MCM PRIVATE CARE

MCM PRIVATE CARE

Post Surgery Home Care *Checklist*

Be aware that often when a patient goes in for treatment of one condition, another one surfaces.

p.2 The 10 steps

p.3 Never left alone in the hospital

p.4 Check the environment out

p.3 You can become an advocate for a loved one

p.3 Medication tracker

p.4 Every caregiver becomes adept at noticing





Andrea Kohn, RN, CRNP & Steve Kohn
MCM Private Care

AT A GLANCE

1 **Research the best providers**

2 **You need to be forthcoming**

3 **Share end-of-life plans with the entire family**

4 **Gather your village**

5 **Always keep someone at the bedside**

6 **Stay on top of every issue that arises**

7 **Home care and home health working together**

8 **Skin breakdown prevention**

9 **Nutrition for strength**

10 **Gradually reduce the hours**

Identify your goals and *communicate your plan*

Before surgery

This is called proactive advocacy

1 Research the best providers

Research the best providers and ensure your patient always feels comfortable with each specialist.

✓ **Do not be afraid to seek out additional opinions from leading specialists in a given field**

2 You need to be forthcoming

Any surgery has the risk of potential complications, including infection or even death.

✓ **Asking questions pays off.**

3 Share end-of-life plans with the entire family

Advanced directives should be discussed and, in most cases, posted in the home

✓ **Meet with your advocate and show them where the documents are kept in case of emergency.**

4 Gather your village

Bring family and community together in time of need; who is your “village”? Who gets notified if there is an emergency?

✓ **Allow supportive friends and family to help**

After surgery

In familiar surroundings

5 Always keep someone at the bedside

When families cannot be with their loved one in the hospital, they often opt to hire a caregiver to be at the bedside to minimize the opportunity for preventable incidents.

✓ **If the staff doesn’t verify your medical bracelet before working on you... check it yourself.**

6 Stay on top of every issue that arises

The new onset of complications definitely prolongs recovery for patients.

✓ **Breaking down each issue one at a time was helpful for clarity.**

7 Home care and home health working together

The aide can sit and observe and watch what the exercises are with a physical therapist, and then on the off days when the therapist is not there, they can run through those exercises with the client.

✓ **The outcomes are usually much greater when there is home care in place**

8 Skin breakdown prevention

Preventing pressure sores in a bedbound patient is a challenge but can be avoided with meticulous care.

✓ **The most common areas where pressure wounds occur are the heels, hips, and sacral areas.**

9 Nutrition for strength

Without proper albumin, the building blocks of protein levels, patients cannot heal.

✓ **Easy-to-find protein drinks such as “Ensure” or “Boost”**

10 Gradually reduce the hours

It is better to gradually reduce the hours to ensure the safety and well-being of the patient, averting preventable issues such as falls.

✓ **Cutting from eight hours to zero hours is a bad idea.**

Get the story, *write down the facts*

You can become an advocate for a loved one

- [ ] Meet with the patient themselves and discuss their situation
- [ ] Connect people with the appropriate resources for their situation
- [ ] Get in touch with specialists, doctors, and treatment centers as needed
- [ ] Meet with the family members and see what their needs are
- [ ] Research, educate, fact find, and seek out solutions to problems
- [ ] Accompany patients on doctor visits, take detailed notes, and follow up as needed

Never left alone in the hospital

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day							
Evening							
Overnight							

Medication tracker

Ever-changing medications require careful monitoring

Medication	Dose	When	Notes
		○M ○N ○E ○B	
		○M ○N ○E ○B	
		○M ○N ○E ○B	
		○M ○N ○E ○B	

> *"I learned to not always look at the big picture, but rather break it down to day by day and notice the small victories."* **— Andrea Kohn, RN, CRNP, *Return to Sender***

Notes

Check the environment out. *Is it safe?*

Write down your desires

- [ ] Last Will and Testament
- [ ] Living Will and Medical/Legal Power of Attorney
- [ ] Show them where the documents are kept
- [ ] Who gets notified if there is an emergency?

Check the environment out

- [ ] Grab bars for safety in the bathroom
- [ ] In the shower, and next to the toilet
- [ ] Removing some clutter and furniture
- [ ] Are things locked up appropriately?

Activities of daily living

- [ ] Help with getting dressed
- [ ] Preparing a meal
- [ ] Helping with showering
- [ ] Getting to and from the bathroom

Every single day

- [ ] Daily bathing and skin checks
- [ ] Nutrition for strength
- [ ] Tracking elimination patterns
- [ ] Appropriate exercise routines

Every caregiver becomes adept at noticing

- ⚠ **Pulse began to climb higher**
- ⚠ **Pale, weak, and listless**
- ⚠ **A new pain with any movement**
- ⚠ **Urine has an odor**
- ⚠ **Exhaustion and shortness of breath**
- ⚠ **Started having some confusion**
- ⚠ **A sore is developing**
- ⚠ **Diarrhea seems infectious rather than a virus**

Do not hesitate to reach out to a medical professional for advice.

Don't be afraid to ask for help *when you need it.*

We're very connected in this area with other resources that can help with almost any type of situation.

Call (240) 789-4890



★★★★★ *"Following my 87 year old father's sudden and very dramatic decline in January of 2022 after a minor surgical procedure... they both came out to my parents home that same day and expertly assessed his care needs."* — Laurie W.



Return to Sender
by Andrea S. Kohn