our bodies do. It is normal to have glucose in the blood all the time. A normal "fasting" (without food for 12 hours) glucose is approximately 70-100 mg/dl.

What is blood glucose testing?

Blood glucose tests can be performed in several different ways including the following:

- A finger-prick blood sample measuring capillary blood glucose levels
- A lab-draw blood sample from a large vein in your arm
- A Hemoglobin A1c testing from a lab-draw blood sample which indicates a mean (average) blood glucose over the past 3 months

Why is blood glucose testing important?

Whether you have diabetes or not, medical research has shown that blood glucose levels may affect how you recover from certain types of medical treatments and surgery. Another important reason is finding out if you have diabetes or a condition called "pre-diabetes". According to the American Diabetes Association, about one third of adults in America have diabetes and don't know it. Symptoms (being tired, weight changes, being thirsty/hungry) may or may not be present in each person. It is important to know if you have diabetes, pre-diabetes or neither one, to provide an appropriate treatment plan for you during your stay.

When will my blood glucose be tested?

Blood samples may be drawn prior to admission (pre-admission testing) or during admission. If you have surgery, your blood glucose will be tested after surgery. Your physician may order blood glucose tests at other times during your hospital stay as well.

Why do I have to have both tests run?

A Hemoglobin A1c test will provide your physician with additional information about your blood glucose history. Hemoglobin A1c tells what your blood glucose has been in the past and a routine blood glucose tells what your blood glucose is now. If you have diabetes or pre-diabetes, the information will be used to help see how well controlled your diabetes is.

What if my blood glucose is higher than normal?

Your physician will decide a treatment plan that is best for you and your health condition at that time. Insulin may be prescribed and administered to help control your blood glucose. Insulin is a medication used to treat high blood glucose. Taking insulin on a temporary basis does not mean you have diabetes or that you will need to stay on insulin after you go home. If you have diabetes and take "diabetes pills" or "diet controlled", you may be given insulin to help lower high blood glucose readings while in the hospital.

What if I have questions?

If you have questions about your blood glucose level while in the hospital, ask your physician or nurse. If you have questions after you go home, ask your primary care physician.

Visitor guidelines are in place to protect the patients and staff of Baptist Health Lexington during the COVID-19 pandemic. Some site specific variations will be communicated locally based on physical restrictions of waiting space or clinic space.

- No one under the age of 18 is permitted to visit.
- Visitors may rotate in all areas other than labor and delivery.
- Visitors must wear a mask over their nose and mouth. For your safety, no cloth masks are allowed. A screener will provide an appropriate mask.
- Visitors may use public spaces and waiting areas, but are expected to obey signage regarding infection control policies including masking and social distancing



- Outside clergy visits are permitted and do not count towards visitor count.
- No visitors for COVID patients.
- Overnight visitors are allowed in Maternity and NICU as long as department policies are followed.
- Overnight visitors are allowed in other areas at discretion of unit director if in the best interest of the patient and their care.
- Full COVID vaccination is highly recommended for all visitors.
- Visitors will be screened for symptoms of COVID-19.
- This policy will be enforced consistently regardless of any pre-communicated expectations (for example, a healthcare provider who communicates with a family incorrectly).

VISITING HOURS

7:30am to 9:00pm Maternity Floors: 10:00am to 6:30pm

EMERGENCY DEPARTMENT:

1 person can accompany the patient in the waiting room and can accompany the patient in patient's room when notified.

2H ICU:

2 visitors are permitted during visiting hours. Overnight visitors are not allowed. If a patient is still in surgery after visiting hours, 2 visitors may wait. After surgery, 2 visitors may visit with the patient for 15 minutes.



CRITICAL CARE/NON COVID-19:

2 family members/support persons may visit a critically-ill non-COVID patient. Visitors should minimize bringing in outside packages and materials to decrease contamination of contents. Visiting hours are 7:30 am to 9:00 pm.

ISOLATION:

No visitors unless with approval and appropriate PPE for limited times.

INPATIENTS (those admitted or currently in a hospital room):

2 family members/support persons may visit at a time. The use of Personal Protective Equipment and infection control practices should be supervised by staff to ensure compliance with policies and procedures.



NICU:

Parents are permitted in the NICU 24/7. If 1 parent is not involved a support

Get vaccinated. To schedule an appointment, go to Schedule Your Vaccine.com.

BAPTIST HEALTH[®]

Wash hands often.



person may be identified to visit with the parent.

LABOR AND DELIVERY: Visitors are limited to 2 per patient and may not rotate. 1 visitor may stay overnight. They are encouraged to remain for the entire stay and wear a mask in the room with mom and baby. Doulas count towards visitor count.

ANTEPARTUM:

Visitors are limited to 2 per patient and may rotate. 1 visitor may stay overnight. They are encouraged to remain for the entire stay and wear a mask in the room with mom and baby.

MOTHER/BABY:

Visitors are limited to 2 per patient and may rotate. 1 visitor may stay overnight.

CANCER CENTER:

2 visitors are allowed for provider visits. For infusion and tradition therapy treatment days, visitors are not allowed with exceptions for extenuating circumstances such as physical or cognitive assistance needs requiring a caregiver.

PRE-ADMISSION TESTING:

1 visitor will be allowed to accompany the patient after being screened. Visitor should restrict their location to the waiting room, wear a mask at all times and practice social distancing. If the patient has been assigned a room the visitor should wait there. Masks should be worn by visitors at all times including in patient rooms.

MAIN SURGERY:

2 visitors are permitted in waiting area, 1 may visit in pre-op and 1 in PACU.

OSTOMY VISITS:

1 visitor encouraged with each patient as patient receives extensive education

IMAGING & OUTPATIENT:

1 visitor is permitted.

HOSPICE, PALLIATIVE CARE:

2 visitors are permitted. Appropriate PPE must be worn and family members should stay in patient room when possible.

END-OF-LIFE CIRCUMSTANCES:

Multiple visitors are permitted.

Please use the following entrances.

- For Main Hospital, 1720 access 24/7.
- South Tower, 1740 access 6:30am to 7:00pm (M-F) and 7:30a-7p (Sa/Su)
- North Tower Appointments Entrance G or the pedway from the North Parking Garage. Access 5:00am to 9:00pm.
- For Emergencies only use Entrance E.

WHY: To protect our most vulnerable loved ones and staff from the COVID-19 virus. We understand these temporary restrictions may be difficult for patients and their loved ones, but we are taking these steps to protect our patients and our staff. We welcome use of electronic communication on the patient's personal device.



POST-SURGERY

BAPTIST HEALTH®

At Baptist Health Lexington we want you to be at your best as soon as possible. If you are experiencing any of the following, or are uncomfortable, please speak with your nurse.

Pain, bleeding and nausea are all common side effects from surgery.

When can I drive?	
When can I shower?	
Dressing care:	
Follow-up appointment:	



PAIN

Your discharge paperwork provides suggestions to ease any pain you may be experiencing. Taking your prescribed pain medication should address most concerns.

BLEEDING

Minor bleeding is normal. However, large amounts of bright red blood is not. Call your doctor immediately, or go to the nearest Emergency Room.



NAUSEA

Some patients experience nausea from anesthesia. Speak with your nurse for information about controlling this symptom.

If you experience any of the following signs or symptoms, please contact your doctor's office immediately.







SURGERY FAQ

BAPTIST HEALTH®

How will I feel after my surgery?

If you are having surgery, you are probably wondering how you are going to feel afterward. Many people worry that they will have pain. The amount of pain and how long it lasts are all dependent on the type of procedure. For example, you might not have much pain after having a small growth removed from your skin, but might have a greater amount of pain after a major surgery, like a hip or knee replacement. How you feel after surgery also depends on your age, general health and any other medical problems you may have.

How will my pain be measured?

Baptist Health Lexington nurses use a 1-10 numeric scale or a face scale to help evaluate your pain.

Wong-Baker FACES Pain Rating Scale



It is important to fully understand and agree with your pain relief plan. If you have questions or concerns, it is important to discuss them with your healthcare provider.

If your pain is not controlled by medicine, tell your healthcare provider. Severe pain after surgery may: • Prevent sleep.

- Decrease your ability to breathe deeply and to cough, resulting in pneumonia or an upper-airway infection.
- Cause your heart to beat more quickly.
- Cause your blood pressure to be higher.
- Increase your risk for stomach and digestive problems.
- Slow down wound healing.
- · Lead to depression, anxiety and feelings of helplessness.

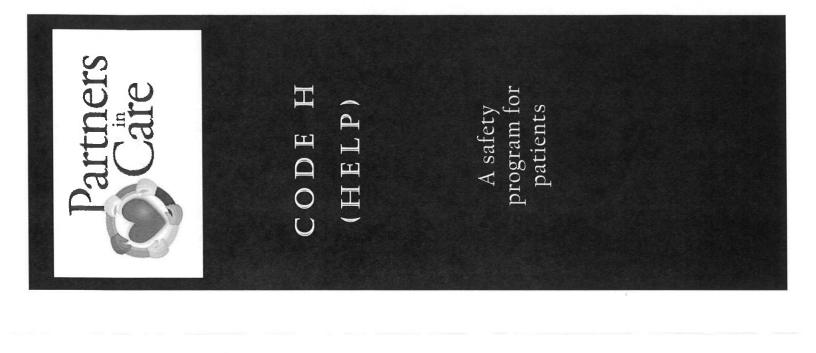
Your healthcare provider may use more than one method at a time to help relieve your pain. Using this approach may allow you to eat, move around and possibly leave the hospital more quickly. Pain medicine can be received through an IV, a pill or liquid. When you tell your healthcare provider that you are having pain, he or she will give you the proper pain medicine to make you more comfortable.

What are the options for managing pain before and after surgery?

Oral pain medicine

Pain medicine taken by mouth (orally) include:

- Nonnarcotic medicines:
 - Acetaminophen.
 - NSAIDs, such as ibuprofen and naproxen.
- Muscle relaxants. (May relieve pain caused by muscle spasms.)
- Anticonvulsants. (Used to treat seizures and may help to lessen nerve pain.)



CODE H (HELP)

Baptist Health Lexington is committed to providing quality compassionate care. We are asking you to be a partner in care. Dial from a hospital phone:

2633

(CODE)

Or from outside line:

859-260-5000

For the Code H Hotline

Baptist Health Lexington's Values: Integrity, Hospitality Partnership, Stewardship and Excellence



1740 Nicholasville Road Lexington, KY 40503

CODE H (HELP)	Some other warning signs include:	If you need additional assistance during your hospital stay, Baptist Health Lexington is
	• Much more or less urine output	here to help.
Literature and experience tell us that medical errors occur even in the best of hospitals.	 Appearing confused or unable to think as clearly as usual 	• If you are unhappy with your nursing care, please ask to speak with the charge nurse
Baptist Health Lexington is dedicated to making this hospital a safe place for patient care? We want you to be our	• Whenever something just does not look or seem right with the patient	or nursing director on your unit. • Information Desk – Dial 0
partner in care. What is Code H?		Provides general information regarding hospital services and service locations
A rapid response team that		 Patient Relations – Dial 6168
can be called by hospital		Patients and families sometimes have special
patients and their families.		needs or requests. Patient Advocates can often link families/patients to services
Problems can happen any time a patient is		available within the hospital and community
in the hospital. Code H can help	10 access Code II, nlease call	transportation. Patient Relations also
BEFURE there is a medical emergency.		addresses patient concerns, questions of
	2633 (CUDE)	always glad to help in any way possible.
provi	Or	 Chaplain – 6575
patients & their family members when there is:	859-260-5000	The chaplains of Baptist Health Lexington are
1. A noticeable, clinical change in the patient and the health care team is not	Why is Code H needed?	part of your healthcare team. It is their desire to help make your hospitalization a
present or not responding to the patient's or visitor's concerns.	• It provides another layer of safety to	Chaplains are available 24 hours a day, seven days a week.
2. A breakdown in how care is being managed or confusion about the care	patients and families	 Housekeeping – Dial 6714
plan.	• It solidifies the care partnership	
	among patients, families, visitors,	 Library – Dial 029 /
	R. whenining	