

Need to Know by NICHE Series

Overview

The Need to Know by NICHE series empowers patients and families by providing information and guidance which will help them navigate the hospital journey from admission to discharge, and afterwards.

Features & Benefits

Feature: Need to Knows provide patients with knowledge to effectively participate in care and decision-making

Benefit: Encourages patient/family-centered care

Feature: Documents focus on common problems experienced by older adult patients

Benefit: Helps patients and families better cope with the hospitalization experience

Feature: Written in simple, easy-to-understand terms

Benefit: Accessible for a wide range of healthcare consumers

Feature: Helps provide an understanding of what to talk to nurses and doctors about regarding patient care

Benefit: Promotes better communication with the healthcare team

Feature: NICHE hospital initiatives related to the Need to Know topic are explained

Benefit: Provides patients and families with solutions to suggest for their own plan of care

Feature: Dementia Transition Series

Benefit: In-depth series by the St. Louis Chapter of the Alzheimer's Association helps patients with dementia and their families better deal with transitions between home, hospital, and long-term care/rehabilitation facility

Application

The Need to Know series is made available to the public through the NICHE Hospital network in support of patient/family-centered care.

NICHE PORTFOLIO



Need to Know by NICHE Series

General Series:

- Communicating with the Healthcare Team
- Delirium
- Falls
- Functional Decline
- Managing Medications
- Meals and Nutrition
- Patient Environment
- Restraint Use
- Skin Care: Pressure Ulcers
- Sleep
- Vaccines

Dementia Transition Series:

Created in partnership with the St. Louis Chapter of the Alzheimer's Association

- Home to Hospital
- Hospital to Home
- Hospital to LTC or Rehabilitation
- What to Communicate at the Hospital

Need to Know by NICHE Series

What Patients and Their Families Need to Know Before Going into the Hospital

Safety: Falls

Series Editor: Dennise Lavrenz, RN, BSN, MBA; Managing Editor: Scott Bugg

Definition: Falls can be caused by safety hazards in the environment, weakness, poor balance, illness, sudden changes in blood pressure, and certain medications.

Why Is It Important? A fall can result in a wide range of injuries and can interfere with discharge plans.

What Can You Do:

1. If you normally wear glasses or hearing aid(s), make sure you do so when in the hospital.
2. Tell your nurse when you begin to feel pain, weakness, or dizziness.
3. Make sure that you can reach the call light to ask for help.
4. Ask the nurse or physical therapist about: exercises, sitting out of bed for meals, and walking in the hall. Moving about will prevent the kind of weakness that can cause falls.
5. It is very important to be as active as possible BUT when you're not feeling well, have someone nearby when getting out of bed or walking.
6. Get out of bed slowly. Sit on the side of the bed a few minutes before standing.
7. Get to know your way around your room. Don't walk through cluttered areas.
8. Use the grab bars while you are in the bathroom.
9. Wear non-skid slippers or shoes that give support.
10. If you use a cane, walker, crutches, or a brace at home, ask a family member or friend to bring it in.
11. Use your call light to ask for help getting up and as soon as you feel the need to go to the bathroom.

NICHE Hospital Innovation #1: Pre-Op Assessment/Education Sessions for Surgical Patients To help avoid falls, this hospital has nurse-led teams who visit patients in their homes before hip or knee surgery. The patient's home is checked for safety and patients are taught how to move safely.

NICHE Hospital Innovation #2: Surgical Observation Unit Safety This hospital has a special area to observe patients, and "Call, Don't Fall" posters remind patients to ask for help.

NICHE Hospital Innovation #3: Patient-Family Council Promotes Safety Patients and families offer suggestions about hospital safety. For example they discuss changes in practices and equipment to help patients be as independent as possible while being safe.

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