#### Contact information of the team

Team Member	Email ID	Contact No
Aakriti Singla	aakritis@seas.upenn.edu	(267)721-7756
Parul Bhalla	pbhalla@seas.upenn.edu	(267)777-2861
Krishna Chaitanya Daliparthy	krishnad@seas.upenn.edu	(267)252-4181

## **Completed Features**

- 1. The catalog given to us that describes all the services offered by Abramson Cancer Center is made online. Good care was taken to preserve the styling and fonts of the brochure.
- 2. The option to list blood count records
- 3. The option to ask questions
- 4. The option of viewing appointments in a table (Issue with calendar mentioned below)

# Missing Features/Known bugs

One known issue with the application is that the appointment calendar doesn't show up on Heroku but it works well locally. We tried fixing some production configurations but couldn't solve it.

Rest of the application works as expected.

## Link for github:

https://github.com/OpenSourceCallCenter/PennMedicine

### Link for heroku:

http://abramsoncancercenter.herokuapp.com/

#### Screens

The following page provides general information about the Hospital of University of Pennsylvania. The different tabs on the screen allows to navigate through the specific information provided regarding the Abramson Cancer Center.



#### Welcome to the Hospital of the University of Pennsylvania



There are several oncology units at The Hospital of the University of Pennsylvania, all offering the same great level of comfort, care, and clinical expertise. Patients on the oncology units are receiving chemotherapy, radiation, or bone marrow/stem cell transplants, as well as care symptoms of their disease.

" Our highest priority is to provide you and your family with high quality, evidence-based, and patient-family centered care. "

Throughout your stay, you will meet many members of your care team. They serve as valuable resources for you and your family. Members of your team may include physicians, nurse practitioners, physician assistants, nurse navigators, oncology nurses, certified nursing assistants, nursing support associates, secretaries, pharmacists, physical and occupational therapists, chaplains, social workers, discharge planners, nutritionists, and more. We are very proud of our team approach, which allows us to provide you with the very best care.

We hope this folder provides you with answers to some of your questions and concerns as you manage your illness. We welcome all comments and suggestions from you and your family. Without your feedback, we cannot improve.

Penn Medicine 2015

The following page gives information about the Fall Precautions provided by Penn Medicine.

# Penn Medicine - ABRAMSON CANCER CENTER Welcome Patient Services Oncology Service Communicating What To Expect Fall Precautions Neutropenia Questions Events Calendar Blood Count Preventing Blood Clots Useful Information Oncology Resources HUP Television Info Leaving Hospital We Are Listening Fertility Sign up | Login

#### Fall Precautions

"I have never fallen like that before in my life.
It was terrifying. I remember it was two
weeks after I finished my chemotherapy; I
had no idea how weak I was. I was using
the commode by myself.
I got up, felt very dizzy and fell face first
onto the floor. I was very scared."

- Penn Medicine Patient

Falls can be a worry for people both in the hospital and at home. We would like to teach you and your family members about ways to avoid falling in the hospital. We would also like you to learn some of the ways that we help to prevent falls in the hospital and how you can help.

#### What does "Fall Precaution" mean?

In the hospital, you may be on new medications, in a new environment or have some weakness. This can increase your risk of falling and the staff may note that on your chart

There are some ways we help to prevent falls in the hospital, and you may see some of these used during your stay.

- ▷ The bed is in the low, locked position with 2 side rails up
- ▷ The call bell and belongings are within reach at all times
- > Spills are cleaned as soon as possible
- □ Use of non-slip footwear
- > Assistance is given for toileting needs

## If you are on fall precautions, you and your visitors may see some of the following

- > Yellow signs outside room
- > Yellow wrist band
- ∀ellow non-skid socks
- ▷ Alarm in bed or chair to alert staff if you are getting up without asking for help
- A bed that is low to the ground

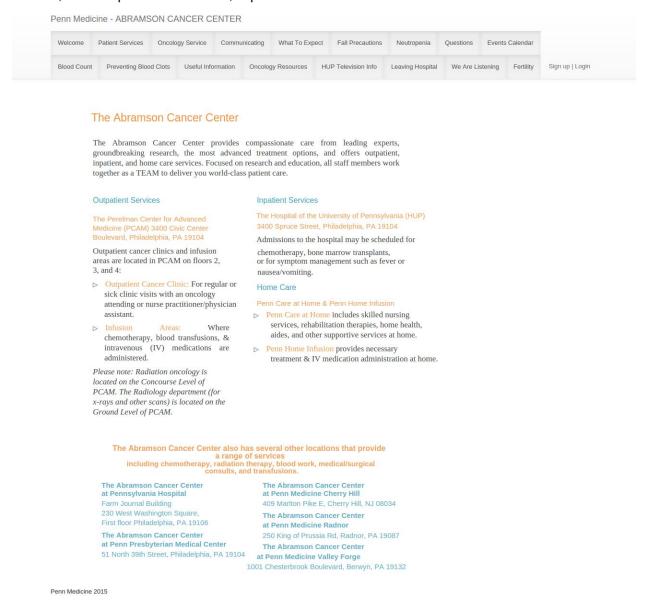
#### What does staff do if you are on fall precautions?

- ▷ Alerts other staff members of your risk to fall
- > Assists when you are out of bed
- Makes sure your needs are met and important items are within reach, such as, phone, tv remote, glasses, food tray
- Staff may move your room where more people can see and watch out for you

## How can a family member help you while you are in the hospital?

- ∀isit you and keep you comfortable
- □ Talk to the nurse and ask questions about the care plan
- Make the room more comfortable by bringing familiar items from home such as pillows, blankets, and pictures of family and friends
- Ask for help when you need to get up or use the bathroom

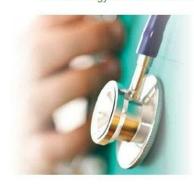
The following page shows the different services provided by the Abramson Cancer Center, like outpatient services, inpatient services etc.



The following page provides information about the Oncology services provided by the Abramson Cancer Center.



#### The Oncology Service: Understanding Your Medical Team



#### Outpatient Attending Physician

The Outpatient Attending Physician is your main oncology doctor with primary responsibility for the management of your capper.

#### Inpatient Attending Physician

The oncology doctor in charge of your care in the hospital. The Inpatient Attending Physician also oversees the Inpatient Team which may include:

- ▷ Intern: Doctor responsible for coordinating all aspects of patient care while you are in the hospital.
- Resident: Doctor who supervises the intern to direct patient care.
- Advanced Practice Providers: Nurse practitioners & physician assistants responsible for disease management who round daily with your Inpatient Attending Physician.

- Oncology Fellow: Doctor receiving advanced training in the field of oncology.
- Medical Student: Student learning to become a doctor.

The Inpatient Attending communicates regularly with the Outpatient Attending to make sure the care provided in the hospital is consistent with your overall care plan.

#### Nursino

Oncology nurses are specially trained to administer chemotherapy, support patients during bone marrow/ stem cell transplants, and manage symptoms.

Many nurses are members of the Oncology Nursing Society and are specialty certified. The nursing leadership team is usually comprised of a nurse manager, assistant nurse manager and clinical nurse specialist.

# Why might my inpatient doctor change while I am hospitalized?

The doctors caring for you in the hospital are usually "On-Service" for two or four weeks at a time. A different doctor may care for you on a weekend or holiday. Any time a switch in care occurs from one doctor to another, a detailed history & plan of care is given to the new doctor to ensure an accurate handoff of responsibility.

Penn Medicine 2015

The following page provides information regarding the different ways that the hospital staff interacts with the patients.



#### Communicating With You During Your Stay



#### Always remember...

YOU are the most important member of the healthcare team!

- $\ \, \rhd \ \, \text{Improving communication=improving care}.$
- Don't be afraid to ask questions.
- You know yourself best. Providing detailed information & asking questions will help us care for you.
- Please write down your questions on the note pages provided in this packet.

#### White Boards

We want you to know the members of your care team. The white board in your room will be updated at every shift change with the elements shown below. The nurse will also ask you to choose 2 goals for the day that we can help you achieve.

DATE:

RN: CNA:

ATTENDING:

GOALS:

2

#### Bedside Report

- Nurses will come to your room at shift change to perform a bedside report.
- The nurses will be talking with you about your care needs at your bedside and they ask you to be an active member of this process.
- During this time you will be introduced to the RN (registered nurse) for the next shift.

Penn Medicine 2015

The following page provides all the facilities provided by the Abramson Cancer Center to the patients on day to day basis like Food Services, Hospital rounds, Labs etc.

#### What to Expect During Your Stay

#### Color Coding

To help you easily identify our staff during your stay we have color coordinated uniforms.

Nurses (RNs)

Certified Nursing Assistants (CNAs)

Environmental

Support Associates

Transport Staff

Physical Therapy & Occupational Therapy

Unit Secretaries

NAVY BLUE MAROON DARK GREEN BROWN

LIGHT BLUE

PROFESSIONAL ATTIRE

Day: 7 am - 7 pm Night: 7 pm - 7 am

#### Different Shifts

Our RNs and CNAs work 8 or 12 hour shifts.

8 HOUR SHIFTS Day: 7 am - 3 pm Evening: 3 pm - 11 pm Night: 11 pm - 7 am

# 11 pm 12 HOUR SHIFTS

#### Patient & Family Centered Care

We recognize the importance of family in providing you with safe care. They are your advocates and know you better than anyone.

- Patient & Family Centered Care: A partnership between your TEAM & FAMILY. You are always at the center.
- You define the members of your family regardless of biological or legal relationships.

#### Blood Sugar Checks

- A CNA may be checking your blood sugar for several reasons.
- Schedule: Before meals & bedtime, or every 6 hours if you are not eating.

#### Chemotherapy Precautions

RNs and CNAs wear purple gloves when you are receiving chemotherapy and up to 48 hours after because the chemotherapy is excreted in bodily fluids such as sweat and urine.

#### Daily Weights

→ A CNA may weigh you every morning.

#### Food Services

- Breakfast, lunch, & dinner will be brought to you by a food service associate.
- With each meal delivery, he/she will take your order for the next meal.

#### Hourly Rounds

 RNs & CNAs will check on you at least every hour to ensure your safety, assess pain, & attend to any needs you may have.

#### Labs

- ▷ If you have a central line, a RN will draw your labs between 4:00am – 6:00am.
- If you do not have a central line, a phlebotomist (lab draw specialist) will draw your labs (needlestick) between 4:00am – 6:00am.

#### Linens /towels/toiletries

- A CNA will change your linens & bring you fresh towels, gowns, & personal supplies every day.
- A CNA will offer you assistance with personal hygiene if needed.

#### Quiet Environment

- > We value a quiet environment.
- > Lights are turned low at 10:00pm every night.
- We have ear buds to assist you with noise reduction

#### Team Rounding

 Your team will come to your room daily to talk about your care between the hours of 8:00am – 12:00pm (approximately).

#### Vital Signs

- Your vital signs will be checked every 4 hours.
- If you are getting chemotherapy, blood, platelets or other infusions, your vitals will be done more frequently.

The following page provides information about a condition called Neutropenia, the precautions that a patient can take, and the various diet guidelines, for instance what food items a patient should include in his diet and what all food items can be avoided.

# Penn Medicine - ABRAMSON CANCER CENTER Welcome Patient Services Oncology Service Communicating What To Expect Fall Precautions Neutropenia Questions Events Calendar Blood Count Preventing Blood Clots Useful Information Oncology Resources HUP Television Info Leaving Hospital We Are Listening Fertility Sign up | Login

#### Neutropenia

If your white count is low, you have a condition called neutropenia. Your body does not have enough white blood cells. This is important because you need white blood cells to fight infection.

#### Neutropenic Precautions and Preventing Infection

Many patients with cancer in the hospital have weakened immune systems and are at risk for infection. You, your family, and other visitors can help us protect you and the other patients by following the rules below:

- Perform frequent hand washing
- If you leave your patient room, wear a mask while walking in the hallway, throughout the hospital, and outside of the hospital.
- If there are signs on your hospital room door, please encourage visitors to follow the instructions on these signs.
- ▷ No fresh flowers.
- Family/friends should not visit if they are sick or have been around someone that is sick. If there is any question, they should wear a mask.
- Speak up and ask staff to wash their hands if you have a concern.
- > Tell staff if you have ever been in isolation while in the hospital. Did your visitors have to wear yellow gowns?

#### Neutropenic Diet

If you are an Allo Transplant patient, you should refer to the Allo Transplant Neutropenic Diet Guidelines given to you at the Allo class. If you do not have them with you, ask your nurse to print a copy. Allo Transplant Neutropenic Diet Guidelines are more strict than regular Neutropenic Diet Guidelines. immune systems, and is often recommended before

#### What is the neutropenic diet?

A neutropenic diet is for people with weakened and after certain types of chemotherapy and other cancer treatments. If you are neutropenic, this diet helps protect you from bacteria and other harmful organisms found in some food and drinks. If your immune system is not working well, your body may have a hard time protecting itself from these bacteria. Cooking foods (like beef, chicken, fish, and eggs) completely makes sure that all bacteria are destroyed.

#### Modifications

Foods known to contain significant numbers of harmful bacteria, yeasts or molds must be either cooked or excluded from the diet. Generally all foods must be well cooked, well washed or processed prior to serving. Safe food preparation is a must. All foods must be served at proper temperatures.

#### Neutropenic Diet Guidelines

The following are NOT allowed:

- Food from restaurants, street vendors or buffets
- Unpasteurized fruit juices
- ⊳ Fresh or frozen berries
- > Fresh, unroasted nuts
- Aged cheeses
- Unpasteurized soft cheeses (e.g. brie, feta) unless well cooked
- Uncooked luncheon meats and other processed meats, including turkey and ham
- Undercooked meat, poultry, fish, pork and eggs
- Any food not stored at proper temperature.
- Bakery cakes and pastries requiring refrigeration (e.g. cream and custard filled products)
- Raw vegetable sprouts
- No bleu cheese dressing or dressings containing raw eggs

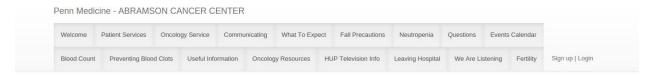
The following are allowed:

- Well washed fruit and vegetables (except berries)
- Dried fruits
- Cooked fresh, frozen, or canned fruits and vegetables
- > Pasteurized fruit juices
- > Pasteurized milk & dairy products
- > Commercially made yogurts
- Cottage cheese, cream cheese, ricotta cheese, pasteurized processed cheese slices, prepackaged hard cheeses (e.g. mild and medium cheddar, mozzarella, Swiss, American processed cheese)
- Vacuum packaged roasted nuts
- > Dried spices including pepper
- > Tap water (unless well water)
- Meat (on and off bone) well-cooked to proper temperature

#### Special Considerations:

- Wash all prepackaged fresh fruits and vegetables prior to eating
- Wash all frozen fruits prior to eating if eating uncooked

The following page provides information regarding how to prevent the Blood Clots. It also provides a checklist through which a person can determine whether or not they are at increased risk for blood clots.



#### **Preventing Blood Clots**

#### EVERY hospitalized patient is at an increased risk for blood clots

- ▷ If blood clots form, pieces of clot can break off and move to the lung, causing a potentially life threatening emergency called "pulmonary embolism". Clots can also move to your brain and cause a stroke.
- > DVT (deep vein thrombosis): Blood clot in the veins of the arms and legs.

# Please use this checklist to see if you are at increased risk for a blood clot

- > Hospitalization
- > Active cancer
- > Age >60 years
- Diabetes
- > Heart failure
- Decreased activity
- Infection, especially Pneumonia or other lung infections
- > Inflammatory bowel disease
- > Inserted PICC lines
- > Obesity
- > Smoking

#### Several ways to prevent blood clot

- Medications: Injections of Heparin 3 times/day or Lovenox 1 time/day.
- ICD's (Intermittent Compression Devices\*), also known as "leg booties": These are compression sleeves that wrap around your legs. Air moves up & down in these sleeves on your legs to get your blood flowing.

  \*We recommend wearing these while lying in bed or sitting in a chair to stimulate the blood.
- > TEDS (compression stockings).
- Although staying active is great, please note that walking does not qualify as blood clot prevention when you are in the hospital.

If you have any questions, please feel free to ask your nurse or doctor.

Penn Medicine 2015

The following page provides general information to the public which might prove useful like the contact numbers and timings of different buildings in and around Hospital of University of Pennsylvania.

# Penn Medicine - ABRAMSON CANCER CENTER Welcome Patient Services Oncology Service Communicating What To Expect Fall Precautions Neutropenia Questions Events Calendar Blood Count Preventing Blood Clots Useful Information Oncology Resources HUP Television Info Leaving Hospital We Are Listening Fertility Sign up | Login

#### **Useful Information**

Oscial information	
In & Around HUP	
ATMs	Jazz & Java Coffee
	2nd floor, Founders Building
1st floor, Silverstein Building, at the top of the escalator & on the 2nd floor,	Mon-Fri6:00am – 6:00pm
Founders Building, next to the cafeteria.	Won-1 11
Founders Building, next to the Cateleria.	Jimmy John's Gourmet Sandwiches - 215.382.0805
Au Bon Pain	Connected to the Perelman Center—enter from
2nd floor, Founders Building, next to the	street (delivery to hospital unit)
cafeteria.	Mon-Sun9:00am – 9:00pm
Mon-Fri6:30am – 6:00pm	
	Patient & Family Education Center - 215.662.4899
Cafeteria/Spruce St. Cafe (HUP)	1st floor, Silverstein Building, at top of the escalator
2nd floor, Founders Building	Mon-Fri9:00am - 5:30pm
Open daily6:00am – midnight	
CVS - 215.662.1333	Potbelly's Sandwich Works - 215.382.0549
3401 Walnut Street	Next to Penn Tower Main Entrance, Ground Floor
Mon-Fri7:00am – 11:00pm	Mon-Fri6:30am - 9:00pm
	Sat-Sun7:00am - 7:00pm
Sat8:00am – 11:00pm Sun8:00am – 10:00pm	
Suii	Starbucks - 215.387.1914
Gia Pronto Café - 215.386.1350	3401 Walnut Street
Inside the Perelman Center, West Atrium, Grou	ındMon-Sun5:30am – 12:00am
Floor (sandwiches/salads/soups)	Vending Machines
Mon-Thurs6:30am - 7:00pm	5th floor of the Rhoads Building, across from the elevators
Fri6:30am – 5:00pm	across nom die elevators
LILID Cift chan 215 662 2701	WaWa - 215.387.0029
HUP Gift shop • 215.662.2701	3744 Spruce Street Open 24 hours
1st floor Ravdin Building, next to the pharmacy	The state of the s
Mon-Fri7:00am - 9:00pm	The Faith & Hope Boutique - 215.615.3321
Sat-Sun9:00am - 8:00pm	1st Floor West of the Perelman Center, a
	full service boutique offering a wide
HUP Pharmacy - 215.662.2920	variety of personal
1st floor, Ravdin Building, next to the gift	items, services, & specialty apparel for those
shop Mon-Fri7:00am – 5:30pm	affected by cancer.
Sat-Sun9:00am – 2:00pm	Mon-Fri
Phone Numbers	
Operator	215.662.4000
Patient & Guest Services	215.662.7378
Business Office - Financial Counseling	215.662.2672
Environmental (Room Cleanliness)	215.776.5871
Food Services	215.662.2151
Pastoral Care	215.662.2591
Patient Accounts - Billing Customer Service	1.877.433.5299
Security	215.662.2677
Television	215.662.3900
Wifi Service/Computer Help Desk	215.662.7474

#### Employee Recognition

Did you receive exceptional care from a Penn employee and would like to recognize them for positively impacting your hospitalization? Nominate them for one of our employee recognition awards! Forms are available at the nurses' station.

- Helping People All the Time is a service excellence recognition program that highlights employees who have shown outstanding service in the areas of patient centered care while upholding the core values integral to a good patient experience at HUP.
- ▷ Recognizes the employee for his/her service excellence.
- ▷ Ensures that the supervisor of the employee receiving recognition is made aware of the employee's efforts.
- Daisy Award is a nationwide program that rewards and celebrates nurses for their extraordinary clinical skills and compassionate care.

The following page provides information about the various Oncology Resources provided by the Abramson Cancer Center for instance it provides information about the Clinical Trials, Cancer Counseling, Meditation, Social Work facilitated by the Abramson Cancer Center.



#### **Oncology Resources**

#### Clinical Trials

Clinical trials are research studies that involve people and test new ways to prevent, detect, diagnose, or treat cancer and other diseases. Penn's Abramson Cancer Center, an NCI-designated comprehensive cancer center, oversees one of the largest clinical trial programs in the country. Contact Penn Medicine to learn if a clinical trial is right for you.

Monday-Friday: 8:30am – 5:30pm Toll Free: 1.855.216.0098 Local: 1.646.354.4221 E: PennCancerTrials@emergingmed.com

#### Cancer Counseling

215.615.0534

E: cancercounseling@uphs.upenn.edu

#### Meditation

215.615.2774

E: pennprogramformindfulness@uphs.upenn.edu

#### OncoLink

OncoLink is an interactive website where you can learn about your type of cancer, treatments,

medications, side effects, and much more. OncoLink also features information about available resources and support. If you do not have a computer, there is a public patient computer in the patient/family lounge, or ask your nurse to print the information for you. www.oncolink.org

#### Reiki

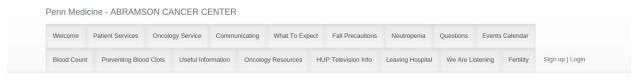
Reiki is a gentle, completely non-invasive practice that promotes balance and well-being. Reiki involves light touch of the practitioner's hands on or slightly above the patient's body.

- ▷ Reiki therapy may supplement the traditional treatment services, such as chemotherapy, surgery and radiation therapy, provided to cancer patients. Reiki may offer you ways to enhance the quality of your life, minimize or reduce side effects of cancer and cancer treatment, and promote healing and recovery.
- Sessions generally last 10-30 minutes and are provided during outpatient chemotherapy treatment (or other infusions), before or after radiation oncology/proton beam therapy, or during an inpatient stay.
- If you are interested in receiving a free session, please speak with your nurse.

#### Social Work

All of the oncology units have a designated social worker who supports you and your family in a variety of ways. Oncology social workers connect you with financial and community resources and also provide supportive counseling during inpatient admissions. Additionally, the social worker can arrange notary services and assist with completing disability forms and other paperwork.

The following page provides Telivision information associated with Hospital of University of Pennsylvania.



#### **HUP Television Information**



Penn Medicine 2015

The following page describes the Discharge plans of the patients, what all care will be taken by the hospital to ensure smooth transition of patients from the hospital to their home.



#### Leaving the Hospital



#### Discharge Planning

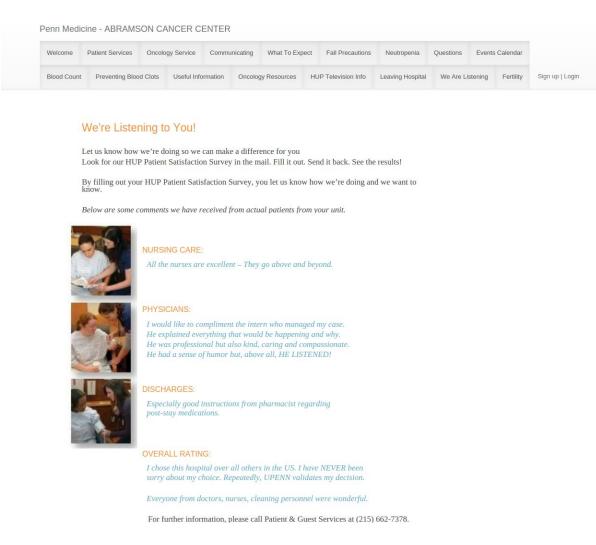
Discharge planning starts the day of admission. We are dedicated to making sure that when you are ready to leave the hospital, you and your family are well prepared to make a safe transition.

#### Discharge Planning Partners:

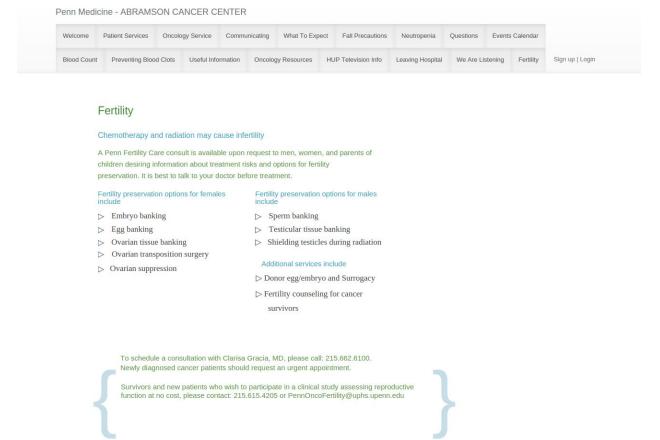
#### Nurse Discharge Planner and a Social Worker.

- $\,\rhd\,$  Nurse Discharge Planner: also referred to as your Clinical Resource Coordinator (CRC), will work with you and your family to prepare for a discharge to home. If you require medical equipment or home care, your CRC will make these arrangements.
- Social Worker: Sometimes people are not able to be discharged home from the hospital & require another level of care (skilled nursing facility, long term acute care hospital (LTACH), acute rehab, etc.). Your social worker will work with you and your family to understand the process, provide you with options, and help you make the proper arrangements.

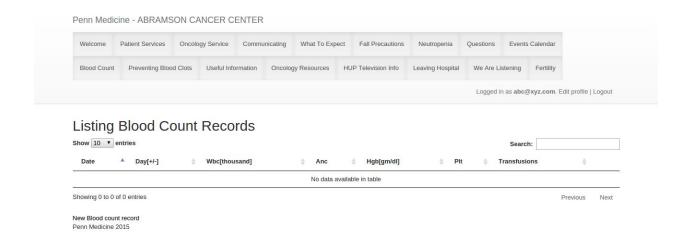
The following page informs the patients about their right to provide feedback on the different facilities provided by the hospital and that the hospital is committed to provide the best nursing care, physicians, and discharge facilities to the patients.



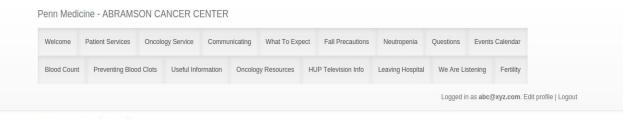
The below page provides information regarding the Fertility Care provided by the hospital. It goes on to explain the causes of infertility and different fertility preservation options for females and males.



To view the blood count listing, ask questions or check appointments calendar, once must login. The login and post login views are captured below:



### Create Calendar:



# New Calendar

