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1. Introduction

Welcome to [Hospital Name]! Your health and well-being are our top priorities. This manual has been created to ensure that your stay with us is as comfortable and safe as possible. It contains guidelines and protocols for different scenarios that you may encounter during your time at our facility.

2. General Guidelines

Before delving into specific protocols, it's essential to understand some general guidelines that apply to all patients:

- Follow all instructions given by medical staff promptly.
- Inform the nurse or attending physician of any discomfort or changes in your condition.
- Maintain good hygiene practices, including regular handwashing.
- Respect the privacy and rights of other patients and hospital staff.

3. Protocols for Infected Patients

If you have been diagnosed with an infectious condition, such as a contagious illness or post-operative infection, certain protocols must be followed:

- Wear a mask at all times when outside of your room to prevent the spread of infection.
- Limit contact with other patients and visitors.
- Dispose of used tissues and other personal items properly to prevent contamination.
- Follow isolation procedures as instructed by the medical team.

In cases of fever, worsening symptoms, or difficulty breathing, immediately notify a nurse or call for assistance using the nurse call button.

4. Protocols for Non-Infected Patients

For patients without infectious conditions, the following protocols should be observed:

- Adhere to medication schedules as prescribed by the physician.
- Engage in light physical activity as recommended by the nursing staff to promote recovery.
- Attend scheduled therapy sessions or consultations.
- Follow dietary restrictions if applicable.

If experiencing severe pain, sudden weakness, or any other concerning symptoms, alert the nursing staff promptly.

5. Protocols for Immobile Patients

Patients who are immobile due to injury, surgery, or other medical reasons require special attention to prevent complications such as bedsores and muscle atrophy:

- Change positions regularly as advised by the nurse or physical therapist.
- Perform gentle range-of-motion exercises to maintain joint flexibility.
- Utilize assistive devices, such as bed rails or walkers, when moving or transferring.
- Ensure proper padding and support for pressure points to prevent skin breakdown.

Nursing staff should be notified immediately if any signs of skin irritation or discomfort are noticed.

6. Protocols for Bathroom Usage

Patients' ability to use the bathroom independently may vary depending on their condition. The following guidelines outline bathroom protocols:

- Ambulatory patients should use the bathroom facilities unassisted whenever possible.
- For patients requiring assistance, such as those with mobility limitations or intravenous lines, nurse call buttons are provided for summoning help.
- Bedridden patients may utilize bedpans or commode chairs with assistance from nursing staff.

- Hygiene supplies, including hand sanitizer and disinfectant wipes, are available in all bathrooms for patient use.

If unable to reach the bathroom or experiencing urinary or bowel incontinence, notify a nurse immediately for assistance and cleanup.

7. Nurse Intervention Criteria

While patients are encouraged to be as independent as possible, there are certain situations that warrant immediate nursing intervention:

- Sudden onset of chest pain or tightness
- Difficulty breathing or shortness of breath
- Uncontrolled bleeding or drainage from surgical sites
- Loss of consciousness or confusion
- Signs of infection, such as fever or increased swelling
- Any other acute medical emergencies

In such cases, do not hesitate to activate the nurse call system or seek help from nearby hospital staff.

8. Conclusion

Your safety and comfort are our primary concerns at [Hospital Name]. By adhering to the protocols outlined in this manual and seeking assistance when needed, we aim to provide you with the best possible care during your stay. If you have any questions or concerns, please don't hesitate to ask a member of our medical team. We wish you a speedy recovery and hope your experience with us is a positive one.