New Health Online Website!

Updated functionality and branding

WE ARE EXCITED to announce that the upgraded and fully functional Health Online website will soon be LIVE! You will be able access the site at the same URL as always (https://healthonline.washington.edu), but once you’re on the site, you’ll quickly see that it is new and improved.

We will make a formal announcement when we have the exact go-live date—hopefully within the next six weeks. We’ll keep you posted!

New and Updated Patient Education Materials

HANDOUTS listed below and on page 2 were created or revised in the third quarter of 2019. All documents are posted on Health Online, UW Medicine’s online library of custom patient education materials. To access these and other materials written by UW Medicine clinicians, please visit https://healthonline.washington.edu.

Titles are listed by authoring department. Dates indicate that the handout is a revision. If a title was changed, the former title is included. If the document is a translation, a two-letter code is included (see “Translations Key” on page 2).

7-Southeast
Welcome to 7-Southeast
Alvord Brain Tumor Clinic
How to Take Temozolomide (Temodar) (Rev. 07/2019)
PCV Treatment (Rev. 07/2019)
Center for Human Development and Disability
LAMBS Clinic (Rev. 08/2019)
Center for Reconstructive Surgery
Insurance Coverage for Lymphedema Surgery
Electrophysiology Lab
Your Follow-up Appointments for Your Subcutaneous Internal Cardiac Defibrillator (ICD) (Rev. 07/2019)
Food and Nutrition Services
Nutrition After Your Transplant - CH, KO
Harborview Medical Center
About Your Cast
Activities of Daily Living After Spinal Decompression - CH, RU, SP, VI
Activities of Daily Living After Spinal Fusion - CH, RU, SP, VI
After Your Neurosurgery - CH, RU, SP, VI
After Your Neurosurgery Interventional Procedure - CH, RU, SP, VI
Before and After Your Procedure (Rev. 09/2019)
Before Your Liver Biopsy
Central Line Care - SP, VI
Opioid Safety and Pain Control (Rev. 09/2019); former title: “When You Leave the Hospital”
Control After Spine Surgery - CH, RU, SP, VI
Skin and Hair Prep Before Surgery - CH, RU, SP, VI
Skin Prep Before Surgery: Using CHG soap - CH, RU, SP, VI
Stopping Medicines Before Your Neurosurgery - CH, RU, SP, VI
Heart Institute
Managing Your Heart Condition
Each chapter of this manual is a separate document on Health Online:
After Your Coronary Intervention Procedure
After Your Heart Procedure
Anti-platelet Medicines
Cardiac Rehabilitation
The Heart and Heart Disease
Imaging Services
CT: Virtual Colonoscopy (Rev. 08/2019)
PET/CT Cardiac Inflammation Scan (Rev. 08/2019); former title: “PET/CT Scan for Cardiac Inflammation”
PET/CT Cardiac Rest/Stress Perfusion Scan (Rev. 08/2019); former title: “PET/CT Rest/Stress Cardiac Perfusion Scan”
PET/CT FDG Body Scan (Rev. 08/2019)
PET/CT Ga-68 Dotatate Scan (Rev. 08/2019); former title: “Ga-68 Dotatate NETSPOT PET/CT Study”
PET/CT Prostate Axumin Study (Rev. 08/2019); former title: Fluciclovine F18 PET/CT Study”
Maternal and Infant Care Clinic
Resources to Help You Prepare
Memory and Brain Wellness Center
Living with Memory Loss (Rev. 08/2019)
Each chapter of this handbook is a separate document on Health Online:
Living with Memory Loss Appendix
Memory Loss Journey
My Community
My Daily Life
My Diagnosis
My Medical Care
Continued on page 2
Patient Education Materials  Continued from page 2

My Next Steps
My Plans for the Future
My Relationships and Activities
Stepping Forward
Support for Care Partners

Neonatal Intensive Care Unit
Activities at Home (Rev. 09/2019)
Balancing Act (Rev. 08/2019)
Basic Baby Care (Rev. 08/2019)

Becoming an Advocate for Your Baby
(Rev. 08/2019)
Bonding with Your Baby (Rev. 08/2019)
Bottle Feeding Your Preterm Baby at Home
(Rev. 08/2019)
Breastfeeding Your Preterm Baby at Home
(Rev. 08/2019)
Caring for Your Baby: Developmental care
(Rev. 08/2019)
Choosing a Primary Care Provider for Your Baby
(Rev. 08/2019)
Coping with Stress When You Have a Baby in the NICU
(Rev. 08/2019)
Discharge Checklist (Rev. 08/2019)
Emotions After Discharge (Rev. 08/2019)
Emotions After Giving Birth (Rev. 08/2019)

Finding Your Emotional Balance
(Rev. 08/2019)
How to Collect Colostrum
Medical Equipment in the NICU
(Rev. 08/2019)
Medical Terms in the NICU (Rev. 08/2019)
Memories to Record (Rev. 08/2019)
Palliative Care: For patients and families in the NICU
(Rev. 08/2019)
Parenting in the NICU (Rev. 08/2019)
Protecting Your Baby from Infections
(Rev. 08/2019)
Safe Home (Rev. 08/2019)
Safe Place for Your Baby (Rev. 08/2019)
Safe Sleep (Rev. 08/2019)
Safe Travel (Rev. 08/2019)

Signs of Breathing Problems
(Rev. 08/2019)
Signs of Infection (Rev. 08/2019)
Taking Your Baby Home (Rev. 08/2019)
When to Call Your Baby’s Primary Care Provider
(Rev. 08/2019)

Your Baby’s Care Team (Rev. 08/2019)
Your Baby’s Comfort (Rev. 08/2019)
Your Baby’s Unique Needs (Rev. 08/2019)

Otolaryngology - Head and Neck Surgery Center
Endoscopic Sinus Surgery - CH
Mastoidectomy - CH
Micro-Direct Laryngoscopy - CH
Myringotomy with or without Tube Insertion - CH
Nosebleeds - CH
Otosclerosis and Stapes Surgery - CH
Parathyroid Surgery - CH
Transoral Robotic Surgery (TORS)
Tympanoplasty - CH
Zenker’s Diverticulum - CH

Patient and Family Education Services
Driving Directions and Parking
(Rev. 09/2019)
Patient Admit Packet (Rev. 07/2019)
Resources for Drug and Alcohol Problems
(Rev. 07/2019); former title: “Helpful Resources for People with Drug or Alcohol Problems”

Patient Care Services
After Your Injection (Rev. 08/2019)
Thyroidectomy or Partial Thyroidectomy (Hemithyroidectomy) (Rev. 08/2019)

What is a primary care provider?
Your Hospital Stay at UWMC

Pre-Anesthesia Clinic
About Your Surgery Experience
(Rev. 09/2019)

Social Work and Care Coordination
After the First Year
Books and Websites for Grief and Loss
Daily Survival Kit
When You Mourn

Sports Medicine Center
Cervical Epidural Steroid Injection
Injury Prevention and Performance Program (Rev. 08/2019)

Lumbar Epidural Steroid Injection
Surgical Specialties Center
Achalasia (Rev. 08/2019)

Cesarean Delivery Enhanced Recovery CareMap - SP
Distal Pancreatectomy with or without Splenectomy (Robotic CareMap
(Rev. 09/2019); former title: “Distal Pancreatectomy with or without Splenectomy CareMap”

Esophagectomy CareMap (Rev. 08/2019)
General Heart Surgery CareMap
(Rev. 09/2019); former title: “General Cardiac Surgery CareMap”

Liver Resection (Robotic) CareMap
(Rev. 09/2019); former title: “Liver Resection CareMap”

Pancreaticoduodenectomy/Whipple
(Robotic) CareMap (Rev. 09/2019); former title: “Pancreaticoduodenectomy/ Whipple CareMap”
Pheochromocytoma CareMap
Preparing for Pheochromocytoma Surgery

Transplant Services
Lung Transplant: What to expect
(Rev. 08/2019)

Your Kidney/Pancreas Transplant Guide - CH, KO

Each chapter of this guide is a separate document on Health Online:
Being Referred
Benefits and Risks
Care After Discharge
Coping
Deceased Donors
Discharge Checklist
Evaluation Process
Financial Planning
Life After Transplant Surgery
Living Kidney Donors
Medical Terms
Medicines
Nutrition
Recovery in the Hospital
Resources
Tissue Matching
Transplant Renal Biopsy
Transplant Surgery
Waiting for Transplant
Welcome to “Your Kidney/Pancreas Transplant Guide”

University Reproductive Care
Preimplantation Genetic Testing
(Rev. 09/2019)

Translational Key:
CH = Chinese, KO = Korean,
RU = Russian, SP = Spanish, VI = Vietnamese
You Are Invited!

University of Washington Medical Center
Patient and Family Centered Care
8th Annual Meeting
Thursday, November 7, 2019
5 to 7:30 p.m.

5 to 5:30 p.m. Networking
5:45 p.m. Invited Speakers
Discussion Following

Speakers

Paws for Patients
Pet Therapy at UW Medical Center
Cynnie Foss, Volunteer Program Manager
Renee Paquet, MHA, BSN, RN,
Nurse Manager, 5-Southeast, UW Medical Center

Patient and Family Partners
Improving healthcare by improving research
Danielle Lavallee, PharmD, PhD
Research Associate Professor, University of Washington Department of Surgery

Plaza Café Conference Rooms – 1st floor, UWMC
Hearty hors d’oeuvres will be provided
Parking will be validated for Advisors

Please RSVP to Andrea Dotson, dotsona@uw.edu