

# 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"/> Walking 3 to 4 times a day, walking farther each day</li> <li><input type="checkbox"/> Physical therapy and occupational therapy training for activity goals and restrictions</li> <li><input type="checkbox"/> Medicine teaching with nurse, pharmacist, and caregiver</li> <li><input type="checkbox"/> Choose your pharmacy in the Seattle area</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 prescription for monitoring supplies</li> </ul>	<div> <div>Regular Diet</div> <div>Chair for Meals</div> </div> <ul style="list-style-type: none"> <li><input type="checkbox"/> Work with pharmacist to plan outpatient prescriptions 1 to 2 days before discharge</li> <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"/> Transplant teaching with Transplant Coordinator</li> </ul> <div>Teaching</div> <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"/> Microspirometry training with respiratory therapist</li> <li><input type="checkbox"/> Pulmonary function testing in Lung Testing Center</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teaching on pain control and opioid medicines</li> <li><input type="checkbox"/> Get all medicines for first month from UWMC Outpatient Pharmacy</li> <li><input type="checkbox"/> Fill 7 days of mediset with pharmacist and caregiver</li> <li><input type="checkbox"/> Final review of transplant and diabetes teaching with nurse</li> <li><input type="checkbox"/> Review follow-up visit schedule with Transplant Coordinator</li> </ul> <div>Pharmacy</div> <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> <div>Meds Routine</div> <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 (hospital will provide)</li> <li><input type="checkbox"/> Monitoring supplies (you will receive a prescription to fill)</li> <li><input type="checkbox"/> Medicines (from UWMC Pharmacy and maybe another pharmacy)</li> </ul> <div>Phone Numbers</div>