

Giới thiệu
một tài liệu hướng dẫn bệnh nhân
về nhà sau mổ
của bệnh viện tại Hoa Kỳ

Hồ Quang Hưng

23/03/2010

Trực quan, đầy đủ

HOME CARE INSTRUCTIONS

ADULT ACTIVITY

- Normal. Resume your usual activity.
- Quiet today. Resume your usual activity tomorrow. Moving about within your doctor's prescribed limitations will promote healing and prevent complications such as blood clots or pneumonia.
- Quiet indoor activity.
- No vigorous play, heavy lifting, or straining.
- Rest and have help to the bathroom.

PEDIATRIC ACTIVITY

- Limit vigorous activity: bicycle and tricycle riding, gymnastics, skateboarding, skating for _____
- May return to school in _____, when child is comfortable, but no gym or playground activities for _____

PRESCRIPTIONS: TAKE ALL MEDICATIONS AS ORDERED *** TAKE PAIN MEDICATION WITH FOOD:

St. Joseph Hospital  CHOC Children's
HOSPITAL

SURGERY CENTER / SSU CLINICAL RECORD:
PAGE 1 OF 2

WHITE - MEDICAL RECORDS • BLUE - PATIENT COPY

PATIENT ID

[Redacted Patient ID]

1718 BROADWAY, 5th Fl
24120-0100, LOS ANGELES, CA

BE COMPLETED BY PHYSICIAN

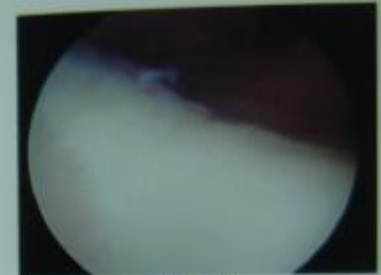
St. Joseph Surgery Center

DOB: 12/16/1950
Sex: F

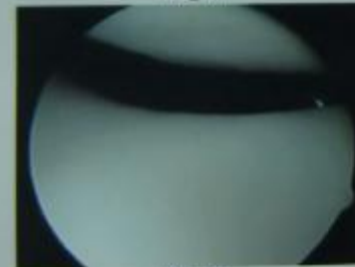
Surgeon: Biviji
Procedure: Arthroscopy left knee
Procedure Date: 10/21/2009
Procedure ID: 10212009104752



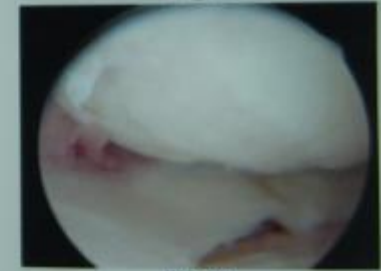
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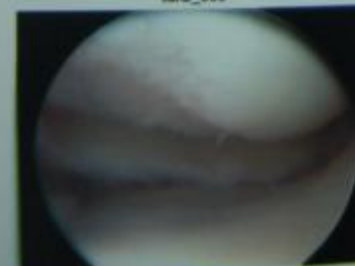
IMG_002



IMG_003



IMG_004



IMG_005



IMG_006

Chăm sóc điều dưỡng – Kí tên trách nhiệm

if you have any problems or questions call Dr. ARAB BUI at (714) 538-8549
 If you are unable to reach your doctor, go to the nearest emergency room.
 IN A LIFE THREATENING SITUATION, DIAL 911.

SOME COMPLICATIONS TO WATCH FOR AND REPORT TO YOUR M.D.:

- Fever over 101°F by mouth.
- Persistent nausea and vomiting.
- Pain not relieved by medication ordered.
- Numbness, tingling or cold fingers or toes.
- Inability to urinate.
- Increased redness, warmth or hardness around operative area.
- Increasing and progressive drainage from surgical area or exam site.
- Blood-soaked dressing. (Small amounts of oozing may be normal.)
- Excessive swelling around operative area.
- Any new or unusual symptoms.

GENERAL ANESTHESIA, REGIONAL OR SEDATION

- You are advised to go directly home from the Hospital.
- Do not drive, operate machinery, perform any skills requiring coordination, or make important decisions for 24 hours.
- Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medication for 24 hours.
- You should have someone with you tonight at home.
- It is not unusual to feel somewhat dizzy, sleepy or tired following the surgical procedure for 24 hours.
- Children may appear flushed, irritable or fussy for several hours after surgery.

FLUID AND DIET

- Regular / General diet (foods you normally eat).
- Begin with clear liquids, broth, bread, saltines, soup.
- Encourage fluids.
- Special diet instructions _____

(If not nauseated, you may progress to a regular diet as desired. Greasy, spicy or heavy food is not advised.)

Tại đây, tôi thừa nhận được hướng dẫn như trên và sẽ sắp xếp theo dõi như trên

- Cha mẹ bệnh nhân
- Người làm chứng/tài xế
- Phiên dịch viên
- Điều dưỡng
- Bác sĩ

When taking pain medication, you may experience dizziness or drowsiness.

- Do not drink alcohol or drive when you are taking these medications.
- Constipation is a common side effect with many narcotic pain medications, so increase the fluids and fiber in your diet.

You may take Acetaminophen (Tylenol), dosage as indicated on the label. Do not take aspirin.

You may take Ibuprofen (Motrin), dosage as indicated on the label. Do not take aspirin.

Laxative / stool softener of choice.

WOUND CARE

Keep bandages dry and intact. You may sponge bathe around bandages. If tapes become loose, they may be trimmed.

You may remove bandages after 48 hours and shower. Leave skin tapes on and just pat dry.

Apply ice to operative site as much as possible. (Example: 20 minutes on then 20 minutes off.)

Elevate the affected extremity above your heart to reduce pain and swelling.

Please see further instructions regarding your condition on a separate sheet.

Ear, nose, & throat Gynecology Other _____

Plastic surgery Oral surgery (i.e., J.P., crutches, Spanish)

Orthopedic Post-op general / GU MD's own instructions

POST-OP OFFICE VISIT

Elvira L. C. Kim
was a 12 phone

COMMENTS:
Dr. Arab Bui took care of

Child Restraint - California law requires all infants / children under 6 years / 60 pounds be secured in a passenger restraint system when in a motor vehicle. If you need additional information, please contact your assigned nurse.

I hereby acknowledge receipt of the instructions indicated above and will arrange for follow-up care as indicated above.

Bay PATIENT (SIGNATURE) PARENT / GUARDIAN DATE / TIME

Sharon WITNESS / DRIVER DATE / TIME

Sharon INTERPRETER DATE / TIME 10/21/09 1035

Edna NURSES (SIGNATURE) R.N. DATE / TIME 10/21/09

Bui ATTENDING PHYSICIAN (SIGNATURE) DATE / TIME 10/21/09 9:00

St. Joseph Hospital CHOC Children's
 ST. JOSEPH HEALTH SYSTEM

SURGERY CENTER / SSU CLINICAL RECORD:
 PAGE 2 OF 2

WHITE - MEDICAL RECORDS • BLUE - PATIENT COPY

7500-0110/CHOC 179192 (6/30/09)

7500-0110/CHOC 179192 (6/30/09)

10/21/09 SJ00979677

PM# 199796

Hình vẽ - Lựa chọn dạng checklist - Gạch bỏ “thẳng tay”

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Children's Hospital
of Orange County

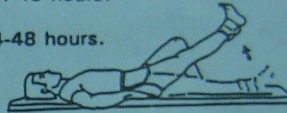
ORTHOPEDIC INSTRUCTIONS

ORTHOPEDIC: If you feel numbness or tingling when your extremity is elevated try repositioning the extremity.

Some doctors use "Marcaine" which is a drug that will numb the area for 6-12 hours.

If you had "Marcaine" in you knee or foot you should get up only to go to the bathroom until the Marcaine wears off, then you may move around as tolerated.

- Use ice to wound as much as possible the first 24-48 hours.
(EXAMPLE: 20 minutes on - 20 minutes off)
- Keep extremity elevated at heart level the first 24-48 hours.
- Weight bear to tolerance.
- Non-weight bearing with crutches.
- Straight leg raises.



- Exercise: With the opposite knee bent, lift your leg straight off the bed until it is level with the bent knee, while keeping your kneecap tight. Hold for 6 seconds—Relax—Repeat.
- Other _____

CAST CARE: Casts take 24-48 hours to dry completely. Be careful not to dent the cast or leave finger indentations. The edges of the cast may be bound with adhesive or waterproof plastic tape if desired for a smoother edge and reduced plaster crumbs.

- If your cast becomes soiled, it may be cleansed with a white cleanser and a damp cloth.
- Do not stick anything into the cast.
- If it itches you may use a hair dryer to blow air into the cast.
- Watch for impaired circulation.
- Cleanse skin daily.
- Reach under cast with your fingers to remove plaster crumbs or foreign objects and observe for skin irritation.

SIGNS OF IMPAIRED CIRCULATION: NOTIFY YOUR DOCTOR IF ONE OR MORE OF THE FOLLOWING SIGNS OCCUR:

1. Extreme coolness in the affected extremity.
2. Inability to move the fingers or toes of the affected extremity.
3. A bluish or white coloring of the fingers or toes of the affected extremity.
4. An increasing numbness or tingling of the affected extremity that is not relieved by changes in your position.

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HƯỚNG DẪN CHỈNH HÌNH

ORTOPEDIA: Si siente hormigueo o adormecimiento cuando su extremidad esta elevada, trate de colocarla en una posición diferente.

Algunos médicos usan "Marcaine" que es una droga que adormece el area de 6 a 12

- o Chườm đá lên vết thương càng nhiều càng tốt trong 24-48 giờ đầu
- o (Ví dụ: 20 phút chườm - 20 phút nghỉ)
- o Giữ chân cao ở mức ngang tim trong 24-48 giờ đầu
- o Chịu sức nặng theo khả năng
- o Không chịu lực với nạng
- o Nâng chân thẳng
- o Bài tập: với chân đối diện gấp lại, nâng chân thẳng lên khỏi giường cho đến mức bằng chân kia, trong khi giữ bánh chè chặt. Giữ trong 6 giây-Thư giãn-Lập lại.
- o Khác:

- Si tiene comezón, puede usar un secador del cabello para soplar aire dentro de yeso.
- Está atento a los signos de impedimento de la circulación.
- Límpiese la piel todos los días.
- Con los dedos remueva las partículas que se desprenden de la pasta u objetos extraños. Observe si hay irritación de la piel.

SEÑALES QUE INDICAN QUE HAY IMPEDIMENTO DE LA CIRCULACION: NOTIFIQUE A SU MEDICO SI OCURREN UNA O MAS DE LAS SIGUIENTES SEÑALES:

1. Frío extremo en la extremidad afectada.
2. Incapacidad para mover los dedos de la extremidad afectada.
3. Color azulado o blanco en los dedos de la extremidad afectada.
4. Un aumento de adormecimiento u hormigueo en la extremidad afectada que no se quita al cambiar de posición.