









# 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"> <li><input type="checkbox"/> Regular diet</li> <li><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</li> <li><input type="checkbox"/> Walk 3 to 4 times a day, walking farther each day</li> <li><input type="checkbox"/> Physical therapy (PT) and occupational therapy (OT) for activity goals and restrictions</li> <li><input type="checkbox"/> Medicine teaching with nurse, pharmacist, and caregiver</li> <li><input type="checkbox"/> Work with pharmacist to plan prescriptions for home </li> <li><input type="checkbox"/> Caregivers get home monitoring supplies: blood pressure cuff, thermometer, scale</li> <li><input type="checkbox"/> Diabetes teaching with nurse and caregiver</li> <li><input type="checkbox"/> Keep using incentive spirometer (with cough and deep breathing) and Acapella</li> <li><input type="checkbox"/> Finalize plan for local housing with social worker, if needed</li> <li><input type="checkbox"/> Nurse will order glucometer and help you get monitoring supplies, if needed</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="632 367 789 521">  <p>Regular Diet</p> </div> <div data-bbox="873 407 1031 561">  <p>Chair for Meals</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div data-bbox="684 565 835 719">  <p>Physical Therapy</p> </div> <div data-bbox="932 881 1083 1036">  <p>Teaching</p> </div> </div> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn about and prepare for co-pays for prescriptions</li> <li><input type="checkbox"/> Review medicines with nurse</li> <li><input type="checkbox"/> Diet teaching with dietitian</li> <li><input type="checkbox"/> Microspirometry training with respiratory therapist starting 3 to 4 days before discharge</li> </ul> <p><i>After chest tubes are removed:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shower training with occupational therapist</li> <li><input type="checkbox"/> Complete microspirometry training and practice with respiratory therapist</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teaching on pain control and opioid medicines</li> <li><input type="checkbox"/> Medicines will be brought from the pharmacy to your hospital room </li> <li><input type="checkbox"/> Fill 7 days of mediset with caregiver. Pharmacist will review</li> <li><input type="checkbox"/> Final review of transplant and diabetes teaching with nurse</li> <li><input type="checkbox"/> Transplant teaching with Transplant Coordinator</li> </ul> <p><b>Before Discharge</b></p> <p><i>You should understand:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> How to care for incisions at home</li> <li><input type="checkbox"/> Purposes, doses, and routines for medicines</li> <li><input type="checkbox"/> How to fill and adjust mediset </li> <li><input type="checkbox"/> How to prevent infections</li> <li><input type="checkbox"/> Daily home monitoring and vital signs</li> <li><input type="checkbox"/> Your movement restrictions</li> <li><input type="checkbox"/> Signs and symptoms to report</li> <li><input type="checkbox"/> Who to contact with questions</li> <li><input type="checkbox"/> Follow-up plan and medicines to hold for blood draws</li> </ul> <p><i>You will need:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Microspirometer (hospital will provide)</li> <li><input type="checkbox"/> Box of masks (hospital will provide)</li> <li><input type="checkbox"/> Scale</li> <li><input type="checkbox"/> Blood pressure cuff (automatic)</li> <li><input type="checkbox"/> Glucometer, if needed (hospital will provide)</li> <li><input type="checkbox"/> Monitoring supplies, if needed (you will get a prescription to fill)</li> <li><input type="checkbox"/> Medicines (from UWMC Pharmacy and maybe another pharmacy)</li> <li><input type="checkbox"/> Sharps container (if you are taking insulin)</li> </ul> <div style="text-align: right; margin-top: 20px;">  <p>Phone Numbers</p> </div>