



Tests

Electrocardiogram or ECG/EKG

12 stickers and leads are applied to the patient's chest to test the electrical conduction of the heart and assess for irregularities.

Echocardiogram

An ultrasound of the heart used to assess structure, function and diagnose cardiac abnormalities and disease processes.

Laboratory

Blood work may need to be taken at least once a day.

Stress Test

Includes walking on a treadmill while attached to an EKG machine. It is used to determine the heart's response to exercise. A stress echocardiogram includes an ultrasound of the heart in addition to the stress test. Patients may have a light breakfast before a stress test.

Lexiscan Injection

Lexiscan is a prescription drug administered through an IV that helps to produce images of the heart. Patients should not eat prior to a Lexiscan injection.

Equipment you may see in the unit

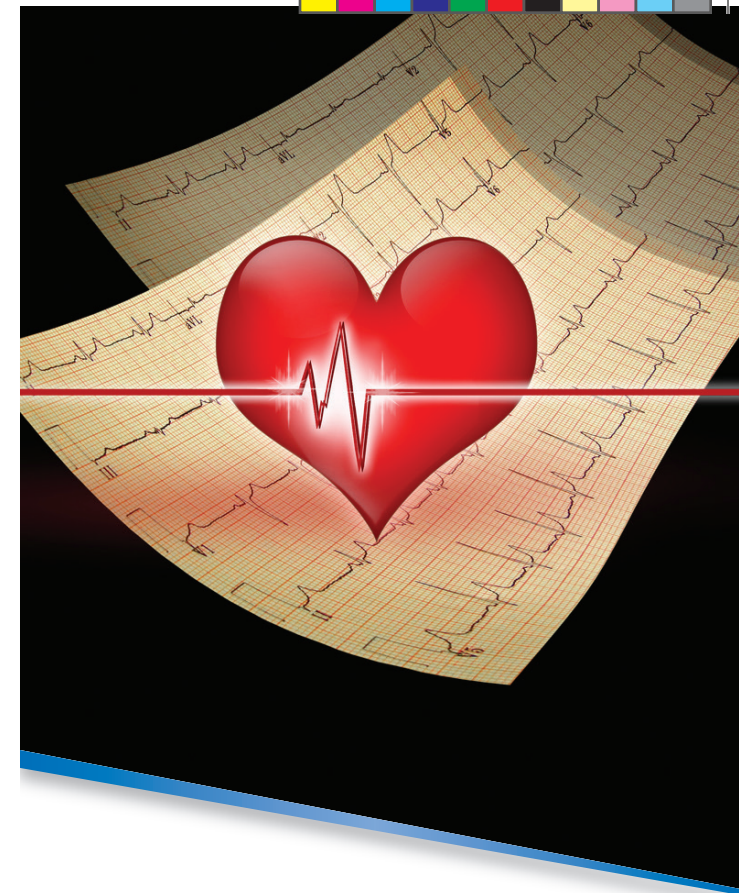
- Portable Heart Monitor (Telemetry Monitor)
- Oxygen
- IV access is required during the patient's stay
- Vital signs monitoring, checked every four hours



For more information call the
Heywood Hospital Telemetry Unit
at (978) 630-6305



242 Green Street, Gardner, MA 01440
(978) 632-3420 | www.heywood.org



Telemetry Unit

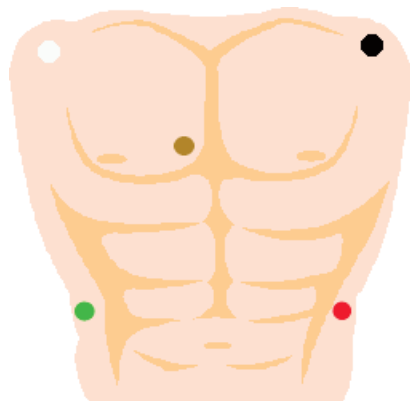




What is a Telemetry Unit?

The doctor has admitted you or your family member to our Telemetry Unit. Patients who need close observation and monitoring of the heart during or after cardiac events, major surgery or during an illness will spend some time on this unit. Our goal is to provide the best possible care to patients and their loved ones during an often stressful time.

Our care team is here to answer any questions you or your family may have. We have access to a wealth of educational material, so please do not hesitate to ask for information.



Typical five locations for telemetry monitoring

When may I visit?

We believe that family and friends are important to the healing process. With that in mind, you may visit the patient 24 hours a day. Please understand that Heywood Hospital supports a healing environment and there may be times during the patient's stay that the care team may ask you to limit visiting or have only two visitors at a time. This may be to promote healing and rest after a long night or in preparation for a procedure.

What can I expect while I'm there?

The telemetry unit nurses and aides change shifts every eight hours; at 6:45am, 3:00pm and 11:00pm. You will find that the nurses and aides that care for you or your family member will come into the room and discuss the events of the day, as well as what the healthcare team has planned for the next 24-48 hours. It is our way of keeping you informed. Vital signs are monitored every four hours. IV access is also required during the patient's stay. A computerized system is used for medication administration in the Telemetry Unit. We encourage you to ask our care team any questions you may have about medication.

The Team

The multidisciplinary team – nurses, doctors, case managers, pharmacists, nutritionists, social workers and respiratory therapists – will meet at least once daily to discuss patient care planning and coordination to provide the best possible patient care and outcome for you or your family member. Confidential information is reviewed with the care team.

Our Physicians

One of our physicians will oversee all the care given to the patient but may consult with a variety of specialists who will be asked to see you if you should need them. For example, if you are here for a cardiac event, you will likely be seen by one of our cardiologists.

Our Nursing Staff

The nurses on the Telemetry Unit are trained to provide cardiac and medical-surgical care to patients. You will be assigned a registered nurse and a certified nursing assistant at the beginning of every shift. All of our nurses are certified in Cardiopulmonary Resuscitation (CPR), Advanced Cardiac Care and Life Support (ACLS).

Laboratory

Laboratory tests may need to be routinely collected and monitored throughout your stay on Watkins 1.

Respiratory Therapist

A Respiratory Therapist (RT) may be needed to monitor and adjust oxygen based on the patient's needs. The RT also cares for the patient while on a Continuous Positive Airway Pressure Machine (CPAP) or on Bi-level Ventilatory Support Machine (BI-PAP) and administers breathing treatments.

Dietician/Nutritionist

The dietician assesses the nutritional needs of the patient. The dietician will recommend nutrition based on the patient's condition and assists with diabetic care and self management.

Case Managers and Social Workers

A case manager or social worker may be appointed to the patient to assist with discharge and after care planning.

Physical Therapist

A Physical Therapist (PT) may assist the patient with movement including getting in and out of bed.

Pharmacist

A pharmacist will be included in the patient's care plan and used as a resource for the nurses and doctors when prescribing medications.

Clergy/Spiritual Care

If you wish to meet with clergy staff, please ask the nurse caring for the patient.

