



Lung Transplant CareMap

What to expect in Acute Care

Caregivers: You must be present all day, every day, for teaching.

Chest Tubes to Suction	Chest Tubes to Water Seal/Removal	Discharge Day
<ul style="list-style-type: none"> <input type="checkbox"/> Regular diet <input type="checkbox"/> Out of bed 3 times a day for meals, add more time each day with a goal of 2 hours in the chair at a time <input type="checkbox"/> Walk 3 to 4 times a day, walking farther each day <input type="checkbox"/> Physical therapy and occupational therapy training for activity goals and restrictions <input type="checkbox"/> Medicine teaching with nurse, pharmacist, and caregiver <input type="checkbox"/> Choose pharmacy in Seattle area, work with pharmacist to plan prescriptions for home <input type="checkbox"/> Caregivers get home monitoring supplies: blood pressure cuff, thermometer, scale <input type="checkbox"/> Diabetes teaching with nurse and caregiver <input type="checkbox"/> Keep using incentive spirometer (with cough and deep breathing) and Acapella <input type="checkbox"/> Finalize plan for local housing with social worker, if needed <input type="checkbox"/> Nurse will order glucometer and help you get monitoring supplies 	<ul style="list-style-type: none"> <input type="checkbox"/> Regular Diet <input type="checkbox"/> Chair for Meals <input type="checkbox"/> Physical Therapy <input type="checkbox"/> Learn about and prepare for co-pays for prescriptions <input type="checkbox"/> Review medicines with nurse <input type="checkbox"/> Diet teaching with dietitian <input type="checkbox"/> Transplant teaching with Transplant Coordinator <input type="checkbox"/> Microspirometry training with respiratory therapist starting 3 to 4 days before discharge <p><i>After chest tubes are removed:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower training with occupational therapist <input type="checkbox"/> Pulmonary function testing in Lung Testing Center <input type="checkbox"/> Complete microspirometry training and practice with respiratory therapist 	<ul style="list-style-type: none"> <input type="checkbox"/> Teaching on pain control and opioid medicines <input type="checkbox"/> Get all medicines for first month from pharmacy and bring them to your hospital room <input type="checkbox"/> Fill 7 days of mediset with pharmacist and caregiver <input type="checkbox"/> Final review of transplant and diabetes teaching with nurse <input type="checkbox"/> Review follow-up visit schedule with Transplant Coordinator <p>Before Discharge</p> <p><i>You should understand:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> How to care for incisions at home <input type="checkbox"/> Purposes, doses, and routines for medicines <input type="checkbox"/> How to fill and adjust mediset <input type="checkbox"/> How to prevent infections <input type="checkbox"/> Daily home monitoring and vital signs <input type="checkbox"/> Your movement restrictions <input type="checkbox"/> Signs and symptoms to report <input type="checkbox"/> Who to contact with questions <input type="checkbox"/> Follow-up plan and medicines to hold for blood draws <p><i>You will need:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Microspirometer (hospital will provide) <input type="checkbox"/> Box of masks (hospital will provide) <input type="checkbox"/> Scale <input type="checkbox"/> Blood pressure cuff (automatic) <input type="checkbox"/> Glucometer (hospital will provide) <input type="checkbox"/> Monitoring supplies (you will receive a prescription to fill) <input type="checkbox"/> Medicines (from UWMC Pharmacy and maybe another pharmacy) 