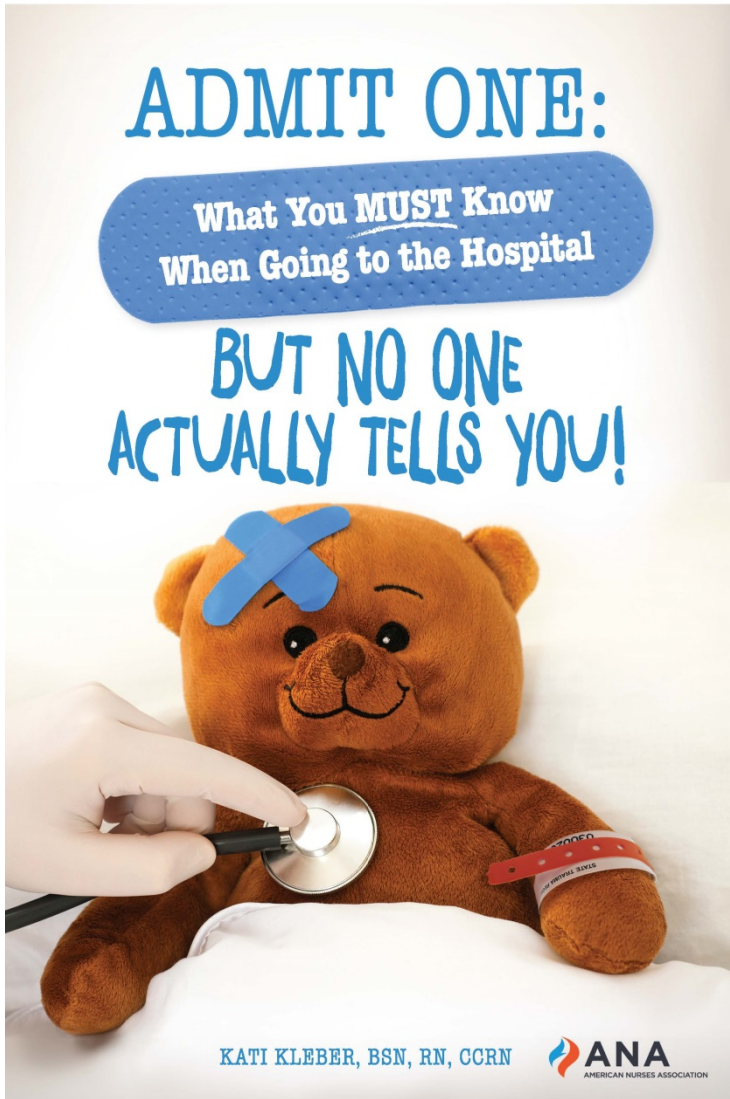


Admit One: What You *Must* Know When Going to the Hospital— But No One Actually Tells You!

Kati Kleber, BSN, RN, CCRN



Section 1. Before Your Stay: Meet Your Health Care Team

- The Nursing Team: Nurses and Others
 - The Nurses: General and Specialty Practitioners
 - Many Types of Nurses
 - Your Nurse's Top Priority
 - Nursing Reports, Schedules, and Staffing
 - Report and Shift Change of Nurses
 - Responsibilities of Nurses
 - Nursing Interns and Students
 - Unlicensed Assistive Personnel

- Unit Secretaries
- Nurses and Nursing FAQs
- The Medical Team: Doctors and Others
 - Attending Physicians
 - Consulting Physicians
 - Medical Specialties and What the Specialists Do
 - Surgical Specialties and What the Surgeons Do
 - Other Members of the Medical Team
 - More about Doctors
 - How Doctors Schedule Work
 - When Doctors See You
 - Physician FAQs
- The Therapy Services Team
 - Physical Therapists
 - Occupational Therapists
 - Speech Therapists
 - Respiratory Therapists
- Other Members of the Health Care Team
 - Pharmacists
 - Registered Dietitians
 - Chaplains
 - Licensed Social Workers
 - Case Managers
 - Families, Loved Ones, and Visitors

Section 2. Your Hospital Stay: Getting Admitted, Treated, and Discharged

- Five Main Routes to Hospital Admission
 - Through the Emergency Department
 - Emergency Department FAQs
 - After Surgery
 - Through a Procedural Area
 - Inter-Facility Transfer
- The Parts and Departments of a Hospital
 - The Emergency Department (ED)
 - Levels of Care
 - The Regular Nursing Floor

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Section 2. Your Hospital Stay: Getting Admitted, Treated, and Discharged *(continued)*

The Parts and Departments of a Hospital *(cont'd)*

Step-down Unit or Intermediate Unit

Critical Care, Intensive Care, or ICU
(Intensive Care Unit)

Pre-Operative (Pre-Op)

Operating Room (OR)

Recovery Room/PACU (Post-Anesthesia
Recovery Unit)

Procedural Areas

Other Areas for Tests and Scans

Some Assorted In-Hospital Essentials All Patients
Need to Know

Equipment Most Likely to Be Encountered

Interventions and Essential Information

Medications in the Hospital

A Few Words about Food in the Hospital

Hospital Stay FAQs

Some Basic Hospital Processes: Communication,
Transfers, Discharges

Section 3. My Personal Advice: A Nurse Speaks to You and Your Loved Ones

Promote a Healing Environment

Rest

Establish a Spokesperson

Advocate for Yourself

Know Your Code Status

The Hardest Work That Nurses Do

Dealing with Information Overload

Coping as Part of Healing

What the Health Care Team Needs from You

Section 4. During Your Stay: Your Information

What Kinds of Information?

What Kinds of Information?

Important Questions to Ask as You Begin Your Stay

My Hospital Stay

Starting Your Stay

During Your Stay

Doctors Taking Care of Me and Their
Specialty (Daily)

Nurses Taking Care of Me (Each Shift)

Other Hospital Staff Taking Care of Me
(Daily)

Going Home

Other Questions for My Health Care Team

Recommended Reading

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