

**FACTS FOR
YOUR STAY**

**DESCRIBE
YOUR PAIN**

Tools Inside to Help

**SUCCESSFUL
DISCHARGE**

How to Plan Ahead

PATIENT GUIDE

Key Information For Your Stay



FREE!

**Take This
Copy Home
With You**

Comanche
County
Memorial
Hospital

Brought to you by: PatientPoint. 

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Welcome



Thank You for Trusting Us

This Patient Guide is to help you during the uncertainty and adjustment that comes with a hospital stay. In the following pages, you'll find useful information about the many patient services available to you as well as helpful policies.

Guest Relations representatives are here to assist you with your concerns and needs. A representative can be reached by calling ext. 3819 or 3820 from 8:00 a.m. to 5:00 p.m. Monday through Friday. If your need is urgent and a guest relations representative is not available, please call the operator and ask to speak with the administrative supervisor.

We hope your stay with us will be as pleasant as possible. You can be confident of our desire and ability to do our utmost for you. If you have any additional questions, please ask. We are here to serve you as our patient and our guest.

Sincerely,

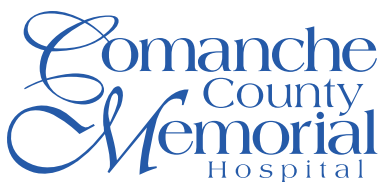
Brent L. Smith, CEO, FACHE

OUR MISSION

Our mission at Comanche County Memorial Hospital is to provide you safe, compassionate and innovative healthcare which exceeds expectations.

OUR VISION

To earn the trust, loyalty and respect of those we serve through healthcare leadership and excellence.



About Us

Why We Are the Right Choice for Your Care

Our Organizational Priorities

- Improve communication
- Treat everyone with respect
- Improve responsiveness and attention to patients and their families
- Improve teamwork
- Enhance the hospital experience

Our Principles of Caring

- Put Patients First
- Provide a Safe Environment
- Respect Dignity
- Prepare and Educate
- Exceed Expectations
- Do All Things Well
- Anticipate Needs
- Communicate Openly and Honestly
- Listen
- Promote Mutual Trust
- Provide Exemplary Service

Colors of Caring

At Comanche County Memorial Hospital, many people may care for you at the same time. Sometimes, it can be difficult to keep track of which person is which. To help you, we have created the Colors of Caring, which identifies staff members by their scrub colors:

- **RN:** Navy Blue
- **LPN:** Gray
- **CNA:** Khaki
- **Women/Children:** Misty Green
- **Respiratory Therapy:** Dark Teal
- **Laboratory:** Royal Blue
- **Pharmacy/Engineering:** Black
- **Physical Therapy:** Red
- **Radiology:** Burgundy
- **Dietary:** Black
- **Housekeeping:** Navy & Light Blue
- **Surgery:** Powder Blue



CONTACT US

3401 W. Gore Blvd.

Lawton, OK 73505

580.355.8620

ccmhhealth.com

Community Resources

For additional resource information, please call Care Management at ext. 5355.

Adult/Aging

Center for Creative Living
580.248.0471

Senior Information Line
800.211.2116

Comanche County Memorial Hospital

CCMH Ambulance Service
580.585.5555

CCMH Home Health Service
580.585.5575

CCMH Hospice Service
580.585.5575

Lawton Medi-Equip
580.355.7655

Crime Victims

Victim Witness Compensation
580.585.4425

Lawton Police Department
580.581.3270

Domestic Violence

New Directions
580.357.6141

Hotline
580.357.2500

Handicapped

Office for Disability Concerns
800.522.8224

Vocational Rehabilitation
580.585.4200

Health Services

Alzheimer's Education and Referral
800.438.4380

Comanche County Health Department
580.248.5890

Oklahoma Tobacco Quit Line
1.800.784.8669

Information

City of Lawton
580.581.3500

Fort Sill Visitor Center
580.442.8211

Legal

Legal Aid
580.248.4675

Fort Sill Legal Aid
580.442.5058

Long-Term Care

McMahon-Tomlinson Nursing & Rehabilitation Center
580.357.3240

Nursing Home Complaints

Ombudsman
800.658.1466

Rehabilitation

McMahon-Tomlinson Nursing & Rehabilitation Center
580.357.3240

Social Services

Adult Protective Services (Lawton)
580.250.3600

Hotline
800.522.3511

American Red Cross (Lawton)

580.355.2480

**Association of South Central
Oklahoma Governments (ASCOG)**

800.658.1466

Caregivers Support Group

580.250.6650

Children's Protective Services

580.250.3600

Hotline

800.522.3511

DHS Office at CCMH (Lawton)

580.250.3600, ext. 5870

Transportation**Americab**

580.355.5555

**Lawton Area Transit System
(LATS)**

580.248.5252

Peoples Cab

580.357.9999

Sooner Ride

877.404.4500

Local Hotels

To receive the discounted rate please notify the hotel at check in that you have a family member in the hospital.

Baymont Inn & Suites

580.353.5581

\$76

Best Western

1125 E. Gore Blvd.

580.353.0200 or 1.800.359.0020

\$70 to \$80

Candlewood Suites

940 NW 38th St.

580.354.9906

\$77

Comfort Suites

201 SE Interstate Dr.

580.248.2200

\$84

Executive Inn/Hotel

3134 NW Cache Rd.

580.353.1682

\$45 to \$50

Fairfield Inn & Suites

580.248.8500

\$96

Hampton Inn

2610 SW Cache Rd.

580.355.8200

\$85

Holiday Inn

209 SE Interstate Dr.

580.248.4446

\$79

LaQuinta

1408 NW 40th St.

580.355.6800

10% discount

Motel 6

202 SE Lee Blvd.

580.355.9765

\$44 to \$50

Sleep Inn & Suites

421 SE Interstate Dr.

580.353.5555

\$77 to \$87

RV Hookups

RV hookups are available within the parking lot of the hospital. Our hookups accommodate 30 amps. If you need this service, call the Environmental Services Department at ext. 3376.

Our Commitment to Care



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. 30). Our chaplain or Social Services can help your team of support people make difficult decisions. For help, contact ext. 3172.

Patient Satisfaction Matters to Us

How's your stay? Are you getting the care you need? Are your doctors and nurses listening and responding to your questions or requests? Our goal is to provide the best quality care. To do so, we ask for feedback from patients like you.

During Your Stay

Please speak with your nurse or nursing supervisor if you have any questions or concerns about your care. If you need additional assistance, please contact the CCMH Customer Service Manager at ext. 5485. You also have the right to file your complaint with either:

Oklahoma State Department
of Health
1000 NE 10th
Oklahoma City, OK 73117
1.800.522.0203

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

Did you receive great care?

If you received exceptional care, we would love to hear from you! Ask your nurse for a CCMH Guest Comment Card or visit www.ccmhhealth.com to leave a Google review.



After Your Stay

Once you leave our care, we will continue to seek your feedback through the **Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS)** survey. The HCAHPS survey is a tool to measure and report patient satisfaction. It's made up of simple questions on key care topics such as:

- doctor and nurse communication
- medicine and discharge information
- pain management and staff responsiveness
- overall quality of the hospital environment

If you're selected to receive this brief survey, please take the time to complete it. The results will help us know what we're doing right and where we can improve.

Want to Know How We Score?

You can review and compare the quality, care and safety ratings for different hospitals at:

- Medicare Hospital Compare, uses HCAHPS results and other data: www.medicare.gov/hospitalcompare

You also can find information on hospitals through this accrediting organization:

- The Joint Commission: www.qualitycheck.org



Had a great experience at CCMH? Review us! Use the QR code below or visit our website at www.ccmhhealth.com.



Fast Facts About Your Stay



VISITING THE HOSPITAL?

Thanks for taking the time to support your loved one's care and recovery. See p. 12 for important visitor information.

An A-Z Guide to the Most Frequently Asked Questions

ATM/Cashier

An ATM is located across from The Gift Shop in the main lobby. A cashier also is available in the main lobby during normal business hours.

Atrium Gardens

Location: Northeast corner of the CCMH campus on the ground/ lobby floor.

Hours:

Daily: 6:00 a.m. to 7:00 p.m.

The hospital cafeteria, Atrium Gardens, offers breakfast, lunch, dinner and snacks. The cafeteria also offers deli and grill services. Vending machines are provided in the Emergency Department on the first floor and in the lobby behind the Gift Shop.



Bedside Delivery

Great Plains Pharmacy, ext. 5401 or 580.585.5401, is happy to fill your discharge prescriptions and deliver them to your room. The pharmacy is open Monday through Friday from 8:30 a.m. to 5:30 p.m., files most insurances, and accepts credit or debit cards at the bedside.

Bedside Shift Report

We want you to feel comfortable and cared for throughout your stay, so at each nursing shift change—around 7:00 a.m. and 7:00 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, and you can ask questions as well. Please keep in mind that nursing staff is sharing personal information about your healthcare, so you may want to ask visitors to step out of the room during this time.

Calling Your Nurse

Your room is connected to the nursing station via an intercom system. To call for your nurse, press the NURSE call button located on the bed rails or remote connected to the bed. If you have any questions on how to use the call button, ask a staff member to show you.

Cell Phones

Cellular telephones are allowed throughout the hospital. Charging stations are located in the main lobby, outpatient center lobby and ER lobby. Patients are responsible for their cell phones and other personal belongings.

Electrical Appliances

Only battery-operated devices are allowed in patient rooms. Do not use electric hair dryers, curling irons, razors, heating pads, portable heaters, VCRs/DVRs, computers or other electric devices.

Fire Safety

We conduct fire drills from time to time. If you hear an alarm, stay where you are. In an actual emergency, hospital staff will tell you what to do.

Flowers

Outside florists deliver flowers daily to our guest services desk, and then our staff delivers them to the rooms. Please note that flowers are not always allowed in a patient's room.



Hearing Impaired

A telecommunications device is available to help hearing-impaired patients or patients who want to communicate with a hearing-impaired relative or friend. Arrangements can be made to have a person who uses sign language help a hearing-impaired or deaf patient. Contact your nurse for assistance.

Hospital Safe for Valuables

The safe is located in Nursing Administration. Nursing Services can assist you in securing your valuables.

Hourly Rounding

A nurse will visit you every hour during the day and every two hours at night to check on your comfort, help you change positions in bed, assist with trips to the bathroom and make sure you can reach your phone, call light and personal items easily.

Housekeeping

Our Environmental Services team is available 24 hours a day, seven days a week. If your room needs to be refreshed, please call us at 580.512.8034.

Interpreters

Comanche County Memorial Hospital has access to interpreters for a number of foreign languages, if a patient should require it. For more information, contact your nurse.

Medicines

Please do not bring any prescription or over-the-counter medicines to the hospital. All medicines you take in the hospital need to be prescribed, filled and given to you by hospital staff. Tell your doctor about any medicines you regularly take. If you still need them, hospital staff will give them to you.

Oxygen

Special regulations are in effect when patients are receiving oxygen. Electrically operated equipment and aerosol products are not permitted in these areas. Absolutely no smoking is allowed in any hospital room.

Parking

Patient parking is available in the garage outside the main entrance and near the Emergency Department entrance. For those visiting for outpatient services, free valet parking is available at the Outpatient Center entrance and Tomlinson Medical Center entrance.

Pastoral Care

Pastoral Care is available to you and your family 24 hours a day. The hospital has a board-certified chaplain on staff, and a team of volunteer clergy serves as on-call chaplains. The chaplain can be reached at ext. 3172 Monday through Friday. On-call volunteer chaplains can be accessed after

hours and weekends by calling the operator and asking for the house supervisor. The Martha Lou Lawson Chaplaincy Center is located on the first floor and is open 24 hours a day, seven days a week.

Patient Meals

At-Your-Request Room Service Dining is available from 6:30 a.m. to 6:30 p.m. Dial ext. 5000 to place your order.

Personal Belongings and Valuables

Personal care items such as contact lenses, eyeglasses, hearing aids and dentures can be stored in a personal belonging tray that your nurse can get for you. We encourage you to keep all belongings in this when not in use because it can be easy to misplace these important items. 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. If you bring a valuable item, it should be deposited in the hospital safe. You will be given a written receipt for all items, which must be presented when you withdraw them. Comanche County Memorial Hospital cannot be responsible for replacing personal belongings.

Pharmacy

Location: Tomlinson Medical Complex

Hours:

Monday through Friday: 8:30 a.m. to 5:30 p.m.

Public Restrooms

For everyone's health and safety, we ask visitors not to use patient restrooms. Public restrooms are located throughout the hospital. Ask hospital staff to direct you to the nearest one.

Telephones

Courtesy telephones are located in the main lobby, Emergency Department waiting area and Labor/Delivery family waiting area. A telephone is provided in all patient rooms, except ICU and CVICU. A telecommunications device for the hearing impaired is available upon request.

All local calls are free. To make a local call, dial 9 + the number. You may place a long-distance call by calling collect, charging the call to your home or using a calling card. To call long distance, dial #6288 or 0 + 1 + 866.300.2573. To access a patient room from outside of the hospital, call 580.355.8620 and the operator will assist you.

The Gift Shop

Location: Off the main lobby

Hours:

Monday through Friday: 10:00 a.m. to 6:00 p.m.

Saturday: 10:00 a.m. to 5:00 p.m.

Tobacco Use

To promote wellness and healing for our employees, visitors and vendors, Comanche County Memorial Hospital is a 24/7 tobacco-free campus. This includes all tobacco products includes pipes, smokeless tobacco, cigarettes, cigars, snuff, herbal tobacco products and e-cigarettes. Ask your doctor for nicotine patches, gum or other quit smoking medication or call the Oklahoma Tobacco Quit Line 1.800.QUIT.NOW.

TV

Each patient room has a television. Please be considerate of others by keeping the volume down and turning off your TV at bedtime. Closed captioning is available for the hearing impaired. Ask a staff member if you have any questions on using your TV. See p. 13 for the Channel Listing.



Weapons

No weapons of any kind are allowed inside the hospital or on the hospital campus.

Wheelchairs

Wheelchairs are available on all nursing units, but getting in and out of them without assistance may be dangerous. Please ask for help from a member of the hospital staff.

Visiting Hours

Visitors can be good medicine for patients. At Comanche County Memorial Hospital, we do not restrict, limit, or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, or disability and allow patients to withdraw or deny such consent at any time.

However, patient care is our primary concern. In order to enhance the quality of care, specific visiting hours and regulations have been established. Suggested hours for visitation are from 9:00 a.m. to 9:00 p.m.

Visiting Regulations

The following are general guidelines for visitors:

- Visitors requesting to remain with a patient overnight in a patient's room must be an adult or an emancipated minor.
- Guest cots are not permitted at any time in rooms.
- Staying in Critical Care areas is discouraged.
- Children must remain with an adult who is not a patient.
- Visitors may not smoke in patient rooms or anywhere on hospital grounds.
- Visitors must dress appropriately and must wear shirts and shoes.
- No more than two visitors are allowed at the bedside at one time.
- People with colds, sore throats or any contagious diseases should not visit patients.
- Visits should be kept short. Visitors should maintain a quiet environment and avoid unnecessary noise.
- Visitors may be asked to leave the room during tests or treatments or when the doctor or nurse needs to see the patient.
- Ask before bringing foods, drinks, or other items like balloons, flowers or perfume that might trigger allergies into patient rooms.
- Visitors should wash their hands before entering a patient's room.

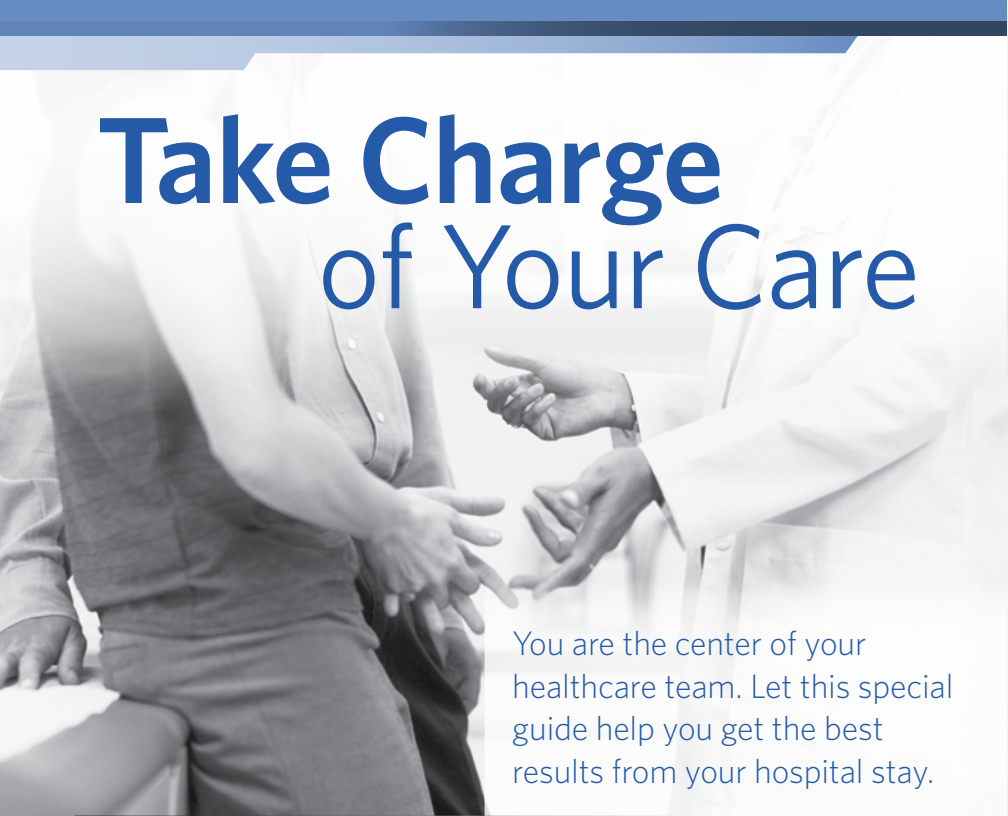
Visitation Policy

Comanche County Memorial Hospital understands that having loved ones by your side can help with your healing and care. You have the right to choose and prioritize visitors from among family, friends, partners, personal care aides or other individuals (regardless of the person's gender or your relationship to the person). You also can choose a support person to be present throughout your stay, unless that person's presence affects your health or the rights or safety of other patients. If you have any questions about your visitation rights, contact your nurse.

TV CHANNELS

2 Newborn Channel	27 HLN	52 A&E
3 KFDX (NBC)	28 Fox News	53 Freeform
4 OKLA (PBS)	29 ESPN	54 Syfy
5 KSWO Live Well Network	30 ESPN2	55 Paramount Network
6 KAUZ (CBS)	31 ESPN Classic	56 TV Land
7 KSWO (ABC)	32 FS Oklahoma	57 American Heroes Channel
8 Lawton Public Schools	33 FS Plus	58 History Channel
9 KWTW (CBS) OKC/Weather	34 Outdoor Channel	59 National Geographic
10 QVC	35 Fox Sports 1	60 Discovery Channel
11 The Weather Channel	36 Golf Channel	61 OWN
12 KJTL (FOX)	37 ESPNU	62 TLC
13 KETA (PBS)	38 NBC Sports Network	63 Animal Planet
14 KAUZ-TV (CW)	39 MSNBC	64 Hallmark Channel
15 Patient Channel	40 Bravo	65 VH1
16 Disney Channel	41 FX Movie Channel	66 MTV
17 TBS	42 AMC	67 Serenity Channel
18 USA	43 Turner Classic Movies	68 CMT
19 Lifetime	44 FX	69 GSN
20 Lifetime Movie Network	45 E! Entertainment	70 Comedy Central
21 Cartoon Network	46 Oxygen	71 Investigation Discovery
22 Disney XD	47 Food Network	72 Family Network
23 Boomerang	48 HGTV	73 FidelityTV Guide
24 Nickelodeon	49 Travel Channel	74 BET
25 CNBC	50 TNT	75 INSP
26 CNN	51 truTV	

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. To help, share your answers with our Customer Service Manager at ext. 5485.

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.

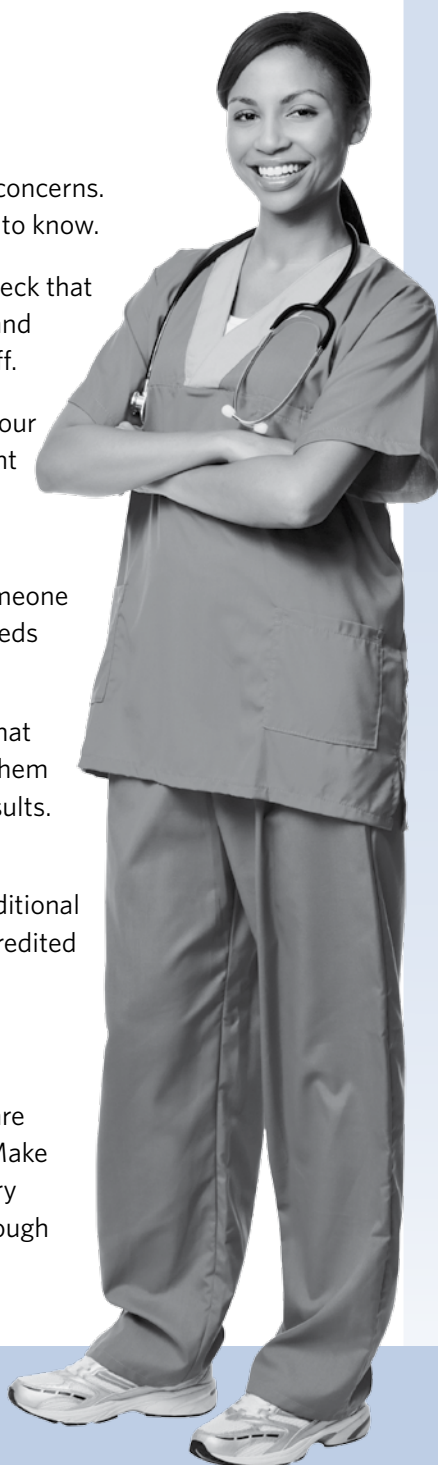
EDUCATE YOURSELF. Learn about your medical condition, tests and treatment options, so you know why following your care plan is so important.

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 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.

You Are Key

You are the most important member of your healthcare team.

Understand your treatment ←

Ask questions ←

Speak up about pain ←

Know your medicines ←

Plan early for a successful discharge ←



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.

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?

- | | | | |
|---|-----------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> aching | <input type="checkbox"/> cramping | <input type="checkbox"/> pressure | <input type="checkbox"/> shooting |
| <input type="checkbox"/> bloating | <input type="checkbox"/> cutting | <input type="checkbox"/> pulling | <input type="checkbox"/> soreness |
| <input type="checkbox"/> burning | <input type="checkbox"/> dull | <input type="checkbox"/> radiating | <input type="checkbox"/> stabbing |
| <input type="checkbox"/> comes and goes | <input type="checkbox"/> numbing | <input type="checkbox"/> searing | <input type="checkbox"/> throbbing |
| <input type="checkbox"/> constant | <input type="checkbox"/> pressing | <input type="checkbox"/> sharp | <input type="checkbox"/> tightness |

How bad is it on this pain scale?

Wong-Baker FACES® Pain Rating Scale



0
No
Hurt



2
Hurts
Little Bit



4
Hurts
Little More



6
Hurts
Even More



8
Hurts
Whole Lot

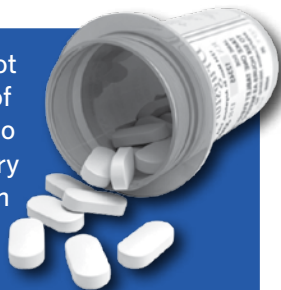


10
Hurts
Worst

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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?

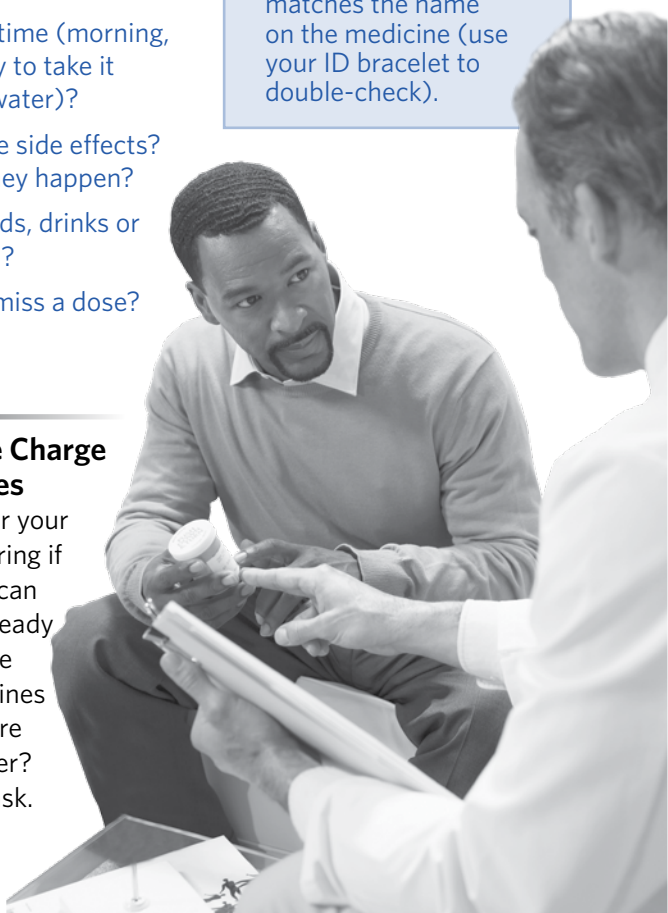
Prevent Medicine Errors

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.



Using Antibiotics Safely

Take Steps to Improve How These Medicines Work

Antibiotics can be life-saving medicines, but using them incorrectly can harm your body. Taking antibiotics when you shouldn't can lead to antibiotic resistance. This means the medicines that used to work to fight off harmful bugs won't work anymore.

While you're in the hospital, your doctor will review your medicines, including antibiotics, regularly. He or she may change the dose or stop giving you the antibiotic if you don't need it anymore. If you're taking antibiotics outside the hospital, it's important to finish them unless your doctor gives you different instructions. This helps to make sure the antibiotics will help you if you ever need them again.

You also can improve antibiotic use after you're discharged. Start by taking these steps:

- **Keep up with vaccines.** Vaccines help prevent diseases from spreading and infections that may require antibiotics.
- **Wash your hands.** This is one of the best ways to prevent the spread of germs that cause infections and keep yourself and your family healthy.
- **Ask about symptom relief.** Talk to your doctor about how to relieve symptoms of your illness so you can feel better.
- **Only take antibiotics for infections caused by bacteria.** Antibiotics don't help illnesses caused by viruses, like colds and the flu.
- **Ask about watchful waiting.** Some bacterial infections can get better without antibiotics. Your doctor may recommend waiting a few days to see if you get better before giving you antibiotics.
- **Take antibiotics as prescribed.** Even if you feel better, do not skip doses or stop taking an antibiotic early without approval from your doctor.
- **Throw leftover antibiotics away.** Ask your pharmacist about the best way to get rid of leftover antibiotics.



LEARN MORE

When your doctor prescribes an antibiotic, it's important to make sure you're taking the right dose for the right amount of time. Visit www.cdc.gov/antibiotic-use for tips on using antibiotics after discharge.



Prevent Hospital Infections

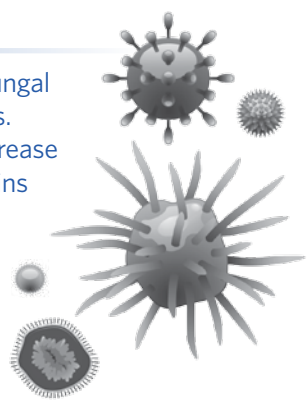
Take Steps to Reduce Your Risk During Your Stay

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.

TYPE	HOW IT STARTS
Catheter-Associated Urinary Tract Infections (UTI)	Germs enter your urinary tract while using a tube to drain urine
Surgical Site Infections	Germs affect the site of your surgery—either on your skin or internally
Central Line-Associated Bloodstream Infections	Germs enter your bloodstream through a large tube that's inserted in a vein near your neck, chest or groin
Ventilator-Associated Pneumonia	Germs enter your lungs through a tube in your mouth, nose or neck used to help you breathe

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 germey 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.



SYMPTOMS	PREVENTION
<ul style="list-style-type: none">■ fever■ burning■ pain■ bloody or frequent urination	<ul style="list-style-type: none">■ clean hands before touching area■ keep urine bag below level of bladder to prevent backflow■ don't tug, pull, twist or bend the tube■ secure catheter to your leg and ask every day if it's still needed
<ul style="list-style-type: none">■ redness■ pain■ drainage of cloudy fluid■ fever	<ul style="list-style-type: none">■ do not shave surgery site (irritation increases risk of infection)■ clean hands before touching area■ don't let visitors touch or dress your wound■ ask your nurse to show you how to care for your wound
<ul style="list-style-type: none">■ red skin and soreness at site■ fever■ chills	<ul style="list-style-type: none">■ clean hands before touching area■ make sure staff wears gloves, gown, cap, mask and sterile drape when handling tube■ 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
<ul style="list-style-type: none">■ cough■ mucus■ fever■ chills■ shortness of breath	<ul style="list-style-type: none">■ clean hands before touching area■ ask if it's safe to raise the head of your bed■ know how often the inside of your mouth needs to be cleaned and speak up when it hasn't happened■ ask that tube be removed as soon as possible

Rights & Responsibilities

You Have the Right to the Best Care

Please review the rights and responsibilities below to help us provide you with quality care.

Rights as a Patient Are:

- ▶ to be informed regarding your rights.
- ▶ to express grievances about your care or possible violations of your rights. To discuss a grievance, contact the operator by dialing 0 and request to speak with the house supervisor. Any grievance which is not or cannot be resolved immediately will be investigated with written response from the chief executive officer within 30 business days.
- ▶ to address your concerns to the Oklahoma State Department of Health (OSDH), regardless of whether you have utilized the hospital's grievance process first. The telephone number at the OSDH is 405.271.6576. Complaints should be addressed to the Director of Hospitals and Related Institutions – Protective Health Services, 1000 NE 10th St., Oklahoma City, OK 73117 or The Joint Commission at 1.800.994.6610 or patientsafetyreport@jointcommission.org.
- ▶ to be free of discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression.
- ▶ to personal privacy in your healthcare treatment.
- ▶ to receive care in a safe setting.
- ▶ to be free from neglect, exploitation, and verbal, mental, physical, and sexual abuse.
- ▶ to be free from restraint or seclusion of any form imposed as a means of coercion, discipline, convenience or retaliation by staff.
- ▶ to have access, request amendment to, and obtain information on disclosures of your health information within a reasonable time, in accordance with law and regulation.
- ▶ to participate in the formulation of your treatment plan and to know the names of the physician, other practitioner and staff members responsible for your care.

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, contact the Customer Service manager at ext. 5485.

- ▶ to participate in the consideration of ethical issues involving your care.
- ▶ to formulate or review and revise an advance directive for healthcare and to have hospital staff comply with your advance directive.
- ▶ to be transferred to another facility if this hospital cannot provide the services you need.
- ▶ to quality treatment and continuity of care that is respectful of your dignity as well as personal values, beliefs and cultural preferences, which contributes to a positive self-image.
- ▶ to discuss a concern about an ethical issue, contact the operator by dialing 0 and request to speak with the house supervisor.
- ▶ to obtain from your physician complete, current information concerning your diagnosis, treatment and prognosis.
- ▶ to give or withhold informed consent and be informed about your medical treatment and to receive informed consent before you are treated. The informed consent process includes a discussion about potential benefits, risks and side effects of your proposed care, treatment, and services; the likelihood of achieving your goals; and any potential problems that might occur during recuperation.
- ▶ to appropriate assessment and management of pain.
- ▶ to refuse treatment to the extent permitted by law, and to be informed of the medical consequences of this action.
- ▶ to confidentiality of your medical records and communications with your healthcare providers, except when state or federal law requires disclosure.
- ▶ to expect that the hospital, within its capacity, makes a reasonable response to your requests for services.
- ▶ to obtain information about any relationship the hospital has with healthcare institutions insofar as your personal care is concerned.
- ▶ to be advised if the hospital proposes to engage in research affecting your care or treatment. Patients have the right to refuse to participate in such projects.
- ▶ to protect your respect and rights during research, investigation, and clinical trials.
- ▶ to expect reasonable continuity of care and the right to know, in advance, what appointment times and physicians are available and where.
- ▶ to have your communication needs met in an effective manner that you understand.
- ▶ to be provided information that is tailored to your age, language, and ability to understand.
- ▶ to have access to language interpreting and translation services.
- ▶ to receive information that is tailored to your needs, to include impairments such as vision, speech, hearing or cognitive.
- ▶ to participate in decisions about your care, treatment and services.
- ▶ to have your own physician promptly notified of your admission to the hospital.

- ▶ to assign a surrogate decision-maker in making decisions regarding your care, treatment and services in the event you are unable.
- ▶ to have your surrogate decision-maker refuse care, treatment and services on your behalf, in accordance with the law and regulation.
- ▶ to have your family involved in your care, treatment, and services decisions to the extent permitted by you or your surrogate decision-maker, in accordance with law and regulation.
- ▶ to have information provided to your surrogate decision-maker about the outcomes of care, treatment, and services you need in order to participate in current and future healthcare decisions.
- ▶ to inform you or your surrogate decision-maker about unanticipated outcomes of care, treatment, and services.
- ▶ to receive informed consent, a discussion about any circumstances under which information about the patient must be disclosed or reported. Such circumstances may include information regarding HIV, tuberculosis, viral meningitis, and other diseases that are reported to organizations such as health departments or the Centers for Disease Control and Prevention.
- ▶ to give or withhold informed consent to produce or use recordings, films, or other images of you for purposes other than your care.
- ▶ to have your decisions addressed about care, treatment, and services received at the end of life.
- ▶ to have your wishes honored concerning organ donation within the limits of the hospital's capability and in accordance with law and regulation.
- ▶ to voice complaints and recommend changes freely without being subject to coercion, discrimination, reprisal, or unreasonable interruption of care.
- ▶ to access protective and advocacy services. Information is available through the hospital's Care Management department.
- ▶ to have access to religious and other spiritual services.
- ▶ to have a family member, friend, or other individual present with you for emotional support during the course of your stay. The individual may or may not be your surrogate decision-maker or legally authorized representative.
- ▶ to receive visitors who you designate, including, but not limited to, a spouse, domestic partner, same-sex partner, another family member, or a friend. You may also withdraw or deny such consent at any time. All designated visitors (or support person where appropriate) shall enjoy visitation privileges that are no more restrictive than those that immediate family members would enjoy. Justified clinical

- restrictions may be imposed on your visitation rights. When restricting visitation rights, the hospital shall explain the reasons for the restrictions or limitations on your visitation rights and how the hospital's visitation policies are aimed at protecting the health and safety of all patients.
- ▶ to verbally designate a support person to exercise your visitation rights on your behalf, should you be unable to do so. Upon such designation, the legal status or the relationship between you and the designated support person shall be irrelevant.
 - ▶ to know what hospital rules and regulations apply to your conduct as a patient.

Your Responsibilities as a Patient Are:

- ▶ to bring with you information about past illness, hospitalizations, medications, and other matters relating to your health to the best of your ability.
- ▶ to cooperate with all hospital personnel caring for you, and to ask questions if you do not understand any directions given to you regarding treatment or care decisions.
- ▶ to follow instructions, policies, rules and regulations in place to support your quality of care and a safe environment for all individuals in the hospital.
- ▶ to be considerate of other patients, and to see that your visitors are considerate as well by maintaining civil language and conduct in interactions with staff and licensed independent practitioners.
- ▶ to keep appointments or to contact the hospital when you cannot keep a scheduled appointment.
- ▶ to be prompt in your payment of hospital bills, and to provide the information necessary for insurance processing.
- ▶ to respect others, the property of other persons and the property of the hospital.
- ▶ to abide by hospital rules and regulations.
- ▶ to work with your healthcare provider to develop a pain management plan.
- ▶ to help your physician, nurses and allied medical personnel in their efforts to restore you to health consistent with your diagnosis, by following instructions and medical orders.
- ▶ to inform hospital administration, as soon as possible, if you believe that any of these responsibilities have not or may not be fulfilled.
- ▶ to maintain the treatment recommended by your physician upon discharge from the hospital and to notify the physician of any changes.
- ▶ to report perceived risks to your care or any safety concerns.
- ▶ to not infringe on the rights of others while exercising your rights.
- ▶ to examine and receive an explanation of your bill regardless of source of payment. Patient care decisions are not affected by financial arrangements. Any questions or concerns will be addressed on an individual basis.

Your Privacy Matters

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

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>.

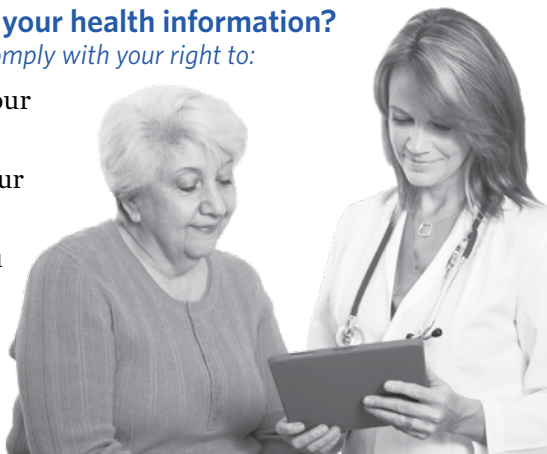
What information is protected?

- ▶ 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
- ▶ Receive a notice that tells you how your health information may be used and shared
- ▶ 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

Contact Health Information Management (HIM) at ext. 3188 for copies of medical records.

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**.

Advance Directives



FILL OUT YOUR FORMS

Make sure you submit advance directives each time you go to the hospital so your most current information and wishes are on file. You do not need a lawyer to fill these out. For more information and to obtain the forms you need, contact If you have questions, talk to your physician, call Social Services at ext. 4254, or call the chaplain at ext. 3172.

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.

Choose Your Care

Fill out advance directives so your wishes are met and your loved ones are sure of what you want.

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

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.



Try the teach-back method. Repeat back what you hear the discharge planner say to make sure you understand the details correctly.

Top 10 Questions to Ask Before Discharge

1. What number can I call 24 hours a day if I have questions or concerns? Who is my contact?

2. Has my follow-up appointment been scheduled? With whom? Do I have a ride there?

3. What are key warning signs I need to watch out for? Whom do I call if they happen?

4. What special equipment do I need? What special instructions do I need (wound care, injections, etc.)?

5. What kinds of activities and foods are limited? For how long?

6. Do the doctors caring for me after my stay have access to my test results and medicines? Do I need follow-up tests?

7. Are my new medicines safe to take with my other medicines, vitamins or supplements?

8. Do I know how and when to take my medicines and how I will get prescriptions filled?

9. Who will provide the extra personal, home or healthcare services I may need?

10. Who can help me if I have concerns about medical costs?

Need Medical Equipment or Supplies?

If you need durable medical equipment (walker, wheelchair, hospital bed, oxygen, etc.), Medicare will only cover the cost if you use an approved supplier. To find one in your area, visit www.medicare.gov and select "Find suppliers of medical equipment and supplies" or call **Lawton Medi-Equip at 580.355.7655**.





After-Hospital Care

Quick Guide to Recovery Options for After Your Stay

After-hospital care that fits your needs is important. Make sure you understand what your hospital staff recommends for you. 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. **Contact: CCMH Home Health, 580.585.5575**

Independent Living—Communities with individual, private apartments or homes. Includes: meals, housekeeping, maintenance, social activities and possibly transportation. Healthcare services like skilled nursing usually are not 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. **Contact: McMahon-Tomlinson Nursing & Rehabilitation Center, 580.357.3240**

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. **Contact: McMahon-Tomlinson Nursing & Rehabilitation Center, 580.357.3240**

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. **Contact: CCMH Hospice, 580.585.5575**

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

- Eldercare Locator
eldercare.acl.gov
- National Respite Network and Resource Center
www.archrespice.org

You also can talk to your case manager or social worker for help finding the right after-hospital care.

Giving Back

About the Foundation

The Comanche County Memorial Hospital Foundation was established in 1993 to support the needs of our community hospital; through the fundraising efforts for capital projects, technology, equipment, nurse education and much more. With our community's support, the foundation has helped provide funding for the needs of an ever-growing community hospital.

Even though listed as a county hospital and perceived to be supported only by tax payer dollars, CCMH only receives approximately one dollar per tax payer per year in Comanche County, which equals approximately \$160,000 per year.

We appreciate our supporters through our fundraising efforts to keep up with the CCMH mission of providing the highest quality healthcare in Southwest, Oklahoma. Visit us online at **www.ccmhhealth.com/waystogive**.

The CCMH Foundation is a 501(c)(3) organization EIN# 73-1424430.

Circle of Caring

Has someone impacted you, a family member or friend during their stay or patient care? You can make a gift of any size, and we will recognize the honored nurse, doctor, housekeeper, dietary worker or any staff from any area of our hospital with a CCMH Circle of Caring lapel pin.

Please ask your nurses station or guest relations desk for a pamphlet or visit us online at **www.ccmhhealth.com/waystogive**.

Make Your Gift Today

Tax-deductible gifts can be made in the form of cash, check, credit card or stocks. You also may remember Comanche County Memorial Hospital in your will and through life insurance, among other gift options.

For more information, contact

Lea Ann Chandler

Director, CCMH Foundation

580.250.5989

LeaAnn.Chandler@ccmhhealth.com

Thank you in advance for your gift.

Want to Volunteer?

Volunteers provide support throughout the hospital and give thousands of hours each year to enhance the care of patients and their families. For more information or to volunteer, call Guest Relations at ext. 3820.

Staff Definitions

Ancillary Staff

These are all the other people that you will see throughout your day. They include lab technicians, radiology technicians, dietary staff and housekeeping.

Care Managers

You have a care manager that has been assigned to your case. This person will make sure that you are receiving all the services you need. This person also will plan your discharge home.

Certified Nursing Assistant

CNAs assist you with any basic needs you may have.

Consulting Physician

Your physician may want the opinion of specialty physicians to help with your care.

Dietitian

A dietitian will be looking at your plan-of-care for dietary needs and addressing those according to your treatment.

Hospitalist

A hospitalist will be responsible for leading the treatment team, prescribing medications, monitoring your health progress and meeting with you frequently.

Licensed Practical Nurse

LPNs are available on the unit to assist the RN with medications and other duties related to keep you safe and comfortable.

Physical, Occupational, Speech and Respiratory Therapy

You may have one or a combination of these services as your physician sees fit. These therapists will come to see you based on your treatment plan.

Registered Nurse

There are RNs on the unit at all times to assist you. They will help with your plan of care.



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:

F**ACE DROOPING:** Does one side of your face droop or is it numb?
Try to smile.

A**RM WEAKNESS:** Is one arm weak or numb? Raise both arms.
Does one arm drift downward?

S**PEECH DIFFICULTY:** Is your speech slurred? Are you unable to speak?
Try to say a simple sentence like "The sky is blue."

T**IME 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

CCMH is a 24/7 tobacco-free campus. 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.

Want to Quit?

If you want to quit, call 1.800.QUIT.NOW (800.748.8669).

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.

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.



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.

Your Hospital Diet

Good Nutrition Plays a Role in Recovery

The Comanche County Memorial Hospital Dietary Department makes every effort to make sure your meals are nourishing, well-balanced and follow your prescribed diet order from your doctor.

At Your Request Room Service Dining is offered to provide you with a variety of high-quality, made-to-order meals during your stay. **Our room service allows you to choose what you want to eat from our extensive menu and lets you decide what time you would like your meals to be delivered.**

A room service menu with instructions is provided and nursing staff can help explain the ordering process. Our operators will assist you in making menu selections that comply with your dietary requirements. You can expect delivery within 45 minutes. If you choose not to use room service, you still will receive trays from the house menu at meal times.

If you have a specific dietary request related to your cultural, ethnic or religious preferences, the Dietary Department will do its best to accommodate you. Guest meals in patient rooms are available by paying the cafeteria cashier in advance.

If you have guests that would like to use At Your Request services, have them go to the Atrium Gardens and pay for their meal. The meal will be delivered to your room.

At Your Request

Place your orders for room service dining between 6:30 a.m. and 6:30 p.m. by calling ext. 5000.

