

Patient Information



**WAYNE
MEDICAL CENTER**

An affiliate of Maury Regional Health



Welcome to Wayne Medical Center. On behalf of the entire staff, we want to thank you for choosing Wayne Medical Center for your health care needs. We are honored that you have entrusted us with your care and hope to make your stay with us as pleasant as possible.

This book is designed to provide you with information about services available to you and your family during your stay. If you have any questions, we encourage you to ask a member of our staff.

Your comments and suggestions are important to us as we work toward our mission of serving our community and region with clinical excellence and compassionate care. Please feel free to share your comments with a member of our staff. In addition, you may receive a letter or email following your visit, asking that you answer a few questions about your stay. We encourage you to participate so that we can gain valuable feedback about your visit with us. Again, thank you for choosing Wayne Medical Center and allowing us to provide you with *Quality Care with a Personal Touch*.

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Mission:

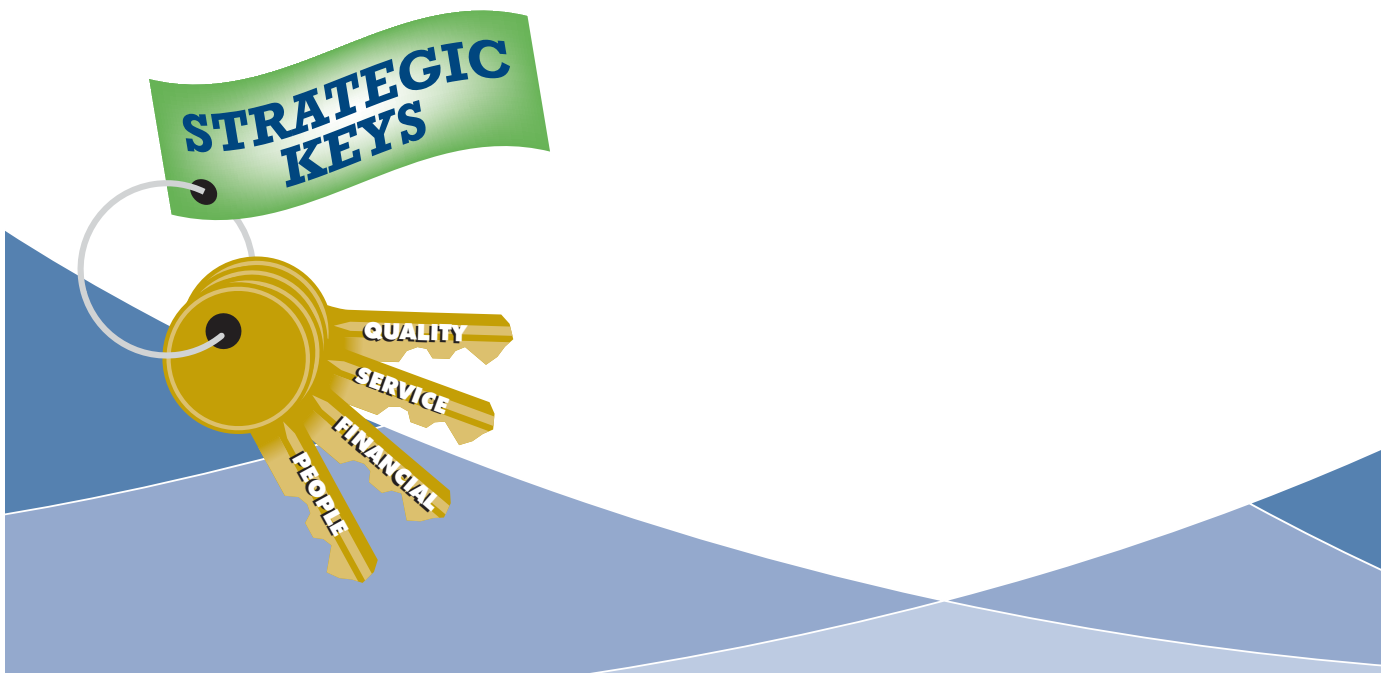
To serve our region with clinical excellence and compassionate care.

Vision:

Maury Regional Health will be southern Middle Tennessee's essential, independent health care leader.

Core Values:

- P** Patient-centered Provide care with empathy, understanding and compassion
- R** Respect Treat everyone as they wish to be treated
- I** Integrity Do the right thing for the right reason
- D** Dedication Be committed to excellence
- E** Enthusiasm Be positive and friendly



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YOUR ADMISSION

Welcome. We hope this booklet will answer many of your questions during your stay. Please feel free to take it home with you when you leave, and thank you for choosing Wayne Medical Center for your health care needs.

Your Stay

Thank you for entrusting Wayne Medical Center with your health care needs. We hope to make your stay with us as comfortable as possible. Upon registration, you may be asked questions by registrars to ensure that we obtain complete medical records, including certain personal and financial information. Many of the questions you will be asked are required by law or are necessary information for the medical center, your physician or insurance company. *This information is confidential.* If the routine seems unnecessary at times, we appreciate your patience and apologize for any inconvenience.

Advance Directives

Advance Directives are an Advance Care Plan (Living Will), a Health Care Agent (Durable Power of Attorney for Health Care), a Surrogate Designation for Health Care decisions, and/or Physician Orders for Scope of Treatment (POST, formerly known as the Universal Do Not Resuscitate – DNR). It is necessary for these documents/directives to be given to medical center staff

as soon as possible on each admission. For additional information on these documents, please contact your nurse or visit the State of Tennessee Web site at <http://health.state.tn.us/AdvanceDirectives/index.htm>

Valuables

The medical center cannot be responsible for money or other valuables kept in your room. It is strongly advised that you leave valuables at home or send them home by members of your family. If that is not possible, you may give valuables to your nurse who will deposit them in a safe.

Dentures, eyeglasses, and hearing aids: The medical center cannot be responsible for breakage or loss of such articles. When not in use, these items should be placed in a protective container. You may obtain a container for dentures from your nurse. **DO NOT** leave these items on dietary trays or put them in linen or paper towels which may accidentally be thrown away.

Visitors

Your visitors are an important part of your stay and they are welcome to visit you. If you have a family member or friend who is assisting with your health care needs and requires overnight accommodations, please ask your caregiver for assistance. Remember though, you need plenty of rest so your visitors should not overtire you or interfere with your treatment.

If the patient is a child (ages 12 and under), a parent or adult guardian must remain with the child at all times, never leaving them unattended during their hospitalization.

All entrances will be locked nightly at 9 p.m., with the exception of the Emergency Room entrance. All visitors must utilize the Emergency Room entrance between the hours of 9 p.m. and 6 a.m.

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YOUR ADMISSION

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Patient Satisfaction

At Wayne Medical Center, our goal is to provide you with excellent care and service. Your feedback and opinions regarding the care you receive are extremely important to us.

Wayne Medical Center partners with Press Ganey, an independent research firm, to conduct our patient satisfaction surveys. You may receive a survey in the mail or email shortly after your visit. Please take a moment to complete the survey so we can continue to improve.

If you would like to share a compliment or suggestion after your discharge, visit MauryRegional.com and click on the customer service link on the home page. Feedback, whether it is a pat on the back or a suggestion for improvement, is shared with the staff and will help us meet our goal to provide you with excellent care and service.

Personal Electrical Appliances and Home Medical Equipment

Personal electrical appliances (hair dryers, electric shavers, etc.) which are in good, safe condition, brought in by patients, may be approved for use. Please discuss this with your nurse prior to using any personal equipment.

For your safety and the safety of others, the use of curling irons, heating pads and personal heat lamps are prohibited.

A physician's order for a patient to use their home medical equipment is required.

Wayne Medical Center assumes no liability or responsibility for the safe and/or effective use of personal electrical appliances or home medical equipment. Patients who use personal electrical appliances or home medical equipment may be asked to sign a form releasing the medical center from liability regarding the use of home appliances and equipment.

Spiritual Services

We encourage clergy of all denominations to visit members of their congregations who are being cared for at Wayne Medical Center. We have a minister on call through our local ministerial association. If you wish to see a member of the clergy, please ask the nursing staff for assistance.

Parking

Designated parking is provided for you and your visitors. After all arrangements have been made for your discharge, your driver should meet you at the designated patient discharge area to take you home.

Tobacco Use

Wayne Medical Center is a tobacco-free campus. We respectfully ask that patients, visitors and employees refrain from using tobacco products.

FOOD AND NUTRITION

The Cafeteria is located on the second floor of the medical center and offers a wide selection of hot entrees, vegetables, deli sandwiches, desserts and beverages.

Hours of Operation

Sunday – Saturday:

Breakfast.....7:30 a.m. – 9:30 a.m.

Lunch.....Noon – 1:30 p.m.

Dinner5:30 p.m. – 6:30 p.m.

Vending Machines offering soft drinks and snacks are located in the waiting room by the Emergency Room. Items are also available for purchase in the cafeteria during business hours.

Visitor Trays are available for a family member who cannot leave the patient room. There is an additional charge for this service. Please contact your nurse for more information. Parent trays are delivered along with those of our pediatric patients (age 6 and under) free of charge.

Patient Meals

A daily menu selection is offered to each patient with their breakfast tray. Please mark your selection or any menu changes and return to a staff member. Please ask for assistance if needed. We will do our best to meet your needs. Your trays will be delivered at the following times:

Breakfast7:30 a.m.

LunchNoon

Dinner5:30 p.m.

The CDM or a registered dietitian is available upon your request to answer any questions concerning your nutritional needs.



GETTING ACQUAINTED WITH YOUR ROOM

Wayne Medical Center offers both private and semi-private rooms. Every attempt will be made to provide you with the accommodations you request. However, private rooms are assigned on a first-come, first-served basis, or according to medical necessity.

Patient rooms are equipped with a bed, visitor seating, television, bathroom, phone and a call light communicator to contact the nursing staff. A shower is available for your use as your physician directs.

The patient bed has remote functions on either side of the bed rail that allow you to control the position of the bed. You will notice that your bed is equipped with side rails for your safety. Do not get out of bed unless your doctor permits you to do so. Never attempt to lower the rails yourself or climb over them. If the rails on your bed are raised, it is for your protection and to assist you in turning. Please notify nursing for assistance if your side rails are up and it is necessary for you to get out of bed.

The television has a separate remote control. A call light communicator that has a red button will notify nursing personnel when pressed. Staff will assure that it is readily accessible. A call button is also located in each bathroom. Please use these to call a nurse if you need assistance.

Individual controls are provided in each room to adjust the temperature.

Environmental/Housekeeping Services

Environmental Services strives to always keep your room and bathroom clean. Your room has been thoroughly cleaned and sanitized. While you are in our care, the Environmental Services Department will provide the following tasks in your room daily:

- Remove trash
- Disinfect surfaces
- Clean and disinfect the bathroom
- Mop the floor
- Inspect the room

If there is anything that we can do to make you more comfortable, please contact an Environmental Service team member or call extension 2050. Your concerns will be addressed immediately.



GENERAL INFORMATION

Identification (ID) Band

At the time of admission, an ID band will be attached to your wrist. It is important that this band not be removed during your stay. This band identifies you to all those who care for you. Also, if you have allergies or are considered a risk for falls, additional bands will be given.

What to Bring

You should only bring a few personal items such as bathrobe, pajamas or gown, slippers and toiletry items.

Home Medications

It is very important for our health care team to know which medications you are currently taking at home. You should bring the medications with you, in their original bottles, so that accurate names and dosages can be obtained. These medications should be given to the nursing staff so they can document them in your medical record. Your home medications will be returned to you to be taken home by a family member or if that is not a possibility, then they will be secured in our pharmacy and returned to you upon discharge. Please do not take any medication other than what your nurse gives you. If you feel you need a medication that you are not being given, contact your nurse, who will contact your doctor for instructions.

What Not to Bring

Please do not bring valuables such as jewelry and money with you to our facility. The hospital will not be responsible for any personal property kept in your room. If you bring valuables with you, you may send them home with a family member or you may ask your nurse to place them in the facility's safe or other locked storage.

Communication Services

A TDD is available for patients who are deaf, hard of hearing or speech impaired. The medical center also offers interpreter services for those whose English is limited. Please ask your nurse for assistance or see page 28.

Maury Regional Health Care Foundation

The Maury Regional Health Care Foundation and its Wayne Medical Center Fund assist Wayne Medical Center in expanding health care services and community outreach programs.

The Wayne Medical Center Fund assists patients with transportation and medication needs and provides assistance to employees and the community.

There are a variety of other funds through which the Maury Regional Health Care Foundation assists patients, their families and the community. Services funded by the Foundation include offering health education and youth health initiatives, conducting free screenings, and providing a hospitality house for patients undergoing cancer treatments at Maury Regional Medical Center (MRMC) and the parents of babies in the MRMC neonatal intensive care unit.

Gifts may be made in honor or in memory of an individual and may be donated to the fund of the donor's choice. The Maury Regional Health Care Foundation is designated as a 501(c)(3) charitable organization and donations are tax-deductible.

For more information about the Wayne Medical Center Fund or other funds administered by the Maury Regional Health Care Foundation, call 931.380.4075 or visit MauryRegionalFoundation.com.

GENERAL INFORMATION

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Telephones

Our switchboard operators will connect outside calls to your room between the hours of 6 a.m. and 10 p.m. After 10 p.m., they will be directed to the nursing staff. Please notify your family and friends of these hours. Visitors may call directly to your room by dialing the main hospital line of 931.722.5411, then entering 2 plus the 3-digit room number.

To make calls from your room:

Local calls: press 9 + phone number.

If you need assistance placing your call, press “0” for the operator.

Cell Phone Usage

Cellular telephones may be used in public areas of the hospital, but should not be used within three feet of any patient care equipment.

Floral Deliveries

When flowers and gifts are delivered to the hospital for you, they will be brought to your room.

Mail

Mail is delivered to patient rooms daily, Monday – Friday. Should you have any outgoing mail, please give it to a nurse to mail for you.

Internet Access

Wayne Medical Center is committed to meeting the needs of its patients. As a courtesy, the medical center provides complimentary internet access through a high-speed wireless network. For the Wi-Fi password,

please call Admitting at extension 1203 or Nursing at extension 2050.

Lost and Found

Lost and found items are held by the Environmental Services Department. If you have lost or found an item, please ask a staff member to contact Environmental Services. When possible, the medical center will notify patients of found items. Items are held sixty days, then will be donated to charity or discarded.

Emergency Drills

For the safety of our patients, visitors and staff, fire drills and other emergency drills are performed regularly. Visitors may be asked to remain in a specific area for a short time until the drill is completed. These activities ensure that our staff responds quickly and appropriately should a real emergency occur. Caregivers will provide assistance for those who have special needs.

Patient Portal

Maury Regional Health offers a secure online portal for your personal health information. Patients have access to information related to visits at Maury Regional Health facilities and providers, including medical history, lab results, visit summaries and prescriptions. Portal features include:

- Health records
- Messages to Maury Regional Medical Group providers
- Appointment requests
- Prescription refill requests
- Find A Doctor tool

Enrolling is easy

Once your name, social security number, date of birth and email is on record in the current medical record system (launched November 2018), you may self-enroll if you are 14 years of age or older. To start the self-enrollment process, visit:

<https://mauryregional.iqhealth.com/self-enroll>

PATIENT SAFETY

Wayne Medical Center is committed to providing you quality care in a safe manner. Your safety is an important part of our mission of healing. If you have any concerns related to care, treatment or patient safety issues, we encourage you to **SPEAK UP** by communicating with your nurse, the nurse manager or any member of the clinical staff.

Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.

- Your health is too important to worry about being embarrassed if you don't understand something that your doctor, nurse or other health care professional tells you.
- Don't be afraid to ask about safety. If you're having surgery, for example, ask the doctor to mark the area that is to be operated upon, so that there's no confusion in the operating room.
- Don't be afraid to tell the nurse or the doctor if you think you are about to receive the wrong medication.
- Don't hesitate to tell the health care professional if you think he or she has confused you with another patient.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

- Tell your nurse or doctor if something doesn't seem quite right.
- Expect health care workers to introduce themselves when they enter your room and look for their identification badges. A new mother, for example, should know the person to whom she is handing her baby. If you are unsure, ask.
- Know what time of day you normally receive a medication. If it doesn't happen, bring this to the attention of your nurse or doctor.
- Make sure your nurse or doctor confirms your identity, that is, checks your wristband or asks your name, before he or she administers any medication or treatment.

Educate yourself about your diagnosis, the medical tests you are undergoing and your treatment plan.

- Ask your doctor about the specialized training and experience that qualifies him or her to treat your illness (and be sure to ask the same questions of those doctors to whom he or she refers you).
- Gather information about your condition. Good sources include your doctor, your library, respected websites and support groups.
- Write down important facts your doctor tells you, so that you can look for additional information later. Ask your doctor if he or she has any written information you can keep.
- Thoroughly read all medical forms and make sure you understand them before you sign anything. If you don't understand, ask your doctor or nurse to explain them.
- Make sure you are familiar with the operation of any equipment that is being used in your care. If you will be using oxygen at home, do not smoke or allow anyone to smoke near you while oxygen is in use.

Ask a trusted family member or friend to be your advocate.

- Your advocate can ask questions that you may not think of while you are under stress.
- Ask this person to stay with you when you are hospitalized. You will be able to rest more comfortably and your advocate can help to make sure you get the right medications and treatments.
- Your advocate can also help remember answers to questions you have asked, and speak up for you if you cannot.

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- Make sure this person understands your preferences for care and your wishes concerning resuscitation and life support.
- Review consents for treatment with your advocate before you sign them and make sure you both understand exactly to what you are agreeing.
- Make sure your advocate understands the type of care you will need when you get home. Your advocate should know what to look for if your condition is getting worse and who to call for help.

Know what medications you take and why you take them. Medication errors are the most common health care mistakes.

- Share with your doctor a list of your current medicines, vitamins, herbs and supplements.
- Ask about the purpose of the medication and ask for written information about it, including its brand and generic names. Also inquire about the side effects of the medication.
- If you do not recognize a medication, verify that it is for you. Ask about oral medications before swallowing, and read the contents of bags of intravenous (IV) fluids. If you're not well enough to do this, ask your advocate to do this.
- Don't be afraid to tell the nurse or the doctor if you think you are about to get the wrong medicine.
- Make sure the doctor or nurse checks your wristband and asks your name before giving you medicine. Whenever you are going to receive a new medication, tell your doctors and nurses about allergies you have, or negative reactions you have had to medications in the past.
- Know what time you normally get a medicine. If you don't get it then, tell your nurse or doctor.
- Tell your nurse or doctor if you don't feel well after receiving a medicine. If you think you are having a reaction or experiencing side effects, ask for help immediately.
- If you are given an IV, ask the nurse how long it should take for the liquid to "run out." Tell the nurse if you have questions about the flow rate.

- If you receive intravenous (IV) fluids, read the contents of the bags of IV fluids. If you're not well enough to do this, ask a relative or friend to do it.
- If you are taking multiple medications, ask your doctor or pharmacist if it is safe to take those medications together. This holds true for vitamins, herbal supplements and over-the-counter drugs too.
- Ask for a copy of your medication administration record. This lists all of the drugs you should be taking. Check it for accuracy. If you're not well enough to do this, ask a friend or relative to help.
- Before you leave the medical center or clinic, make sure that you understand all of the instructions for the medicines you will need to keep taking, and ask any questions you may have about any of your medicines.
- Make sure you can read the handwriting on any prescriptions written by your doctor. If you can't read it, the pharmacist may not be able to either.

At the doctor's office and pharmacy

- Share with your doctor a list of your current medicines, vitamins, herbs and supplements.
- Whenever you get a new medicine, remind your doctor about allergies you have, or negative reactions you have had to other medicines.
- If you are taking a lot of medicines, ask your doctor if it is safe to take those medicines together. Do the same thing with vitamins, herbs and other supplements.
- Understand that more medications may not always be better for you. Ask your doctor how a new medication will help.
- Make sure you can read the handwriting on prescriptions. If you can't read it, the pharmacist may not be able to either. You can ask to have the prescription printed.
- Read the label on your prescription medicine. Make sure it has your name on it and the correct medicine name. Some medicines have similar names that can be confused.
- If you're not sure whether you are supposed to swallow or chew your medicine, ask your doctor or pharmacist. Also, ask your doctor or pharmacist whether you can cut or crush a medicine.
- Ask your doctor or pharmacist if it's safe to drink alcohol with your medicine.
- Take your medicine as it is prescribed and do not stop taking it without asking your doctor.
- Whenever you are in doubt about a medicine, ask your doctor or pharmacist about it.

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Use a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established, state-of-the-art quality and safety standards, such as that provided by The Joint Commission.

- Ask about the health care organization's experience in treating your type of illness. How frequently do they perform the procedure you need and what specialized care do they provide in helping patients get well?
- If you have more than one hospital or other facility to choose from, ask your doctor which one offers the best care for your condition.
- Before you leave the hospital or other facility, ask about follow-up care and make sure that you understand all of the instructions.
- Go to Quality Check at *JointCommission.org* to find out whether your hospital or other health care organization is accredited.

Participate in all decisions about your treatment. You are the center of the health care team.

- You and your doctor should agree on exactly what will be done during each step of your care.
- Know who will be taking care of you, how long the treatment will last, and how you should feel.
- Understand that more tests or medications may not always be better. Ask your doctor what a new test or medication is likely to achieve.
- Keep copies of your medical records from previous hospitalizations and share them with your health care team. This will give them a more complete picture of your health history.
- Don't be afraid to seek a second opinion. If you are unsure about the nature of your illness and the best treatment, consult with one or two additional specialists. The more information you have about the options available to you, the more confident you will be in the decisions made.
- Ask to speak with others who have undergone the procedure you are considering. These individuals can help you prepare for the days and weeks ahead. They also can tell you what to expect and what worked best for them as they recovered.

Be Our Partner in Care

We are committed to providing patients with excellent care. Part of that commitment is acknowledging that no one knows a patient better than his/her family and friends. For this reason, we ask that you be a part of our team.

Because we want you to be our partner in care, we have created the Rapid Response Team (RRT). If you have shared your thoughts with the patient's caregiver and still feel that something is "just not right" or that your concerns are not being recognized, please activate the RRT CODE:

- Dial extension 2050 from any phone within the medical center.
- Provide your name, the patient's name and his/her room number.

A team of medical professionals will be alerted. A member of the team will arrive in the patient's room to address your concerns and alert other members of the team as needed.

Thank you for being our partner in care!

Protecting Yourself and Others from Infection

Infection prevention and control is another very important patient safety measure. It includes a number of activities designed to protect you, your visitors and our staff from germs. Working together, we can reduce the risk of infection during your stay.

Targeting Infection Prevention

The medical center will work closely with you and your provider to minimize your risk of infection. We will involve you and your family in your care and provide you with education on preventing infections related to items such as ventilators, IV lines or urinary catheters, as well as procedures you may undergo or specific organisms you may have heard about in the community, such as MRSA. We have information on similar topics for your post-discharge care as well. If we haven't already offered it to you, simply ask.

Hand Hygiene

Hand hygiene is a term that includes washing your hands with soap and water or applying an alcohol based rub to the hands in order to remove germs that can cause illness.

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Hand hygiene is the single most important way to prevent the spread of infection in the hospital as well as out in the community. To help us prevent the spread of germs and to keep yourself safe:

Notice whether your caregivers have washed their hands or used the alcohol hand rub. Don't be afraid to remind your caregivers (physicians, nurses, or other staff) to wash their hands or use the alcohol hand rub.

Likewise, remind your visitors to wash their hands or use the alcohol hand rub each time they come to see you. It is for your health and safety, as well as their own!

Get in the habit of washing your own hands frequently with soap and water or using the alcohol -based hand rub. This is an important even after you leave the hospital to protect yourself from germs that you may encounter out in the community.

Active Surveillance Cultures

Certain germs such as Methicillin-Resistant Staphylococcus Aureus (MRSA), found both inside and outside the health care settings, are of special concern because they are resistant to the drugs that we would normally use to stop them. Drug resistance is a growing problem worldwide. People can carry these germs in or on their body without their knowledge, and they can be passed from person to person, causing infections in the medical center. We take special steps for your safety to prevent their spread, such as placing patients on isolation precautions and screening for selected conditions.

We may also perform screening cultures – a simple swab of your nose and throat – to determine if you have a drug resistant germ. In the case of MRSA, in about one to two hours after the samples are collected, your nurse or physician will share the results with you. If the results are positive, you will be placed on isolation precautions (see below) to help us prevent the spread of these germs to others in the medical center. If you are already on isolations precautions, we will continue to perform screening cultures. If cultures are negative, you will be taken isolation precautions.

Isolation Precautions

To help us prevent the spread of infection in the medical center, we take extra precautions with patients who may have an infection or who may carry certain germs in or on their

body. If you have a history of drug resistant bacteria, you may be placed on isolation until active surveillance cultures are complete. For everyone's safety, the following measures may be taken to protect both the health care worker as well as the next patient they care for:

- Patients are placed in a private room.
- Health care staff will wear special protective gear, such as a mask, gown and gloves when they enter the room.
- Staff will decontaminate their hands after removing this gear.
- Visitors are also asked to wear the same protective gear and wash their hands or use the alcohol hand rub, so that they don't spread germs around the medical center common areas or take a germ home.
- We may also restrict visitation to reduce the risk of infection from persons coming into the building, especially during community outbreaks.

Respiratory Hygiene/Cough Etiquette

Some germs, such as the flu bug, are spread by large droplets that leave the body when an infected person coughs or sneezes. These droplets carry the germs about three to six feet before falling to the ground or another surface. Other people within that three to six foot area can inhale these germs before they fall and become infected. Individuals can pick up these germs off a solid surface, such as a countertop, with their hands and, if they touch their eyes, nose or mouth, they can become infected.

To help reduce the chance of infection from germs spread by large droplets, we ask that everyone follow Respiratory Hygiene and Cough Etiquette guidelines. These include:

- Informing staff if you or your visitors have symptoms of respiratory infection.
- Cover your cough or sneeze with a tissue or a mask to help prevent the spread of droplets. Remind your visitors to do the same.
- If a tissue or mask is not available, cough into your sleeve, not your hands, if possible.
- Wash your hands with soap and water or use the alcohol based hand rub after coughing or sneezing. Again, remind everyone else to do the same.
- Encourage your visitors who are ill (coughing, sneezing, fever) to consider visiting at a later date for your safety. If they must visit, they should sit at least three to six feet away from you and others.

We ask everyone's cooperation in using these measures so that we may protect the health of others. If you have any questions or concerns regarding infection prevention and control activities, please talk to your physician or a member of the nursing staff.

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Fall Safety

Falls happen because of a combination of factors. If we know what these factors are, we may do something to change them. The good news is that we do know the main causes of falling.

Some causes:

- Unsafe footwear or problems with feet
- Medication side effects
- Problems with balance and walking
- Lack of physical activity
- Changes in eyesight and hearing
- Urinary and bladder dysfunction
- Hazards around the home or in public places
- Weakness from illness or surgical procedure.

You can reduce your risk of a fall by doing the following:

- Always use your call light to call for assistance from the nurse before getting out of bed. Do not try to go to the bathroom by yourself.
- Sit on the side of the bed for a few minutes before you stand. Look straight ahead as you stand.
- Wear non-slip shoes or non-skid footwear when out of bed. The medical center provides non-slip socks.
- Walk close to the wall and use the handrail for safety.
- Ask that a dim light remain on at night to light the path to the bathroom.
- Do not lean on equipment with wheels such as an IV pole or an over-the-bed table.
- Keep personal items (phone, TV remote, toiletries, urinal, etc.) in reach.
- Wear glasses or hearing aids if you have them.
- Pull the emergency cord while in the bathroom if you need assistance.
- Please tell your nurse if you use a walker, cane, wheelchair or bedside toilet.
- Patients sometimes fall when they are feeling better and believe they no longer need assistance. Always call for assistance.

If your child is a patient, you can help prevent falls by following these safety measures:

- Accompany your child to the bathroom when medical equipment is attached.
- Ask a nurse to accompany your child to the bathroom when getting up for the first time following surgery.
- Help your child get up when you feel he/she may be unsteady due to medication or illness.
- Keep ALL side rails up when your child is in bed.
- Daybeds are only recommended for parent/family member use at night.
- While holding your child, if either you or your child becomes sleepy, please place your child back in the bed and raise the side rail, making sure the rail latches. Please do not share a bed with your child.
- Children under 3 years old are safer in a crib even though they may not be in one at home.
- Medical equipment, like IV pumps, will restrict your child's movement. Please let staff members help you walk with your child.
- Do not allow your child to "ride" on the IV pole.
- Use lap belts when your child is using a wheelchair, carriage or stroller.
- Accompany children throughout the facility. Leaving a child unattended can increase falls and injury.
- Please discourage your child from running or climbing in the patient rooms, waiting rooms and hallways.



We want to make sure your child is in the safest environment possible. If we identify that your child is at risk for falling, we will put a "Humpty Dumpty" sign on your child's door as well as on the chart.

How the Staff will Help Prevent Falls:

- Visual reminders to staff will be placed outside your door (Fall Risk sign, use of amber light, etc.)
- The bed will be kept locked and in low position with at least the head of the bedside rails up.
- The room will be kept lighted and free of clutter.
- Patient/family will be informed regarding fall risks and methods of prevention.
- Family may be requested to stay with patients deemed to be at high risk for a fall.
- A mobility monitor may be used as a gentle reminder to call for help before getting up.
- As specific factors are identified, other members of the health care team may be consulted to reduce your risk for falls.

If for any reason you have questions or concerns, please ask your patient caregiver. Always call for assistance before getting out of bed.

PAIN MANAGEMENT

Pain is the discomfort that alerts you to the fact that something may be wrong with your body. Pain may be caused from various sources including:

- An infection
- Inflammation
- Joint or muscle problems
- Effects of a tumor
- Blockage of the stomach or intestines
- Surgery

Maury Regional Medical Center is concerned about your health and well-being and has developed a pain management program to ensure that you get adequate relief.

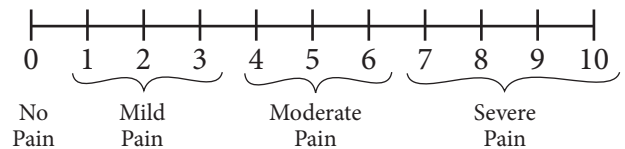
The goal of pain management is to control the pain. It is unrealistic to achieve “zero” pain; however, the goal is to have pain controlled for comfort. With adequate pain control, you can participate in your care and daily activities (bathing, walking, coughing and deep breathing). Staff will be asking you frequently about your pain level. Tell staff what your pain feels like by using words to help describe it as: sharp, shooting, dull, burning, constant, comes and goes. On the right are scales that we use to help identify the severity of your pain.

When the pain is controlled, the patient becomes a partner in care and comfort. We ask that you assist us in controlling your pain by doing the following:

- Pay close attention to changes in your level of pain and report to your caregiver. It will help you eat better, sleep better, move around more easily and visit with your family and friends.
- Uncontrolled pain can lead to a decrease in strength and endurance, lack of sleep, decrease in appetite and longer recovery from illness.
- If your pain is not relieved by your medicine or if you are having any side effects, please tell your doctor or nurse.
- Side effects from pain medications some may experience include:
 - Constipation
 - Drowsiness
 - Dizziness
 - Slowed breathing
 - Skin reactions



0 - 10 Likert Pain Intensity Scale



Wong-Baker FACES Pain Rating Scale



From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahamann, E., DiVito-Thomas, P.A., Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

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PAIN MANAGEMENT

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Mild pain is usually treated with measures such as a heating pad, ice pack, massage, stretching and/or nonprescription pain relievers, such as acetaminophen or ibuprofen.

Moderate pain may be treated with a mild pain medication as ordered by your doctor along with the measures described above.

Severe pain is usually treated with strong pain medications as ordered by your doctor.

Facts About Pain and Medication:

- Pain medications, when given short-term with supervision, are safe and effective and help to reduce the risk of addiction to certain medications.
- Medications may be prescribed by your doctor that can help relieve any side effects.
- Taking pain medication prior to walking or exercising with physical therapy can make that activity more tolerable and perhaps help speed your recovery.
- A specially designed IV pump known as a patient controlled analgesia system (PCA) allows you to safely self-administer small pre-set doses of pain medications (ordered by your doctor) through your IV line. When a patient has a PCA pump, for safety reasons only the patient should push the button to receive pain medication. When someone other than the patient pushes the button, the patient may experience undesirable side effects resulting in a problem.

When Medication is Needed:

- Talk to your nurse if you think your pain requires medication.
- Ask for medication before the pain returns.
- Discuss pain medication combinations with your nurse or provider.
- Let your nurse know after 45 minutes if your pain medication is not working.
- Discuss with your nurse if you have a pain regimen at home that works.
- Discuss comfort methods other than medication to control pain.

Pain Comfort Options

There are various ways to lower your pain without using medications. These include:

- Position change, walking or gently stretching
- Soothing/relaxing music
- Changing the environment (lighting, pillows, bed)
- Aromatherapy
- Prayer or meditation
- Massage focused on your area of pain or a hand massage
- Distraction (adult coloring book, crossword puzzles, magazines, imagery)
- Rest
- Hot or cold therapy (as ordered)

Available comfort items include an extra pillow, warm blanket, lip balm, ear plugs, eye mask or magazine.

We want you and your significant others to be involved to help you be comfortable. Therapies they can assist with are prayer, massage, music and distraction.



NARCOTIC PAIN MEDICATION (OPIOID) MANAGEMENT

Prescription Opioids: What You Need to Know

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

What are the risks and side effects of opioid use?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. Make sure you know the name of your medication, how much and how often to take it and its potential risks and side effects. The use of prescription opioids can have a number of side effects as well even when taken as directed:

- Tolerance — meaning you might need to take more of a medication for the same pain relief
- Physical dependence — meaning you have symptoms of withdrawal when a medication is stopped

- Increased sensitivity to pain
- Constipation
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy and strength
- Itching and sweating

Risks are greater with:

- History of drug misuse, substance use disorder or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



NARCOTIC PAIN MEDICATION (OPIOID) MANAGEMENT

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Know Your Options

Talk to your health care provider about ways to manage your pain that do not involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-directed approach in which patients learn how to modify physical, behavioral and emotional triggers of pain and stress

If you are prescribed opioids for pain:

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider.
 - Work together to create a plan on how to manage your pain.
 - Talk about ways to help manage your pain that do not involve prescription opioids.
 - Talk about any and all concerns and side effects.

- Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends and family).
- Safely dispose of unused prescription opioids. Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (fda.gov/Drugs/ResourcesForYou).
- Visit cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1.800.662.HELP.

BILLING, INSURANCE & LEVELS OF CARE

Thank you for choosing Wayne Medical Center for your health care services. The following is important billing information and the factors that may impact your bill that we hope you find helpful.

Billing

Financial arrangements are normally made at the time of admission. However, there may be times that Patient Access personnel need to counsel with you or your family to discuss your financial responsibilities and assist you if needed.

Your billing statement from Maury Regional Health may include services provided by our hospitals, outpatient facilities, ambulance service and/or Maury Regional Medical Group practices.

You may also receive separate bills for services rendered by your physician, anesthesiologist, radiologist, pathologist, radiation oncologist, Emergency Department physician and laboratory testing agencies not affiliated with Maury Regional Health. These bills are not generated by Maury Regional Health; therefore, you should contact the appropriate entity for inquiries.

Insurance

MEDICARE

Medicare regulations require certain criteria to be met in order to cover the many levels of health care services. These levels of care include hospitalization, skilled long-term care, home health, hospice and outpatient services. Medicare in general defines observation as any hospital stay that lasts less than two midnights. Observation is an outpatient status.

COMMERCIAL & OTHER INSURANCE

Insurance coverage varies by the company providing the coverage and policy provisions. Should you have a question about your coverage, please contact your insurance provider.

COVERAGE GUIDELINES

When a hospitalized patient is ready to safely transfer to a lower level of care, such as transitioning to a nursing home, insurance will no longer cover hospital services. The patient may still require nursing care and rehabilitation services, but this level of care can be safely performed outside of the hospital. A discharge plan will need to be in place to prevent non-covered hospitalization days.

MEDICARE NOTICE OF NON-COVERAGE

Medicare has very strict regulations that require the medical center to issue a Medicare notice of non-coverage when appropriate discharge plans are in place and the patient does not discharge to the appropriate level of care. The medical center can no longer bill Medicare for hospital services, and the patient becomes financially responsible for the bill. A Medicare notice of non-coverage will also be issued when a patient is not appropriate for admission to the medical center based on medical need. For example, a patient with dementia who has gotten worse over time and can no longer take care of him/herself at home would not meet Medicare guidelines for admission to the medical center.

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BILLING, INSURANCE & LEVELS OF CARE

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We encourage you to discuss any concerns or questions with the RN care manager assigned to your case. We are happy to assist you and want to make sure all options are thoroughly explained to you and your family.

Financial Assistance

Maury Regional Health (MRH) is a not-for-profit system with a mission to serve our region with clinical excellence and compassionate care. In service to this mission, MRH is committed to providing medically necessary services to patients regardless of their ability to pay. This financial assistance policy is intended to be in compliance with applicable federal and state laws for our service area.

For patients, and patient guarantors, with limited financial resources, MRH has an established financial assistance program to help provide relief for the cost of medically necessary care.

ELIGIBILITY

Patients of MRH with annual family incomes of less than 250% of the federal poverty level,

and without sufficient assets available to meet patient payment obligations will be eligible for MRH financial assistance. (Visit <http://aspe.hhs.gov/> website of the Assistant Secretary for Planning and Evaluation of the U.S. Department of Health and Human Services for current poverty level guidelines.)

TYPE OF ASSISTANCE

Family income, assets, and medical expenses will be considered when making an eligibility determination on financial assistance. Free care is available to patients with limited assets and family income equal to or less than the federal poverty level. Discounted care is available to patients with limited assets and family income between the federal poverty level and 250% of the federal poverty level. Patients not meeting these eligibility guidelines, but with high medical expenses during a twelve month period, may qualify for catastrophic care assistance.

FEES CHARGED PATIENTS ELIGIBLE FOR FINANCIAL ASSISTANCE

Patients eligible for financial assistance, and having no insurance coverage, will be granted a discount on MRH bills for emergency and medically necessary care. Following a determination of financial-assistance eligibility, an individual will not be charged more than the amounts generally billed (AGB) for emergency or other medically necessary care provided to individuals with insurance covering that care.

HOW TO APPLY

Patients may apply for financial assistance by completing and submitting a Financial Assistance application form, along with adequate documentation to support the application. Applications can be submitted (i) via mail to: Maury Regional Health, Attn: Financial Counselor, 1224 Trotwood Ave., Columbia, TN 38401; or (ii) hand delivery to the Financial Counselor in the Patient Services Department located on the first floor of Maury Regional Health.

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BILLING, INSURANCE & LEVELS OF CARE

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HOW TO OBTAIN COPIES OF THE POLICY AND/OR APPLICATION

An application for MRH financial assistance is available (i) on the MRH website at <http://www.mauryregional.com/patient-and-visitor-information/billing-and-insurance/financial-assistance>; (ii) by request by contacting a Financial Counselor via mail or phone at: Maury Regional Health, Attn: Financial Counselor, 1224 Trotwood Ave., Columbia, TN 38401, 931.381.1111, option 4; and (iii) at any location where patient registration occurs at MRH or our offsite locations.

FOR MORE INFORMATION AND ASSISTANCE

For additional information or assistance regarding our Financial Assistance Program or Application Process, please visit our Patient Services Department located on the first floor of Maury Regional Health or contact the Financial Counselor at 931.381.1111, option 4, Monday through Friday from 8 a.m. to 4:30 p.m. Financial assistance may vary by provider within Maury Regional Health. For a complete financial assistance policy by provider, please select the appropriate entity:

- Maury Regional Medical Center (also applicable to some Lewis Health Center services)
- Marshall Medical Center
- Wayne Medical Center
- Federally Qualified Health Centers
 - Lewis Health Center
 - Lewisburg Family Practice
 - Lewisburg Pediatrics
 - PrimeCare
 - Primary Care - Waynesboro
- Maury Regional Medical Group

EN ESPAÑOL:

Para ver una completa Política de Asistencia Financiera MRH en español, haga clic aquí. Para completar una solicitud de ayuda financiera en español, haga clic aquí.

Levels of Care

There are two types of care that result in a stay in the hospital — inpatient and observation. Observation is generally defined as services furnished by a hospital on its premises, including the use of a bed, monitoring by nursing or other staff and any other services that are necessary to evaluate a patient's condition or to determine the need for a possible inpatient admission to the hospital. Observation services may be provided on any unit or bed and may begin with an initial outpatient visit.

A variety of services are also provided by the hospital on an outpatient basis where the patient goes home the same day. This includes, but is not limited to, outpatient surgical procedures.

All insurance companies, including Medicare, require certain criteria to be met to pay for hospital services related to levels of care. You may have received an estimate for your bill upon registration. Please understand that this may change if your level of care changes during your stay. When an inpatient is stable and ready to transfer to a lower level of care, such as transitioning to a nursing home, insurance will no longer cover hospital services. The patient may still require nursing care and rehabilitation services, but this level of care can be safely performed outside of the hospital.

PATIENT RIGHTS AND RESPONSIBILITIES

You have a right to reasonable access to medical care in a safe setting. We will treat you without regard to your race, color, national origin, ethnicity, culture, language, religion, age, sex, sexual orientation, gender identity or expression, physical or mental disability, financial status, or ability to pay.

You have the right to compassionate care, including the right to:

- Be safe from abuse, harassment, neglect, and exploitation.
- Have your pain managed appropriately.
- Have your doctor and a friend or family member told that you are in the hospital.
- Be free from being restrained or secluded, unless needed for your care.
- Keep and wear your clothing or cultural or religious items as long as doing this doesn't interfere with your treatment.
- Know the names of the people caring for you, what they do, and who they work for.
- Effective communication appropriate to age, language, and ability to understand.
- Have an interpreter at no cost, if you need one.
- Have an assistive (service) animal or aid, if you need one.
- See your bills and have them explained to you. You may also request information about payment plans and financial assistance.
- Talk with other doctors or request a second opinion.
- Have your complaints handled fairly. Your care will not be affected if you share any complaints or concerns with us.

You have the right to privacy, including the right to:

- Be examined in as private an area as possible.
- Have someone of your own sex with you when you are examined.
- Have your medical information kept private, as provided by law.
- Not have any photos or videos taken of you unless you agree to this, except as needed to treat you.

You have the right to be involved in all aspects of your care, including the right to:

- Know what your health problem is and what this might mean for you.
- Share in decisions about your care, treatment plan, discharge plan, and/or pain management plan; including getting information in a way that you can understand.

- Involve a family member or patient representative in decisions about your care (as far as the law allows).
- Be told what you can expect from your treatment, its risks and benefits, other choices you may have, and what might happen if you are not treated at all.
- Be informed about the outcomes of your care, including unanticipated outcomes.
- Access information in your medical record within a reasonable amount of time.
- Receive information about or develop your Advance Directives, including decisions about care, treatment, and services received at the end of life.
- Have your wishes followed with respect to Advance Directives (advance care plans, living will, or durable power of attorney for health care), or organ donation, if known.
- Meet with a chaplain or request other spiritual counseling for you or your family.
- Meet with an Ethics Committee representative or advocate to talk about ethical issues and policies that may affect your care.
- Refuse tests or treatment (as far as the law allows) and to be told what might happen if you refuse care.
- Leave the hospital (as far as the law allows) even if advised against it. If this happens, we will not be responsible for any medical issues that may result.
- Be involved in research, but only if you agree to this. Your care will not be affected if you refuse to participate in a research project.
- Be given information about your discharge plan and any ongoing care you may need after you leave the hospital.
- Have a support person of your choice with you in the hospital or clinic exam room, unless the presence of that person interferes with your care or other patients' care.
- Receive support in accessing protective or advocacy services, when required.
- Receive visitors according to your wishes and without discrimination; and, to be informed when clinically necessary and/or reasonable limitations on visitation are made to support your care and/or the care of other patients.
- Private and unrestricted communication including visitors, mail, and telephone calls, unless restrictions are part of your treatment. Any restrictions will be explained to you and will be assessed for therapeutic effectiveness.

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PATIENT RIGHTS AND RESPONSIBILITIES

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To keep you safe, we encourage you to become actively involved in your care by:

- Confirming to us which part of your body will be operated on.
- Reminding us to check your ID band before we give you medicine or blood.
- Making sure we wash or gel/foam our hands before caring for you.
- Checking for our ID badge.
- Asking questions.
- Knowing what medications you are taking and why.

It is your responsibility to:

- Give us truthful and complete information about your current state of health, health history, medicines, and insurance.
- Ask questions you may have about your treatment and what you need to do to take care of yourself.
- Follow your plan for treatment.
- Give us a copy of any documents addressing health care decisions, including but not limited to: Advance Directives (advance care plans, health care agent, living will, durable power of attorney for health care, physician orders for scope of treatment – POST), organ donor, conservatorship, or legal guardianship forms you may have.
- Follow all hospital and clinic rules, including the “no smoking” policy.
- Respect other patients, visitors, staff, physicians, and property.
- Tell us if you are concerned about or notice any changes in your condition.
- Make sure your bills are paid, or seek financial assistance.
- Go to all of your appointments.
- Let us know if you are concerned about your privacy.

If you have concerns or complaints, contact:

Wayne Medical Center
103 J.V. Mangubat Drive
Waynesboro, TN 38485
931.722.5411

- You may contact The Joint Commission at 630.792.5800, or <http://www.jointcommission.org>
- You may contact the Medicare Beneficiary Ombudsman at 1.800.MEDICARE; or <http://www.medicare.gov/claims-and-appeals/medicare-rights/get-help/ombudsman.html>
- You may contact the U.S. Department of Health and Human Services, Office for Civil Rights at 1.800.368.1019, (TDD 1.800.537.7697), or <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- Or, you may contact the Tennessee Department of Health at:

State of Tennessee Department of Health
Division of Health Care Facilities
Centralized Complaint Intake Unit
665 Mainstream Drive, Second Floor
Nashville, TN 37243
1.877.287.0010

Revision 11-2016

*This information is available in Spanish upon request.
(Solicite la versión en español de esta información.)*



PLANNING FOR DISCHARGE AND TRANSITIONING TO THE NEXT CARE SETTING

We begin planning for your discharge on the day of admission and continue this work throughout your stay to safely transition you to the next care setting. Members of the care coordination team will assist you in understanding your needs related to discharge and will provide information in order to help you choose the best options and resources for you and your family. The care coordination team members are registered nurses and social workers who specialize in your care management. This team can assist you with understanding insurance regulations and will help explain your benefits, coverage and limitations to you and your family. We encourage you to discuss any concerns or questions with your assigned care coordination team members.

Social workers are available to help with complex discharge needs and psychosocial concerns patients and families may have. Assistance from social services can be requested through your physician or nursing staff.

We utilize the word **IDEAL** to effectively plan your transition to the next care setting. The key elements are as follows:

Include you, the patient, and your family in the discharge process.

Discuss with you, the patient, and your family five key areas to prevent difficulty after leaving the hospital and to prevent needing to come back quickly:

- Describe and equip you for what it will be like at home
- Review medications and ability to take as prescribed
- Highlight warning signs and problems to monitor at home
- Explain test results
- Make follow-up appointments

Educate you, the patient, and your family about your condition, the discharge process and next steps at every opportunity throughout the hospital stay.

Assess how well we are explaining your diagnosis, condition and next steps in your care by asking you about your understanding and working through any barriers to carrying out a successful plan.

Listen and honor you, the patient, and your family's goals, preferences, observations and concerns.

For your discharge to be most effective, communication between your care team, your family and you needs to happen throughout your stay. You and your family need to learn from clinicians about your condition and next steps. We encourage you to ask questions about your care and condition as needed. Clinicians need to learn from the patient and family about the home situation (both what help and support can be counted on and the barriers that may be faced).

Discharge Assistance

Our goal is for you to have a smooth discharge transition by planning ahead.

To request assistance with discharge needs, transitions of care and social services, call 931.722.5411 or ask a member of your care team to contact a care team member (registered nurse or social worker).

IMPORTANT INFORMATION FOR PATIENT DISCHARGE

Your physician will authorize your discharge when he/she determines that you are ready to be released from hospital services. Your health care team will provide you with information about discharge instructions. You may want someone close to you to be present to help with written instructions and ask questions. You will be provided the following upon discharge:

DISCHARGE SUMMARY: this is an overview of why you were in the hospital, who treated you, procedures done and what medications were prescribed.

MEDICATIONS LIST: this is a listing of what medications you are taking, why, what dosage and who prescribed them. Also having a list prepared by the hospital is a good way to double check the information.

RX: a prescription for any medications you need. Be sure to fill your prescriptions promptly, so you don't run out of needed medications.

FOLLOW-UP CARE INSTRUCTIONS: make sure you have paperwork that tells you:

- What, if any, dietary restrictions you need to follow and for how long
- What kinds of activities you can and can't do, and for how long.
- How to properly care for any injury or incisions you may have
- What follow-up tests you may need and when you need to schedule them
- What medicines you must take, why and for how long
- When you need to see your physician
- Any other home-care instructions for your caregiver, such as how to get you in and out of bed, how to use and monitor any equipment, and what signs and symptoms to watch out for
- Telephone numbers to call if you or your caregiver has any questions pertaining to your after-hospital care.

Other Services

When you leave the hospital, you may need to spend time in a rehabilitation facility, nursing home or other care facility. You may require home health therapy or have tests scheduled for a later time. Be sure to speak with your nurse or physician to get all the details you need before you leave.

Community resources

You and your caregiver may feel unprepared for what will happen after your discharge. Make sure your discharge planner or nurse provides you with information about local resources, such as agencies that can provide services like transportation, equipment, home care and agencies that can help with patient care.

If you have any questions concerning your discharge, please do not hesitate to ask.

SUPPORT GROUPS

Support groups for those affected by diabetes, stroke, cancer, celiac disease and other health issues meet on a regular basis at Maury Regional Health facilities. For more information, visit:

MauryRegional.com

POST-DISCHARGE SERVICES

Patients may need additional services following discharge from the medical center. The following is a listing of some of the most frequently needed services. Your discharge coordinator can provide a listing of local options; however, this is not an all-inclusive list. There may be other agencies or resources in your area that you may choose to use. Please inform your discharge coordinator of any providers in your area.

- **ASSISTED LIVING FACILITIES:** These facilities provide varying levels of nursing care based on the patient's needs. Each facility has different requirements on the type of care they can provide. This is a private pay service. Please speak with your physician for more information.
- **CANCER TREATMENT:** Persons undergoing treatment for cancer are often able to receive treatment on an outpatient basis. The Maury Regional Cancer Center in Columbia works with your physician to determine the best course of treatment. Services include radiation therapy and chemotherapy. The Retreat, a hospitality home provided by the Maury Regional Health Care Foundation, is available to patients being treated for cancer. For more information about cancer services, call 931.380.4057.
- **CARDIAC REHABILITATION:** Patients with heart disease and those recovering from heart surgery are usually eligible to participate in a cardiac rehabilitation program. These programs assist you in improving your physical, mental, and cardiovascular status through exercise and educational sessions. For more information, please speak with your physician.
- **COMMUNITY OUTREACH EDUCATIONAL PROGRAMS:** Wayne Medical Center also offers a free community health fair on a yearly basis, providing free wellness screenings and health information.
- **EMERGENCY DEPARTMENT:** Wayne Medical Center provides urgent care through its Emergency Department 24 hours a day, seven days a week. It is staffed with highly-skilled physicians and registered nurses.
- **EMERGENCY MEDICAL SERVICES:** Wayne Medical Center Emergency Medical Services (EMS) offers transportation services, both emergent and non-emergent, for patients who need to be transported by ambulance. It is fully staffed with highly trained, licensed paramedics and emergency medical technicians (EMTs). For more information regarding insurance coverage and payment options, please call 931.722.5411, extension 2055.
- **HOME HEALTH:** Home health services are available when a patient can safely return home but needs continued monitoring by a nurse or requires rehabilitation services, such as physical therapy. To qualify for home health, the patient must meet homebound requirements. Services available with a physician's order include nursing care, home health aides, rehabilitation services, home infusion and medical social workers. Home health services are covered by Medicare, TennCare and most commercial insurance. For more information, speak to your physician.
- **HOME MEDICAL EQUIPMENT:** Medicare covers most home medical equipment needs such as a wheelchair, walker, or other device. Your discharge coordinator can provide a list of suppliers that you may contact.
- **HOSPICE:** Hospice care is covered by Medicare and can be provided in various health care settings including the home, nursing home and the hospital. Hospice provides care to the terminally ill patient when there is nothing more to be done to cure the disease. Hospice helps to manage the symptoms of the illness, such as pain management, while providing support to the patient and family.

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POST-DISCHARGE SERVICES

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- **IMAGING SERVICES:** Wayne Medical Center's Imaging Department is staffed with skilled, licensed personnel who possess imaging expertise in the areas of CT, MRI, mammography, ultrasound, echo-cardiograms, bone densitometry and X-ray. Outpatient procedures must be ordered by a physician prior to scheduling an appointment. For more information, call 931.722.5411, extension 2060.
- **IV THERAPY:** Intravenous therapy services such as antibiotics and iron are offered by Wayne Medical Center. These are typically a series of daily outpatient visits for 7–10 days. For more information, speak to your discharge coordinator or physician.
- **LABORATORY SERVICES:** Outpatient laboratory tests are performed with a physician's order at Wayne Medical Center. Our lab is staffed by licensed personnel and accredited by the College of American Pathologists (CAP). Results are provided to your physician. For more information, call 931.722.5411, extension 2033.
- **PHYSICAL, OCCUPATIONAL & SPEECH THERAPY:** Wayne Medical Center offers a wide range of inpatient and outpatient therapy programs for individuals who have been referred by a physician. Services include orthopedic rehabilitation, general physical therapy, spine rehabilitation, sports medicine, pediatrics and neurological rehabilitation. Speech therapists and occupational therapists are also available for therapy and treatment. For more information, call 931.722.2063.
- **PULMONARY REHABILITATION:** This therapy program combines education and exercise to improve lung function and decrease shortness of breath. A physician referral is required and is covered by most insurance. For more information, speak to your discharge planner or physician.
- **RESPIRATORY CARE:** The Respiratory Care Department at Wayne Medical Center offers a wide range of services to both inpatients and outpatients. Respiratory therapists are licensed and credentialed by the National Board of Respiratory Care and evaluate and treat patients with breathing and cardiac disorders. Services include oxygen administration, aerosol therapy, arterial blood gas analysis, pulmonary function testing, EKGs, 24 hour cardiac monitors and cardiopulmonary stress testing. For more information, call 931.722.5411, extension 2045.
- **SITTING SERVICES:** Discharge planners have a list of available agencies and individuals who provide sitter services in the area; however, Wayne Medical Center does not screen or endorse these individuals. Families should conduct appropriate interviews before selecting a provider.
- **SLEEP CENTER:** Sleep studies assist in diagnosing a variety of conditions and disorders, including sleep apnea, narcolepsy, restless leg syndrome, insomnia and many others. Studies may be recommended for individuals who for several weeks experience one or more of the following symptoms: difficulty falling asleep, waking frequently with difficulty returning to sleep, feeling tired, irritable or trouble concentrating during the day, snoring loudly, kicking or jerking while asleep, and awakening gasping for breath. Sleep studies are conducted at Wayne Medical Center with a physician referral. Home studies are also available. For more information, call 931.722.5411, extension 2045, or speak to your physician.
- **SWING BEDS (SKILLED NURSING BEDS):** Recovery sometimes extends beyond a typical hospital stay. For patients needing to transition from the hospital to home or another setting, the swing bed unit at Wayne Medical Center provides full service care and rehabilitation. Talk to your physician for more information.

Patient Portal

Manage your health records online with our free patient portal. This service provides convenient access to your personal health records in a secure online environment. To create your account visit

MauryRegional.com

NOTICE OF NON-DISCRIMINATION

Maury Regional Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, culture, language, religion, age, sex, sexual orientation, gender identity or expression, physical or mental disability, financial status or ability to pay in its health programs and activities.

Likewise, discrimination or discriminatory requests by our patients and/or visitors go against our non-discrimination policy and are taken very seriously. While requests based on cultural or religious restrictions should not violate hospital policy or legal standards, discriminatory requests shall not be honored.

Maury Regional Health provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Maury Regional Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact your caregiver or request to speak with the house supervisor.

If you believe that Maury Regional Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with the director of compliance at 1224 Trotwood Avenue, Columbia, Tennessee 38401, 931.540.4338, Kedwards@MauryRegional.com. You can file a grievance in person, by mail or email. If you need help filing a grievance, the director of compliance is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201, 1.800.368.1019, 1.800.537.7697 (TDD).

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

INTERPRETERS AVAILABLE

You have access to interpretation services 24/7 at no personal cost to you.

This chart includes languages commonly spoken in your community, additional languages are available.

English: Do you speak [language]?

We will provide an interpreter at no personal cost to you.

Spanish Español	¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.	Amharic አማርኛ	አማርኛ ይናገሩ? እርስዎ በግልጽ ምንም ወጪ ሳያወጡ አስተርጓሚ እናቀርባለን።
Arabic اللغة العربية	هل تتحدث اللغة العربية؟ سوف نوفر لك مترجمًا فورًا بدون أي تكلفة عليك.	German Deutsch	Sprechen Sie Deutsch? Wir stellen Ihnen unentgeltlich einen Dolmetscher zur Verfügung.
Cantonese 粵語	您講粵語嗎？我們將免費為您提供翻譯。	Gujarati ગુજરાતી	તમે ગુજરાતી બોલો છો? અમે ઈન્ટરપ્રીટર દુભાષિયો પૂરો પાડીશું, જેનો ખર્ચ તમારે ઉપાડવાનો રહેશે નહીં.
Mandarin 中文	您讲国语吗? 我们将免费为您提供翻译。	Japanese 日本語	日本語を話しますか? 個人的な負担なしで通訳を提供致します。
Vietnamese Tiếng Việt	Quý vị nói được tiếng Việt không? Chúng tôi sẽ cung cấp một thông dịch viên miễn phí cho quý vị.	Tagalog Tagalog	Nakapagsasalita ka ba ng Tagalog? Magbibigay kami ng tagasalin nang wala kang personal na babayaran.
Korean 한국어	한국어를 사용하십니까? 무료로 통역 서비스를 제공해 드리겠습니다.	Hindi हिन्दी	क्या आप हिन्दी बोलते हैं? हम आपके लिए बिना किसी निजी लागत के एक दुभाषिया को उपलब्ध कराएंगे।
French Français	Parlez-vous français ? Nous vous fournirons gratuitement un interprète.	Russian Русский	Вы говорите по-русски? Мы абсолютно бесплатно предоставим вам переводчика.
Lao ພາສາລາວ	ເຈົ້າເວົ້າພາສາລາວບໍ່? ພວກເຮົາຈະຈັດຜູ້ແປພາສາໃຫ້ໂດຍທີ່ທ່ານບໍ່ຕ້ອງເສຍຄ່າ.	Persian	—رسي —بی —بی —بی —بی —شاهی رایگان در اختیار شما قرار خواهیم داد.

For assistance, call:

1-844-805-3092

1-844-805-3091 (TTY for hearing impaired)



TELEVISION CHANNEL GUIDE

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703	WUXP – MyTV	43	FOX News Channel	74	GSN
704	WSMV – NBC	44	HISTORY	75	Investigation Discovery
705	WTVF – CBS	45	truTV	85	CSPAN2
708	WLJT – PBS	46	A & E	86	FOX Business Network
713	WNAB – CW 58	47	DISCOVERY	89	Hallmark Channel
717	WZTV – FOX 17	48	National Geographic	90	OWN
778	MOTORTR	49	TravelChannel	91	FXX
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28	TNT	57	TV Land	180	WSMV 2 – NBC
29	USA	58	AMC	181	WKRN 2 – ABC
30	FX	59	TCM	182	WTVF 2 – CBS
31	ESPN	60	BET	183	WTVF 3 – CBS
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34	SEC Network	63	<u>SyFy</u>	187	WZTV 2
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38	The Weather Channel	66	MTV	191	WLJT PBS
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