

# PATIENT EDUCATOR

PUBLISHED BY UWMC PATIENT AND FAMILY EDUCATION SERVICES

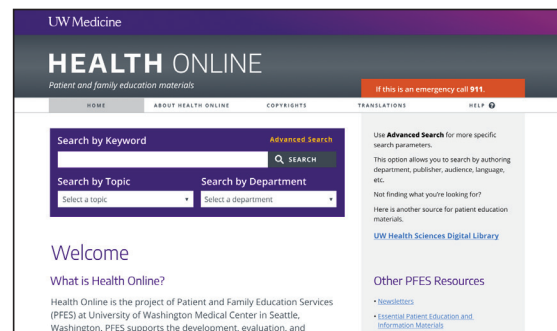
FALL 2019

## 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"

Pain 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)

**Translations Key:** CH = Chinese, KO = Korean, RU = Russian, SP = Spanish, VI = Vietnamese

## PATIENT EDUCATOR

FALL 2019

*Editor: Pam Younghans, 206.598.7947, pamy@uw.edu*

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

### Patient and Family Education

Box 359420  
1959 N.E. Pacific St.  
Seattle, Washington 98195

Please route this issue of *Patient Educator* to your staff. You can also find the current issue at <https://uwmc.uwmedicine.org/bu/PFES/Pages/default.aspx>.

# *You Are Invited!*

University of Washington Medical Center  
**Patient and Family Centered Care**  
**8<sup>TH</sup> ANNUAL MEETING**

**Thursday, November 7, 2019**  
**5 to 7:30 p.m.**

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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*

Cynn timer 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 Lavalley, 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](mailto:dotsona@uw.edu)**