

## Questions?

Your questions are important. Please let your doctor or nurse know if you have any questions or concerns during your hospital stay.

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### *Mental Health:*

- ☐ Offer affection and understanding.
- ☐ Remind, as needed, about time, place, and current situation.
- ☐ Talk about interests, friends, family, past pleasant times.
- ☐ Other: \_\_\_\_\_

### **Taking Care of Yourself**

When a family member or friend is ill and in the hospital it can be a very stressful time. Be sure to take good care of yourself at this time by taking breaks when needed, eating well, and getting enough rest.

We want you to participate in the care of your loved one but not at the expense of your own health and well-being. Let us know when you need time for yourself. And, thank you for partnering with us to help care for and keep your loved one safe.

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## ***Patient Education***

### ***Patient Care Services***



# Helping Us Care for Your Loved One

*When confusion is present and  
close supervision is needed*

**This handout explains why your loved one may be confused during a hospital stay. It offers guidelines for helping to care for and keep your loved one safe.**

Your loved one is confused at this time. Confusion during a hospital stay is common and often temporary. The confusion may be caused by the medical illness itself or may be caused by medication side-effects. When in a confused state of mind, your loved one may do things that are unsafe such as pull IV lines or attempt to get out of bed without good balance.

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Often, the presence of a family member will calm and comfort a confused patient. You can also help us prevent unsafe medical behaviors with close supervision of your loved one's actions.

We appreciate your willingness to be here and to participate in giving care. Your presence and caring helps your loved one's recovery. To best work together, please follow these 7 guidelines for safe care.

1. When you need help from the nurse, put on the call light.
2. In an emergency, yell "I need help now!" or push on the emergency blue light.
3. When you need to leave the patient room, be sure to inform the nursing staff by using the call light before you leave. The nurse will set up a plan for safety in your absence.
4. Let the nurse know your schedule for the day and when you find you need a break.
5. Let the nurse know if you feel unable to do any of the care that you've been asked to do.
6. Call the nurse if you hear an alarm from any of the machines that are being used to monitor your loved one.
7. Ask the nurse or doctor if you have any questions or concerns.

**"To Do" List for Today**

A nurse will talk with you about this list and provide instructions, if needed, to help you do your best.

***Safe Behaviors:***

- ☐ Help prevent the pulling out of IV lines, feeding tube, or urinary catheter.
- ☐ Help to prevent from getting out of bed without a nurse present.
- ☐ Other: \_\_\_\_\_

***Personal Hygiene:***

- ☐ Help wash face, brush teeth, comb hair.
- ☐ Other: \_\_\_\_\_

***Activity:***

- ☐ Help to the commode using waist belt.
- ☐ Help to walk around the unit.
- ☐ Other: \_\_\_\_\_

***Diet:***

- ☐ Help with eating and/or drinking.
- ☐ Help prevent from taking any food or drink.
- ☐ Other: \_\_\_\_\_