



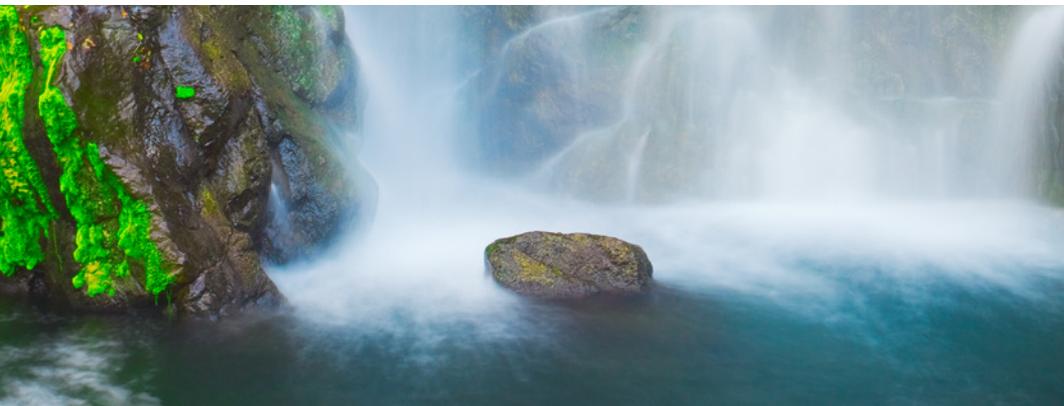
Hilo  Medical Center

Patient Education Handbook

My Department: _____

My Room Number: _____

My Phone Number: _____





COVID-19

Thank you for choosing Hilo Medical Center for your healthcare needs. Due to the COVID-19 pandemic, some of the things in this handbook may not be applicable at this time as we strive to provide a safer environment for our patients, staff and community.

If you have any questions regarding our current policies and procedures, please don't hesitate to ask your nurse or one of our staff members. Things are changing daily and we want to provide you with the latest information available. We appreciate your patience and understanding during this season. Please be assured that you are getting exceptional and compassionate care here at HMC.

MASK INFORMATION



DOS:

- Thoroughly wash hands with soap and water before touching the mask
- Inspect the mask for any damage or dirt
- Adjust the mask without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Use the straps to remove the mask and pull it away from your face
- Store the mask in a clean, resealable plastic bag if it is not dirty or wet, and you plan to re-use it
- Remove the mask from the bag by the straps
- Wash fabric masks with soap or detergent, preferably with hot water, at least once a day when you are at home
- Clean your hands after removing the mask

DON'TS:

- DO NOT use a damaged mask
- DO NOT wear a loose mask
- DO NOT wear the mask under the nose
- DO NOT remove the mask if there are people within 6 feet of you
- DO NOT use a mask that's difficult to breathe through
- DO NOT use a dirty or wet mask
- DO NOT share your mask with others

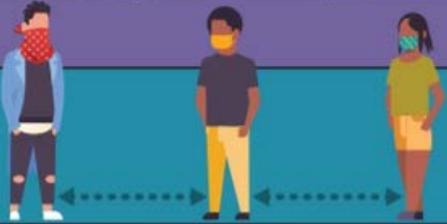
Source: World Health Organization and CDC Guidelines, 2020

Slow the Spread of COVID-19



WASH YOUR HANDS OFTEN

WHEN OUT WITH YOUR FRIENDS,
WEAR A CLOTH FACE COVERING



AND STAY
6 FEET APART
FROM OTHERS



CLEAN
FREQUENTLY
TOUCHED
OBJECTS



DO NOT
TOUCH YOUR
EYES, NOSE,
AND MOUTH



COVER
YOUR
COUGHS
AND
SNEEZES

60%
ALCOHOL



STAY HOME IF YOU ARE SICK



cdc.gov/coronavirus



The Hawaii Emergency Management Agency (HI-EMA) is working with local, state and federal partners to keep our community informed about COVID-19. Visit <https://hiema-hub.hawaii.gov/> for the latest data on the State of Hawaii.



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A Message From Our CEO

Please take a moment to read through our Patient Education Handbook. I want you to feel comfortable in our facility, with our staff and with the services contributing to your care. As a patient, you are an important member of our healthcare team. The information in our handbook is meant to encourage you to take an active role in your care. If you have any questions or need more information, please talk to any member of the staff caring for you.



As the only hospital in the East Hawaii Region, we know that we are caring for family, friends and neighbors every day. Our staff takes this responsibility to heart and strives to always provide you with exceptional and compassionate care. I sincerely hope that every encounter you have while at Hilo Medical Center exceeds your expectations. We wish you a short stay and a complete recovery. On behalf of the hospital employees and medical staff, thank you for choosing Hilo Medical Center for your medical needs!

Sincerely,

A handwritten signature in blue ink, appearing to read 'DK' or similar initials, written in a cursive style.

Dan Brinkman
East Hawaii Regional CEO
Hawaii Health Systems Corporation

*Your safety is our priority!
Not all the information in this handbook may pertain
to you. Please consult with your care provider to
assist in identifying what is specific to you.*

Welcome to Hilo Medical Center

As the Big Island's leading provider of inpatient and outpatient care, Hilo Medical Center (HMC) delivers a full range of services and programs. Our 20-acre campus is comprised of 137 acute hospital beds, 31 long-term care beds and a 20-bed inpatient psychiatric facility. Over 1,000 employees and 120+ physicians, nurse practitioners and physicians' assistants provide care to our community. Additionally, we operate nine outpatient clinics offering primary and specialty care. The hospital is a Level III Trauma Center, which includes the second busiest emergency room in the state, providing 24-hour care to more than 48,000 patients annually.

The staff at Hilo Medical Center is proud to provide our community with nationally-recognized care. In 2017, we renewed our hospital accreditation by fully meeting the standards of the Joint Commission, which certifies hospitals for Medicare and Medicaid. Hilo Medical Center received a five-star rating from the Centers for Medicare and Medicaid Services (CMS) for Nursing Home Care. Since 2016, HMC has been ranked a CMS four-star hospital for overall quality. The Leapfrog Group gave Hilo Medical Center a safety grade score of an "A" in 2016 and 2017 for overall performance in keeping patients safe from preventable harm and medical errors. At Hilo Medical Center, exceptional care goes beyond just great medicine - we strive to treat our patients with compassion, listen to your feedback, and constantly work to improve our services. We are proud to continue these efforts today. We are part of the Hawaii Health Systems Corporation, a public entity established in 1996 by the State of Hawaii, to fulfill the promise to provide quality, hometown healthcare. For more information, go to: www.hilomedicalcenter.org.

Mission

Improving our community's health through exceptional and compassionate care.

Vision

To create a healthcare system that provides patient centered, culturally competent, cost-effective care with exceptional outcomes and superior patient satisfaction. We will achieve success by pursuing a leadership role in partnership with community healthcare organizations and providers.

Values

We live our values through teamwork.

Respect: "We treat everyone with the highest professionalism and dignity. Rudeness is never acceptable."

Mindfulness: "We work with the right attitude. We are accountable and take responsibility for our actions."

Integrity: "We do the right thing, at the right time, to the right person, for the right reason."

Trust: "We work together to maintain the highest performance standards and strive for the trust of our community."

Welcome to Hilo Medical Center

Smoke and Tobacco Free Environment

In 2016, the Hawaii State Legislature passed Act 25 that “prohibits the use of tobacco products and electronic smoking devices on the premises of Hawaii Health Systems Corporation facilities.” Additionally, in May 2013, Hilo Medical Center adopted a campus-wide Tobacco and Smoke-free Campus Policy. This means that there will be no smoking and no use of tobacco products from patients, visitors, and all hospital staff anywhere on the hospital property. Thank you for your cooperation and help in maintaining a healthier environment for our community.



The Cubby Hole

The Cubby Hole is our snack shop that is located in the main entrance corridor and is open Monday-Friday 8:00 am to 8:00 pm; Saturday 8:30 am to 4:30 pm; Sunday-Closed.



The Ohana Café

The Ohana Café is our hospital's cafeteria that is open to the public and our employees. It is located on the first floor and serves breakfast from 6:30 am to 8:30 am, lunch from 11:00 am to 1:30 pm, and dinner from 4:15 pm to 6:00 pm. Now accepting debit cards.

Due to the current pandemic, the Ohana Café is closed to the public. Thank you for your patience and understanding.



Vending Machines

Vending machines are located outside of the main entrance and near the first floor elevators, around the corner from The Cubby Hole.



Public Restrooms

Public Restrooms are available on every floor throughout the facility. Visitors, for our patients' health and safety, please do not use the restrooms located in patient rooms.



NO-TOLERANCE

Our hospital strives to be a healing environment for patients and visitors and **will not** tolerate aggressive behavior. Examples of aggressive behavior include:



- Refusal to respond to staff instructions
- Abusive language
- Sexual language directed at others
- Physical assault
- Verbal harassment
- Threats

If you behave aggressively in the hospital, you may be removed from the facility and may face prosecution. Our hospital administration supports staff in pressing charges for aggressive behavior they encounter while caring for patients.

Patient Rights and Responsibilities

We want to encourage you, as the patient, to speak openly with your healthcare team, take part in your treatment choices, and promote your own safety by being well informed and involved in your care. Because we want you to think of yourself as a partner in your care, we want you to know your rights as well as your responsibilities during your stay. We invite you and your family to join us as active members of your care team.

Your Rights

CONSIDERATE AND RESPECTFUL CARE—You have the right to be treated in a safe and secure setting, free from discrimination, abuse, or threat.

TEACHING FACILITY—The training of residents, students, and other healthcare professionals is integral to our mission. Except in emergency situations, you have a right to request that residents and students not be involved in your care. It is not always possible to honor such requests, but we will try to do so to the extent that such restriction will not impact your treatment.

INFORMATION ABOUT TREATMENT—You have the right to be informed by your doctor of your diagnosis, treatment, prognosis, and proposed procedures, including the risks involved, in terms that you understand. You have the right to know the names and roles of persons treating you. You, or your authorized representative, have the right to obtain information from your record within a reasonable time frame, within the limits of the law.

PARTICIPATION—You have the right to make informed decisions regarding your care, to be told of your health status, and to be a part of care planning and treatment. You have the right to decide if family members will participate in your care. You have the right to refuse treatment and conditions of care, including withholding resuscitative measures, forgoing or withdrawal of life-sustaining treatment in accordance with applicable law and regulations.

TREATMENT— You have the right to access care as long as that care is within the facility's capacity, mission, and policies. When care cannot be provided, or the setting is no longer appropriate for you, the staff will fully inform you of other choices for care. If it is appropriate and medically advisable, you may transfer to another facility as long as the transfer is accepted by the receiving facility.

INFORMED CONSENT—Except in emergency situations, you have the right to receive information from your doctor regarding the benefits, risks and alternatives of any procedure or treatment recommended by the doctor which requires consent. The patient has the right to refuse any recommended procedure or treatment. Risks associated with refusal will also be explained.

ADVANCE HEALTHCARE DIRECTIVES—You have the right to have an Advance Healthcare Directive which allows you to specify your healthcare wishes. You also have the right to name a person who will make healthcare decisions for you if you are unable to do so, to the extent permitted by law and facility policy.

PRIVACY AND CONFIDENTIALITY—Within the limits of the law, you have the right to privacy and confidentiality about your healthcare, whether as an inpatient or outpatient, and be provided a copy of the facility's Notice of Privacy Practices. Case discussion, consultation, examination, and treatment will be conducted to protect your privacy and confidentiality to the extent reasonably possible. If any form of communication needs to be restricted, including visitors, mail or telephone calls, you or your legal representative will be involved in the decision.

PAIN MANAGEMENT—You have the right to have appropriate assessment and management of pain when admitted to the facility and throughout your hospitalization.

PROTECTIVE SERVICES—You have the right to access protective services. Contact information for protective services agencies will be provided upon request.

ETHICAL ISSUES/END OF LIFE CARE— You have the right to be involved in ethical questions that arise in the course of your care or any issues dealing with care at the end of life. Concerns for your comfort and dignity will guide all aspects of care with respect to your own personal values and beliefs. If you or your loved ones would like assistance from the Ethics Committee, please contact 932-3188.

CONCERNS AND COMPLAINTS— You have the right to make a complaint without fear of retribution. Reasonable attempts will be made to resolve the complaint to your satisfaction. If a resolution cannot be achieved, the complaint will be handled as a grievance and you will receive a response in writing. You can make complaints to any care provider, or by asking to speak to the unit manager or clinical coordinator. For further questions, you may contact the Patient Liaison at 932-3639/932-3136 or refer to the Patient Handbook.

CULTURAL AND RELIGIOUS BELIEFS—You have the right to express spiritual beliefs and cultural practices, as long as these do not harm others or interfere with treatment. Pastoral counseling will be provided upon request, when available.

COMMUNICATION SUPPORT—You have the right to effective communication including the use of interpretive services at no cost to you.

RESTRAINTS—You have the right to be free from chemical or physical restraints and seclusion except as authorized by a doctor in an emergency when it is necessary to protect you or others from injury. If restraints are indicated, the least restrictive method will be used in accordance with facility policy and you will be monitored.

BILLING EXPLANATION—You have the right to a detailed billing explanation and to receive, examine and obtain an itemized bill, regardless of the source of payment. You may question charges associated with billing and will be advised of the availability of financial assistance, if appropriate.

Your Responsibilities

COMMUNICATION - Provide complete and accurate information, including your full name, address, home telephone number, date of birth, social security number, insurance carrier and employer, when it is required. Provide a copy of your advance directive if you have one. Provide complete and accurate information about your health and medical history, including present condition, past illnesses, hospital stays, medicines, vitamins, herbal products, and any other matters that pertain to your health, including perceived safety risks.

PARTICIPATION - Ask questions when you do not understand information or instructions. If you believe you cannot follow through with your treatment plan, you are responsible for telling your doctor. You are responsible for outcomes if you do not follow the care, treatment, and service plan. Keep appointments, be on time, and call your healthcare provider if you cannot keep your appointments.

PRIVACY/PHOTOGRAPHY - Refrain from capturing audio, images, video, or other recorded images of staff, patients, or visitors.

RESPECT - Treat staff, other patients and visitors with courtesy and respect, abide by all hospital rules and safety regulations, and be mindful of noise levels, privacy, and number of visitors. Refrain from verbal or physical abuse toward staff, patients or visitors. It is not permitted nor will it be tolerated.

PERSONAL BELONGINGS - Please leave valuables at home and only bring necessary items for your stay. Send any unnecessary belongings home with family or a friend. You are responsible for all belongings you choose to keep with you, including, but not limited to, eyeglasses, hearing aids, dentures, and assistive walking devices.

FINANCIAL - Provide complete and accurate information about your health insurance coverage to pay your bills in a timely manner. Assure that your financial obligations for healthcare received are fulfilled as soon as possible.



Visitor Parking

The visitor parking lot is located above the hospital and across from the main building, to the right of the covered walkway. The Handicapped and Outpatient Surgery parking lot is located above the hospital. Please look for signage as we are in the process of making improvements to our facilities. For your safety, please use the paved walkways and crosswalk to access the main entrance.

Visiting Hours

Acute Hospital	8:00 am - 8:00 pm
Obstetrics Unit	8:00 am - 8:00 pm
Behavioral Health (Hale Ho'ola)	12:00 pm - 1:30 pm and 4:00 pm - 7:00 pm
Extended Care Facility*	8:00 am - 8:00 pm

*Accommodations can be made depending on resident preferences.

Visitation guidelines for general patient care areas:

- Visitors are limited to two individuals per patient except for the Emergency Department which is limited to one individual.
- Visitors under the age of 13 must be accompanied by an adult at all times.
- Visitors under the age of 13 will not be allowed in Isolation Rooms, the Emergency Room, intensive care unit or Hale Ho'ola.
- No flowers/balloons in the hospital.
- NO SICK VISITORS PLEASE. People who are ill or have one of the following symptoms (fever, cough, or sore throat) should not visit hospitalized patients.
- Accommodations can be made dependent upon patient condition and situation.

Due to the current pandemic, please ask your nurse what the current visitation guidelines are. Thank you for your patience and understanding.

Visitation guidelines for newborns:*

- OB is a secured unit. You will need to be "buzzed-in" to enter.
- Please do not visit if you are sick.
- Mom's significant other may visit all day and stay overnight.**
- Visitors are restricted to three (including Mom's significant other) to a room at any time.
- For the newborn's health and safety, children of other visitors are NOT allowed; only the patient's children are allowed to visit, but may not stay overnight.

**At HMC, we like to encourage family-centered care. However, there will be occasions when you may have to share the room with another new mom, in which case we will NOT allow anyone to stay overnight. We apologize for any inconvenience this may cause.



Guest Wi-Fi Access

If you would like to obtain Internet/Wi-Fi access while admitted, ask your nurse to assist you. The wireless network HMCPUBLICOPEN is available to all guests in the HMC Cafeteria and unit waiting areas. Note: Our Information Technology Department cannot provide any hands-on support for non-hospital equipment. We reserve the right to restrict access.



Service Animals

HMC follows the Americans with Disabilities Act (ADA) guidelines for service animals. As of March 15, 2011, **only dogs** are recognized as service animals under Titles II and III of the ADA. A service animal is defined as “a dog that is individually trained to do work or perform tasks for a person with a disability.” Service animals are working animals, not pets. All service animals **MUST** be harnessed, leashed, or tethered, unless the devices interfere with the service animal’s work or the individual’s disability prevents using these devices. In the absence of such devices, individuals must maintain control of their animal through voice, signal, or other effective controls. If a service animal poses a health risk or is not housebroken, we may ask you to make other arrangements for the animal.



Limited English Proficiency Services

HMC provides patients with Limited English Proficiency (LEP) interpreter services during the delivery of healthcare services. LEP patients have the right to decline the free, hospital provided interpreter services and may choose to use their own personal “lay” interpreter. If LEP patients choose their own personal interpreter, they must complete a “Declination Form.” However, the facility staff does reserve the right to have its own interpreters listen/participate in any conversation (with the LEP patient’s knowledge) to verify the accuracy of the interpretation by any “lay interpreter” who is chosen by the LEP patient. For more information, please consult with your nurse or Risk Management.



Non-Discrimination Statement

We comply with applicable Federal, State and Local civil rights laws and rules and do not discriminate on the basis of race, color, ancestry, national origin, religion, age, disability, sex, sexual orientation, or marital status. For more information, please see our Non-Discrimination Statement on our website at www.hilomedicalcenter.org.

Health Information Exchange

As permitted by law, we may share information that we gather or create about you with other health care providers through the Hawaii Health Information Exchange (HIE) system for our patients. It allows for instant sharing of health information among doctors’ offices, hospitals, labs and radiology centers to assist our doctors in making decisions about your care. You may request that your health information NOT be viewable; to learn more or opt out, go to: www.hawaiihie.org.

Hand and Respiratory Hygiene

Washing hands with soap and water or using an alcohol-based hand sanitizer is the best way to prevent infections. If you do not see this happening, feel free to speak up and ask your healthcare providers and visitors to wash their hands.



- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket and wash your hands.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

During Your Stay

The Admission Process

When you are admitted, staff will orient you to your room and the features of the department. Orientation also includes:

- Attaching your Patient ID band and other safety bands that are issued to you.
- How to use the nurse call light, television and room telephone.
- Asking you many questions, especially your name and date of birth, often and repeatedly, to gather important information about your present condition and health history. This is to ensure your safety. Your patience during this process is greatly appreciated.
- Obtaining a complete list of your current medications along with a list of your allergies. We need to know: 1) the name of each medication, 2) how often you take it, 3) the prescribed dose, 4) the dose that you take, 5) the reason why you are taking it, and 6) the time of your last dose.

Hilo Medical Center aims to promote a quieter atmosphere and to provide patients with a restful and relaxing environment to heal. We encourage staff and visitors to help reduce noise and promote healing and recovery by being more aware of the noise level around them. If you feel as though the noise level around your room is too loud and not being addressed properly, please let your primary nurse know immediately.

AL HA Cart

To help make your stay as comfortable as possible, the Hilo Medical Center Foundation operates the Aloha Cart, which provides comfort items FREE of charge to patients and their visitors while at Hilo Medical Center. For more information, or to request comfort items from the Aloha Cart, please call the switchboard at 932-3000 and ask for the House Supervisor or contact the Hilo Medical Center Foundation at 932-3636



Personal Belongings

We strongly recommend that all valuables (money, jewelry, credit cards, etc.) and personal belongings (electronics, extra clothes, shoes, etc.) be sent home with a family member or trusted friend at the time of your admission. If you are unable to do so, Hilo Medical Center requires that every patient register all personal valuables with their admitting nurse and allow those items to be placed into the hospital safe. Items required for active daily living during your hospital stay like eyeglasses, hearing aids, dentures, etc., may be kept bedside. Please store these items away from meal trays and bed linens.

Hilo Medical Center will not be responsible for loss or damage to personal items or valuables that you choose to keep at bedside during your treatment and/or hospital stay.

During Your Stay

Your Healthcare Team

While you receive treatment at Hilo Medical Center, you are likely to have a team of healthcare professionals involved in your care. This well-rounded team enhances your care. These members include:



The Attending Physician or Physician of Record—doctor that supervises your treatment. At HMC, we use Hospitalists. They are physicians who work solely in the hospital and are available throughout your stay.

Physician Assistants—licensed medical professional who holds an advanced degree and is able to provide direct patient care.

Residents—doctors in training, specializing in a selected field of medicine, who create your treatment plan. An assigned physician on staff supervises them at all times.

Nurse Practitioners—an advanced practice nurse, licensed to work closely with the attending physician in planning your care.

Registered Nurses—nurses will plan and evaluate your daily care, administer medications and treatments, and provide education for discharge.

Others who may be involved in your care:

- Registered Dietitians
- Rehabilitation Staff
- Pharmacists
- Case Managers & Social Workers
- Nursing Support Staff
- Respiratory Therapists
- Lab Technicians
- Imaging Technicians

Bedside Reporting

Bedside reporting will take place when nursing staff change shifts. The nurse going off-shift will introduce you (the patient) to the oncoming nurse, review your history and treatment plans, and answer any questions you may have. To provide you with privacy, the nurse will ask any family or visitors to step out of the room prior to each bedside report. If you would like someone to be present during your bedside report, please let the nursing staff know. Please notify your nurse if you choose to opt-out of bedside reporting during your visit here.

Hourly Rounds

Hourly Rounds are visits made to you (the patient) at one-hour intervals by the nursing staff. Hourly visits will occur between 6:00 am and 10:00 pm. Between 10:00 pm and 6:00 am, the nursing staff will visit every 2 hours or sooner, as needed.

Hourly Rounding Tasks for Nursing Staff:

- Assess your pain level & provide medication, if needed.
- Offer you assistance to the bathroom.
- Help you get into a more comfortable position.
- Make sure that you have everything you need within easy reach (call light, phone, etc.).
- Find out if you have any questions.
- Let you know when the next rounding will occur.



The Joint Commission's award-winning Speak Up™ program urges patients to take an active role in preventing healthcare errors by becoming involved and informed participants on their healthcare team. The Speak Up™ program encourages consumers to:

S **Speak up** if you have questions or concerns. If you still don't understand, ask again. It's your body and you have a right to know.

P **Pay attention** to the care you get. Always make sure you're getting the right treatments and medicines by the right healthcare professionals. Don't assume anything.

E **Educate yourself** about your illness. Learn about the medical tests you get, and your treatment plan.

A **Ask** a trusted family member or friend to be your advocate (advisor or supporter).

K **Know** what medicines you take and why you take them. Medication errors are the most common healthcare mistakes.

U **Use** a hospital, clinic, surgery center, or other type of healthcare organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

P **Participate in all decisions** about your treatment. You are the center of the healthcare team.

Medication Safety

While you are in the hospital, you or your caregiver will receive education about the medication you are taking. Be sure that your nurse educates you on the following:

- The name of each medication and its dosage
- Purpose for taking the medication
- The anticipated effect of the medication
- Any potential side effects and how to watch for them
- The time and frequency your medication needs to be taken
- How to properly take your medication
- If your medication should be taken with food or not



If you would like additional information, simply ask your nurse or any member from our healthcare team. Written consent from your doctor can be obtained if you would like to self-administer your own medication. Your nurse may ask you questions and verify that you are able to safely administer to yourself. If you would like to speak with a pharmacist regarding the medication you are taking, please let your nurse know and they can contact the pharmacist to speak with you. We recommend that you always carry an up-to-date medication list, including over the counter and nutritional products, for you and your caregivers in case an emergency arises.



Condition H

This is your 911 call for HELP!

Condition H (Help) is a way for patients and family members to activate the Rapid Response Team if they become concerned with your condition or care.

What is the Rapid Response Team?

The Rapid Response Team is a team of critical care staff who are trained to assist when there are signs or concerns about a patient's condition.

When should patients and/or family members call a Condition H?

- When a noticeable medical change in the patient occurs and the healthcare team is not recognizing the concern
- When there is a breakdown in communication and or confusion in the plan of care with the healthcare team
- When you feel your concerns or needs are not being met



How do you call?

- Turn on the patient's call light.
- Dial *50 from any hospital phone.
- State "Rapid Response" to the operator and provide the patient's name, current location, and reason for calling.

What happens when a Condition H is called?

- The Rapid Response Team will be activated with an overhead page.
- The patient's assigned nurse will come to the room and assess the patient and the situation. The nurse may ask questions about the patient's condition to provide accurate information to the Rapid Response Team.
- Within 5 minutes of the overhead call, the team will arrive at the patient's bedside and assess the situation.
- The team may provide immediate treatment based on their assessment.
- Some visitors may be asked to leave the room so the team can work with the patient.



Reporting Concerns

"The sooner you let us know, the quicker we can effectively respond."

If there is anything about your hospital stay that you are concerned about, please talk to your care provider as soon as possible, including your nurse or physician, the unit charge nurse/clinical coordinator, and/or the unit's nurse manager. If care issues are still unresolved, promptly report them to the contacts listed below. If the situation is non-emergent, please leave a message, otherwise refer to **CONDITION H**.

- Patient Liaison 932-3639 or 932-3136
- Quality Management 932-3180
- House Supervisor 932-3000
- To contact the Joint Commission directly, call: 1-800-994-6610
- To contact the Medicare Section directly, call: (808) 692-7420



Preventing Infections

We will do our best to prevent you from getting a surgical site, central line, and/or wound infection while you are in the hospital but we also need your participation, as well.

Things your **HEALTHCARE TEAM** will do:

- Wash their hands before caring for you.
- Give you antibiotics just before your surgery starts, if needed.
- Stop your antibiotics within 24 hours after surgery, unless there is a need to continue them.
- If hair removal is needed, they will use clippers instead of razors.
- Clean your skin at the site of your surgery with special soap that kills germs.
- Give you instructions on how to take care of yourself after surgery.
- **Isolation Precautions:** Sometimes, certain germs require isolation. Your healthcare team will discuss any precautions that may be necessary to help protect you and others from spreading these germs while you are here.



Central Line Associated Blood Stream Infection (CLABSI)

A bloodstream infection can occur when bacteria or other germs travel down a “central line” (or special IV) and enter the blood. If you develop a catheter-associated bloodstream infection, you may become ill with fever and chills or the skin around the catheter may become sore and red. These infections can be successfully treated with antibiotics.

Things **YOU** can do:

- Tell your doctor about any health problems you have. Certain conditions can make someone more at risk for infections.
- Quit smoking if you are a smoker. Patients who smoke get more infections.
- Do not shave your body where you will be having surgery. Shaving irritates the skin and makes it easier to develop an infection.
- Ask family and friends not to visit if they are sick.
- Do not let family and friends touch your surgical wound, dressing, or central line.
- Ensure healthcare providers, family and friends wash their hands or use gel before and after visiting you.
- Make sure you understand how to take care of yourself and your wound. Your doctor or nurse should explain everything you need to know to take care of yourself. If you do not understand the instructions, ask your doctor or nurse to explain it again.
- If the central line bandage comes off or gets soiled, notify your nurse so they can change it immediately.
- Before you go home, make sure you know who to contact and have their phone numbers if you have additional questions or problems.
- If you have any symptoms of an infection, such as redness, heat, swelling or pain at the site, and/or fever, call your doctor immediately.

Personal Hygiene/Grooming

Personal hygiene is caring for one's body, health, and well being by keeping your body clean. Reasons for maintaining good personal hygiene include personal wellness, healing quickly from illness, and preventing the spread of illness to others. Personal hygiene practices include: regular visits to your doctor/dentist, daily washing (bathing or showering) of the body, regular hand washing, brushing of teeth, basic hand and foot care, and healthy eating.



Oral Care

Good oral (mouth) care includes brushing the teeth, flossing between teeth and checking the inside of the mouth and gums. It also includes cleaning dentures (false teeth). Oral care is important to help prevent tooth decay and infections inside the mouth. Notify your caregiver if you have sores in your mouth or if you have trouble breathing after oral care.

Flu and Pneumococcal Vaccinations

- Flu shots are offered to all patients from October through March of every year.
- Pneumococcal vaccinations are offered anytime and can be given at the same time as the flu shot.
- Persons with a history of egg allergy who experienced **only** hives after exposure should receive the flu vaccine.
- After receiving a vaccination, let your nurse know if you have red spots on your skin, a fast heart rate, dizziness, or difficulty breathing.
- If you ever have a serious reaction to a vaccine, the government has a program to pay for your care. For more information, call 1-800-338-2382.
- A vaccine information sheet will be provided to all patients. For more information, ask your nurse or healthcare provider.
- You can also call the Centers for Disease Control 1-800-232-4636.



Telemetry

Your doctor may have requested that you to be placed on telemetry while you are hospitalized. A telemetry unit is a device used to monitor your heart rhythm on a continuous basis. To do this, we attach five wires (called leads) to your chest with sticky patches. The wires are attached to a battery powered portable transmitter which sends signals to the monitor at the Central Station located in the Progressive Care Unit. Your heart rhythm is monitored on the screen at all times by specially trained staff. You will have an IV placed to give medications, if needed. Your blood pressure, heart rate and temperature will be taken at specific intervals.

Activity:

- You may walk around the hallway if you have an order from your doctor.
- You may shower with the monitor on (covered with a protective plastic bag) if you have an order from your doctor (see your nurse for assistance).
- Please do not leave the nursing unit without informing your nurse; your telemetry needs to stay within monitoring range.



Safety in the Operating Room

We are committed to making surgery safe for every patient, every time. This means making sure that the right surgery is done in the right location on the right person. If you are having surgery, below are some things you can do to help us make sure your surgery is done safely. Many people make up your surgical team. You are a member of this team as well. It is very important that you speak up if you have any concerns.

Informed consent: This is the document you sign which states the name of the procedure and the risks related to it. Read this form carefully. Make sure the type of surgery listed is correct.

Double-checking: Because there are many people involved with your care, we may ask you the same question many times. We will ask your name, date of birth, the kind of surgery you're having and the place on your body where the surgery will be done. Please answer the questions every time. This is an important safety step. Speak up if you have any concerns.

Marking the surgical site: Your surgeon will be marking the site on your body where the surgery will be done. This is an important step for any surgery where there is a risk of operating on the wrong part of the body. Your participation in this step is essential to ensure the correct site is marked.

"Time Out": In the operating room, before beginning the surgery, the entire surgical team pauses. The team reviews the patient's name, date of birth, procedure, surgical site and surgeon's name. You might not be awake when this step happens. If you are awake, listen carefully to what is said. Speak up if you have any concerns.

Pain Management

It is very important for your doctors and nurses to ask regularly about any pain you may be having. This is because pain can change over time and your medication may need to be adjusted or changed. Tell your healthcare team where and when it hurts and also if it hurts to do things like sleep, dress, or climb stairs. The more they know about your pain the better they can treat it.

Wong-Baker Pain Scale

Your care providers will ask if you are experiencing any pain from the time of admission. The Wong-Baker Pain Rating Scale shows a series of faces ranging from a happy face at 0, or "no hurt", to a crying face at 10, which represents "hurts like the worst pain imaginable". If you are experiencing pain and would like medication, or if the medication administered is not helpful, please let your nurse know and be sure to rate your pain level accurately.



Preventing Falls

Our healthcare team of nurses, doctors, therapists and assistants are here to assist you with a safe and speedy recovery. Your cooperation and participation in the falls prevention program may help prevent unnecessary injuries.



Falls may occur in the hospital because:

- Medications such as tranquilizers, sleeping tablets, pain relievers, blood pressure pills or diuretics (water pills) may make you dizzy and disoriented.
- Your illness, as well as the side effects of your treatments or tests your physician has ordered, may leave you weak and unsteady.
- The hospital may be strange and unfamiliar to you, especially when you wake up at night.

Safety Guidelines for Preventing Falls:

- When you need assistance, use your call light by your bed or in the bathroom and wait for the nurse/assistant to arrive and help you.
- Make sure all items are within your reach. This includes your call button, telephone and personal items like tissue or water.
- Remain lying or seated while waiting for assistance. Please be patient; someone will answer your call as promptly as possible.
- Ask the nurse for help if you feel dizzy or weak getting out of bed. Remember, you are more likely to faint or feel dizzy after sitting or lying down for a long time. If you must get up without waiting for help, sit on the side of the bed for awhile before standing. Rise carefully and slowly begin to walk.
- Walk slowly and carefully when out of bed. Do not lean or support yourself on rolling objects such as IV poles or your bedside table.
- It is recommended you wear skid resistant socks, or rubber/crepe-soled slippers or shoes whenever you walk in the hospital. If you do not have any appropriate footwear, ask your nurse for some.
- Always follow your doctor's orders and the caregiver's instructions—whether you must stay in bed or require assistance to go to the bathroom.
- Do not tamper with side rails or protective devices that may be in use. Side rails and protective devices are reminders to stay in bed and are designed to ensure your safety. If these items need adjustment, ask your nurse.



A special note for family members and friends: *Due to the current pandemic, please ask your nurse what the current visitation guidelines are. Thank you for your patience and understanding.*

You may make arrangements for a private-duty nurse to stay with your patient. Ask the nursing staff if there are specific times when your presence would be beneficial to your patient's comfort or piece of mind.



Advance Care Planning

Advance Care Planning is appropriate for everyone. It is the process of deciding how you want to be treated in the event of a chronic illness or terminal condition. There are many ways to address your choices for treatment. Ultimately, it is best to discuss with your primary care physician. However, we are here to assist you through the process. Documents such as a POLST (Physician Order for Life Sustaining Treatment), Advance Directives (also known as Living Wills), and Health Surrogacy are documents that may be involved in the Advance Care Planning process. Depending on your condition, a Social Services Representative may visit you during your hospitalization to discuss Advance Care Planning. You may also let your care team know you would like more information. Call the Social Services Department 932-3250.



Going Home

When it's time to be released, your physician will authorize a hospital discharge. Taking care of yourself after leaving the hospital is a crucial part of your recovery. Your healthcare team will talk with you about the following:

Discharge Summary: This is an overview of why you were in the hospital, what medicines you were given and what type of tests were done. Ask for a copy or go to Medical Records to obtain one. You can also access your information via Patient Portal.

Medication List: Be sure you are given a list of the medication you were taking prior to being hospitalized, during your stay and what medication is prescribed for you to take at home. Be sure to share this list with your physician at your follow up appointment.

Medication List	
1.	xxxxx
2.	xxxxx
3.	xxxx
4.	xxxxx

Prescription: Be sure that your physician gives you a medication prescription or calls in your prescription to your desired pharmacy prior to discharge.

Follow-up Care Instructions: Make sure that your paperwork includes education on the following (if applicable):

- Dietary restrictions
- Activity restrictions
- How to care for yourself and your injury
- Any follow-up tests that need to be done
- What type of medication you will have to take
- When you need to see your doctor for a follow-up visit
- Any other home care instructions for you or your caregiver
- Telephone numbers of resources you can call once discharged

Discharge

Discharge time is **11:00 am** so please plan accordingly. If you need assistance with making arrangements or would like a trusted friend or family member present to hear instructions, please speak with your nurse.

Patient Portal Stay connected with your health record.

Patient Portal is a secure, on-line service to access your health information. We understand your time is valuable. With an internet connection and a few clicks you can:

-  View your visit information
-  View billing information
-  Obtain health-related educational materials
-  View future clinical appointments
-  Access information about your current medications on-file



Signing Up

To sign up, visit the Health Information Management Department or call 932-3450. You need to be at least 18 years old, have a valid form of government issued identification and a personal e-mail address. You will be given a form to fill out for your Patient Portal.



Username and Password

After your application for Patient Portal is activated, you will be sent an e-mail from East Hawaii Patient Portal containing a link, a one-time username and a temporary password. Open the link and the site will prompt you to change the username and password. You must agree to the Terms and Conditions of Patient Portal at the end of your session. Supported browsers to access Patient Portal are Internet Explorer, Firefox and Chrome. If you have an existing account, go to www.hilomedical.org and click on the Patient Portal link and simply enter your username and password.



Our Privacy Practices

We are committed to protecting your health information. Your protected health information is confidential and protected under Federal and State laws. Passwords are encrypted and URLs are rewritten so they can't be copied and pasted. If you have any questions, please refer to our Notice of Privacy Practices on our website at www.hilomedicalcenter.org/patient-portal.html and click on the Privacy Policy link. If you have additional concerns about patient confidentiality and privacy, please contact our Risk Manager 932-3188.



Contact Us

To better serve you, all Patient Portal communication must be done by e-mail. If you have a question about Patient Portal, you can reach us by e-mailing easthawaiipatientportal@hhsc.org.

Billing

For payment options, please call our Financial Counselor 932-4347 and we will return your call within one business day. See the different payment options available for you (co-payment/patient share):

- At the Information Desk in the hospital lobby or any of our clinics during regular business hours. You may also ask to see the Payment Assistance brochure to help you navigate the full suite of payment options
- At the bedside in the Emergency Department or at the Admitting Department upon discharge
- Charge card payments over the phone by calling 932-3420 and selecting Option 1

Resources

Congestive Heart Failure (CHF)

Finding out you have Congestive Heart Failure (CHF) can be scary. CHF means that your heart does not pump enough blood to meet your body's energy needs. Slow blood flow causes fluid to back up, or become congested, robbing you of energy. You may feel tired, your ankles and feet may swell with extra fluid, and simple activities may make you short of breath. Proper treatment and lifestyle changes slow the advance of CHF, help you feel better, live longer, and be more active. You can manage your CHF by developing healthy habits.

Limit fluids and alcohol. If you have severe heart failure, you may need to limit the fluid you drink to no more than two quarts a day. Alcohol can further weaken your heart's pumping force.

Avoid Sodium! Sodium (salt) is a mineral that makes your kidneys retain fluid. Eating too much sodium could land you in the hospital due to fluid overload. Eat no more than 3,000 milligrams (mg) a day (one teaspoon of table salt is equal to 2,000 mg). Herbs, spices and lemon juice can perk up the flavor of most foods. Before using a salt-substitute, ask your doctor which ones are safe. Tip: Read food labels to check for hidden sodium. Each serving of low sodium food should contain less than 35mg of sodium.

A Good Diet. A healthy diet is important for everyone, especially you.

Immunizations. Catching the flu or pneumonia is much worse when you have CHF. Protect yourself by getting an annual flu shot and a one-time pneumonia vaccine.

Take your medications faithfully. There are medicines that can help relieve symptoms, boost your energy, keep you out of the hospital and help you live longer.



- **ACE Inhibitors:** Angiotensin Converting Enzyme Inhibitors (ACEI) make it easier for the heart to pump. Examples are Capoten (captopril), Vasotec (enalapril) and Zestril (lisinopril).
- **ARB:** Angiotensin Receptor Blockers (ARBs) work in a similar fashion to ACEI. Examples are Cozaar (losartan) and Diovan (valsartan).
- **Beta Blockers:** These medications reduce the work of the heart. Examples are Lopressor (metoprolol), Coreg (carvedilol) and Tenormin (atenolol).
- **Diuretics:** Also known as "water pills", help remove extra fluid from the body. Examples are Lasix (furosemide) and Aldactone (spironolactone).
- **Digoxin:** Boosts the strength of your heartbeat and helps control an irregular heart rhythm.

Moderate exercise is safe for you! Walking can improve your strength, energy level, and lift your spirits! Find a quiet street or road nearby or try a shopping mall to take your walks. Many public schools also allow people to walk on their campus after hours.

Resources

Weight Log. Keep a log to record your daily weight. Consult your doctor if you gain over 2 pounds in a day or 3 pounds in a week. Weight gain is the earliest sign indicating that your condition is worsening. Catch it early so your doctor can adjust your medicines and prevent a costly trip to the hospital.



Balance. Rest is just as important as exercise. So pace yourself and be careful not to overdo it!

Follow Up! We highly recommend that you follow up with your physician, as instructed, after you have left the hospital. Report signs and symptoms early!

Consult your doctor if you have any of the following:

- Weight gain of over 2 pounds in a day or 3 pounds in a week
- Shortness of breath that gets worse or wakes you from sleep
- Swollen or puffy feet, ankles or legs
- Dizziness or lightheadedness when you rise
- Feeling exhausted during routine activity
- Any symptoms that concern you

Used with permission from: Living with Congestive Heart Failure Mountain-Pacific Quality Health

⚠️ This is a summary and does not contain all possible information regarding this condition. Please ask your healthcare provider for complete information on Congestive Heart Failure.

Diabetes Management

If any of these symptoms are left untreated, it can lead to medical emergency. Contact your healthcare provider if you have any concerns.

Some Signs and Symptoms of HYPERGLYCEMIA (high blood sugar)



Some Signs and Symptoms of HYPOGLYCEMIA (low blood sugar)





Stroke

A suspected stroke is an emergency and every minute counts!

A stroke occurs when a blood vessel is either blocked by a clot or bursts, preventing oxygen and nutrients from reaching part of the brain. Cells in this area begin to die and functions controlled by this part of the brain are lost. A stroke can affect your memory and emotions as well as your ability to walk, talk and/or understand.

Two Main Types of Strokes

Ischemic strokes are the most common type. They're caused when blood vessels leading to the brain become blocked, preventing oxygen from reaching the brain. Transient ischemic attacks (TIAs) are minor or warning strokes. In a TIA, the blood clot occurs for a short time and resolves itself. Although TIAs are temporary, they're strong indicators of a possible major stroke.

Hemorrhagic strokes occur when blood vessels in or around the brain break and cause bleeding in the brain.

Stroke Risk Factors

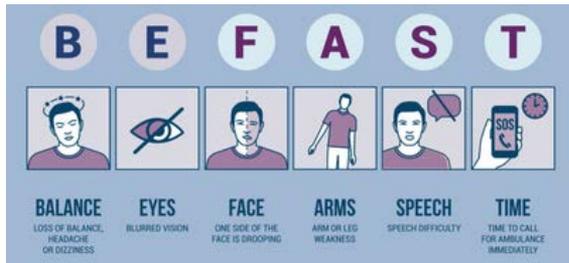
- Smoking
- Heart disease
- Diabetes
- High cholesterol
- High Blood Pressure
- Heavy alcohol use
- Atrial fibrillation
- Family history of stroke
- Physical inactivity and obesity

Signs and Symptoms of a Stroke

- **SUDDEN**—numbness or weakness of the face, arm or leg, especially on one side of the body
- **SUDDEN**—confusion, trouble speaking or understanding
- **SUDDEN**—trouble seeing in one or both eyes
- **SUDDEN**—trouble walking, dizziness, loss of balance or coordination
- **SUDDEN**—severe headache with no known cause

If you spot a stroke,
B.E. F.A.S.T! Call 9-1-1
IMMEDIATELY

Do not drive yourself.
Do not have someone else bring you in a private vehicle.



Check the time so that you'll know when the first symptoms appeared. It's very important to take immediate action.

Follow Up

We highly recommend that you follow up with your physician, as instructed, after you have left the hospital.

For more information regarding Stroke, contact:

National Stroke Association (NSA)
www.stroke.org
1-800-STROKES

American Stroke Association (ASA)
www.strokeassociation.org
1-888-4-STROKE

Sepsis

What is Sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection which can lead to tissue damage, organ failure, and death.

Who can get Sepsis?

Anyone can get sepsis from an infection, but the risk is higher for:

- People with weakened immune systems
- Babies and very young children
- Elderly people
- People with chronic illnesses, such as diabetes, AIDS, cancer, and kidney or liver disease
- People suffering from a severe burn or wound

What are the symptoms of Sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (diarrhea, vomiting, sore throat, etc.), as well as ANY of the symptoms below:

SEPSIS ALLIANCE
Suspect Sepsis. Save Lives.

When it comes to sepsis, remember
IT'S ABOUT TIME™ Watch for:

T	I	M	E
TEMPERATURE higher or lower than normal	INFECTION may have signs and symptoms of an infection	MENTAL DECLINE confused, sleepy, difficult to rouse	EXTREMELY ILL "I feel like I might die," severe pain or discomfort

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."

Why should you be concerned about Sepsis?

Sepsis can be deadly. It kills more than 258,000 Americans each year and leaves thousands of survivors with life-changing after effects.

What can people do to prevent Sepsis?

- Get vaccinated
- Prevent infections that can lead to sepsis by:
 - Cleaning scrapes and wounds
 - Practicing good hygiene (e.g., hand washing, bathing regularly)
- If you have an infection, contact your doctor if you note any of the signs:
 - Fever, chills, rapid breathing, rapid heart rate, rash, confusion, or disorientation.



This is a summary and does not contain all possible information regarding this condition. Please ask your healthcare provider for complete information on Sepsis.

Anticoagulation Therapy (Blood Thinners)

Anticoagulation Therapy is used as a therapeutic treatment for a number of conditions including deep vein thrombosis (DVT) or pulmonary embolus (PE), irregular heartbeat (atrial fibrillation), heart valve replacement, hip/knee replacement or a recent heart attack to prevent new clots from forming in your body. Preventing harmful blood clots helps to reduce the risk of getting a stroke or heart attack.

Dietary Consideration: Carefully follow your provider's instruction about any special diet that has been prescribed. Please contact a Registered Dietitian if you have any questions about your diet. If you are taking an anticoagulant:

- Large changes in dietary vitamin K may affect the desired action of the prescribed anticoagulant. Ask your nurse or dietitian for a list of foods containing Vitamin K.
- Significant changes in your diet may require changes in your anticoagulant dosage. Before changing your diet, check with your doctor to see if you will need more frequent blood tests.
- Avoid alcohol consumption, cranberry juice, and cranberry products.
- You should take the anticoagulant about the same time every day. It can be taken with or without food.



Medication Consideration: Talk to your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products. Many medicines and foods can affect how anticoagulants work and could also affect lab results. Consult your doctor or pharmacist before you start or stop any medicine, especially the following:

- NSAID pain or arthritis medicine, including aspirin, celecoxib, diclofenac, diflunisal, fenoprofen, ibuprofen, ketoprofen, ketorolac, naproxen, oxaprozin, piroxicam, and sulindac (Check labels for over-the-counter medicines to find out if they contain an NSAID).
- SSRI medicine (often treats depression or anxiety), including citalopram, desvenlafaxine, duloxetine, escitalopram, fluoxetine, fluvoxamine, milnacipran, paroxetine, sertraline, venlafaxine, and vilazodone.
- Ginkgo, Echinacea, or St John's Wort.

Some possible side effects you may experience while taking anticoagulants:

- Nausea
- Loss of appetite
- Stomach/abdominal pain
- Severe headache
- Dizziness/fainting
- Coughing up blood
- Unusual or persistent tiredness or weakness
- Difficulty swallowing
- Unusual or easy bruising
- Persistent/frequent nose bleeds
- Pink/dark urine
- Bloody/black tarry stools
- Chest pain
- Shortness of breath
- Vomit that is bloody or looks like coffee grounds
- Unusual or prolonged bleeding from cuts or gums

This is not a complete list of possible side effects. If you notice other effects that are not listed here, notify your doctor or nurse.

Follow Up

We highly recommend that you follow up with your physician, as instructed, after you have left the hospital.

If you are on any type of anticoagulation therapy,

- Do not start, stop or change any medication except on the advice of your doctor. Tell your doctor about all prescription and non-prescription (over-the-counter) drugs that you are taking.
- Ask your doctor what to do if you accidentally miss a dose. Never take a double dose!
- Call your doctor if you have any unusual bleeding or bruising.
- Tell anyone giving you medical or dental care that you are taking an anticoagulant.
- Talk to your doctor before beginning a new exercise program.
- Tell your doctor if you plan to become pregnant or if you become pregnant while taking an anticoagulant.
- It is important to always go for your blood tests so your provider can monitor the results and make adjustments to your medication, if needed.



This is a summary and does not contain all possible information regarding this therapy. Please ask your healthcare provider for complete information on Anticoagulation Therapy.

Community Outreach Programs

Hilo Medical Center's mission is to improve our community's health through exceptional and compassionate care. One of the ways we demonstrate our mission is through our community support groups and education classes.

Due to social distancing, most of our support groups have been put on hold until further notice.



Stroke Support Group

Where: via Zoom

When: 4:00 pm, second Tuesday of each month

Why: To gather and support stroke survivors and their caregivers. For more information (including the Zoom link) please visit the Support Groups page on our website, or contact Rebecca Moore by e-mailing rmoore1@hhsc.org or by phone 932-3236



Childbirth Class and Breastfeeding Education

Childbirth Class focuses on what to expect during labor and delivery including comfort measures for labor, relaxation and breathing techniques, medical interventions for pain management, episiotomies, induction of labor and cesarean birth. Birth videos, car seat installation and a hospital tour are also included to help prepare you for your stay here at Hilo Medical Center.

Breastfeeding Education teaches you the basic steps towards successful breastfeeding. The class focuses on proper positioning and latching, how your body makes milk, frequency and duration of feedings, and the most common issues and concerns surrounding breastfeeding. For more information, contact the Obstetrics Department 932-3371.

Important Phone Numbers at Hilo Medical Center

Main Switchboard	(808) 932-3000
Human Resources	(808) 932-3150
Community Relations	(808) 932-3160
Room Service	(808) 932-3663
House Supervisor	call the switchboard
Condition H (Help)	Dial *50 from any house phone

Clinical Labs of Hawaii



Laboratory services are provided to hospital patients, emergency department, long term care, same day services and members of the greater East Hawaii community. The lab is located on the first floor and may be reached by calling 932-3500.

Hours of Operation

Monday-Friday: 7:30 am - 4:30 pm

Saturday: 8:00 am - 1:00 pm

Sunday: Closed

**Appointment required for urine drug collection and breath alcohol testing*

The Crisis Line of Hawaii



If you, or someone you know, are suffering from a mental health crisis or have thoughts of suicide, there is a team of trained and experienced professionals available 24 hours a day, seven days a week, to help individuals in times of need. Call the Crisis Line of Hawaii, toll free, 1-800-753-6879.

Smoking Cessation



If you or your loved one is interested in smoking cessation, ask your healthcare provider about resources or call 1-800-QUIT NOW to be connected to the quit line in your state.



The Hilo Medical Center Foundation is a non-profit organization that supports the healthcare of our community and its visitors by assisting the East Hawaii Region through volunteerism, community education and financial support. The Foundation provides an avenue for people to donate money, stocks, equipment, personal property, time, services and other assets for the support of projects, programs and services to enhance the healthcare services in our community. For more information, or to make a contribution, call the Foundation office, 932-3636 or visit the Foundation website www.hilomedicalcenterfoundation.org



Founded in 2014 to train resident physicians, the Family Medicine Residency based at Hilo Medical Center is proud to care for the diverse patient population of East Hawaii. Family Medicine training includes working in all specialties, and the goal is for our residents and other learners to practice medicine in a supportive environment and build the skills and connections to stay and work in Hawaii once they complete their training. You will see resident physicians in their primary clinic, East Hawaii Health Clinic - 1190 Primary Care, as well as in other specialties and sub-specialties in the hospital, outpatient and inpatient. The clinic is now accepting new patients and love to welcome you to the residency 'ohana!

Outpatient Clinics of the East Hawaii Region

East Hawaii Health Clinic at 1190 Waianuenue Avenue

Primary Care at 1190

932-3730

1190 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

Cardiology

932-3730

1190 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

Orthopedics

932-4235

1190 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

Neurology

932-3730

1190 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

East Hawaii Health Clinic at 1285 Waianuenue Avenue

Primary Care at 1285

932-3940

1285 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

Urology

932-4240

1285 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

ENT (Otolaryngology)

932-3800

1285 Waianuenue Avenue, 2nd Floor

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

East Hawaii Health

East Hawaii Health

Cancer Center

932-3590

1285 Waianuenue Avenue

Hours: 7:30 am - 4:00 pm

Monday - Friday, except holidays

East Hawaii Health

Behavioral Health Clinic

932-3730

1190 Waianuenue Avenue

Hours: 8:00 am - 4:30 pm

Monday - Friday, except holidays

East Hawaii Health

General and Vascular Surgery

932-4225

134 Pu'uhonu Way

Hours: 8:00 am - 4:45 pm

Monday - Friday, except holidays

TV CHANNEL GUIDE

Ch #	Station	Station ID	Def
2	Open Channel		
3-1	TV GUIDE	ZAP2IT	HD
4-1	FOX (KHON)	KHON	HD
4-2	UPN (KFVE-5)	KFVE	HD
5-1	ABC (KITV-4)	KITV	HD
5-2	CBS (KGMB-9)	KGMB	HD
6-1	NBC (KHNL-13)	KHNL	HD
6-2	PBS (KHET)	KHET	HD
7-1	INDEP (KIKU-20)	KIKU	SD
7-2	FOX NEWS	FNC	HD
8-1	CNN	CNN	HD
8-2	HEADLINE NEWS	HLN	HD
9-1	BLOOMBERG	BLOOM	HD
9-2	CNBC	CNBC	HD
9-3	CSPAN	CSPAN	SD
10-1	MSNBC	MSNBC	HD
10-2	TBS	TBS	HD
10-3	E!	E!	HD
11-1	TNT	TNT	HD
11-2	USA	USA	HD
12-1	DISCOVERY	DSC	HD
12-2	A&E	A&E	HD
13-1	NAT GEOGRAPHIC	NGEO	HD
13-2	WEATHER CHANNEL	TWC	HD
13-3	BBC AMERICA	BBCA	HD
14-1	COMEDY CENTRAL	CMDY	HD
14-2	VH-1	VH1	SD
15-1	MTV	MTV	SD
15-2	MTV LIVE	MTVLIVE	HD
16-1	SCENIC HAWAII	SCHI	HD
16-6	BIG ISLAND TV BITV	LOCAL	SD
17-1	NGN NHK NEWS (NGNHC)	NGNHC	SD
17-2	CHTV	CHTV	SD
17-3	KTN	OCKTN	SD
17-4	INDEP (KBFD-32)	KBFD	SD
17-5	TELEMUNDO	KSIX-TV	SD
18-1	SCIENCE CHANNEL	SC	HD
18-2	OPRAH WINFREY	OWN	HD
19-1	SPECTRUM OC16	OC16	HD
19-2	SPECTRUM SURF CHANNEL	SURF	HD
19-3	ESPNUHD	ESPNU	HD

TV CHANNEL GUIDE

Ch #	Station	Station ID	Def
20-1	ESPN NEWS	ESPNWS	HD
20-2	ESPN	ESPN	HD
20-3	SPECTRUM SPORTSNET	TWCSP	HD
21-1	ESPN2	ESPN2	HD
21-2	FOX SPORTS WEST	FSN	HD
21-3	SPECTRUM SPORTS	OCSPT	HD
22-1	ESPN CLASSIC	ESPNC	SD
22-2	NFLHD	NFL	HD
22-3	CBS SPORTS NETWORK	CBSC	HD
23-1	GOLF CHANNEL	GOLF	HD
23-2	MLB NETWORK	MLB	HD
23-3	NBC SPORTS	NBCSP	HD
24-1	FOX SPORTS 1	FS1	HD
24-2	HGTV	HGTV	HD
24-3	LIFETIME	LIFE	HD
25-1	FX	FX	HD
25-2	PARAMOUNT NETWORK	PARP	HD
26-1	HISTORY CHANNEL	HIST	HD
26-2	FYI	FYI	HD
27-1	DISNEY	DSNY	HD
27-2	NICK	NICK	SD
27-3	DISNEY JR	DSNYJ	HD
28-1	FREEFORM	FRFM	HD
28-2	CARTOON NETWORK	TOON	HD
29-1	TRAVEL CHANNEL	TRAV	HD
29-2	MGM HD	MGM	HD
30-1	SCI-FI CHANNEL	SYFY	HD
30-2	FOOD NETWORK	FOOD	HD
31-1	ANIMAL PLANET	APL	HD
31-2	THE LEARNING CHANNEL	TLC	HD
32-1	WE	WE	HD
32-2	BRAVO	BRAV	HD
33-1	AMC	AMC	SD
33-2	TCM	TCM	HD
33-3	BET	BET	HD
34-1	CW	CW	HD
34-2	TVLAND	TVLAND	SD

To select a channel with the remote control:

- Enter channel number
- Press OPTION
- Enter second number

Example: You want to watch KHON which is Channel 4-1. Press **4**, press **OPTION**, then press **1**.

Notes

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