

Resources

Smoking Cessation:

- Visit covenanthealthcare.com
- Michigan CardioVascular Institute at 989.754.3000, ext. 4320
- American Cancer Society at 248.663.3454 or 800.227.2345
- American Heart Association for printed material at 800.242.8721
- American Legacy Foundation for online assistance and referrals to community programs at legacyforhealth.org
- American Lung Association for quit smoking classes and printed material at 800.586.4872 or 800.548.8252 for telephone quit advice

Diabetic Self-Management Program:

- Visit covenanthealthcare.com
- The Diabetes Self-Management team at Covenant HealthCare consists of registered nurse educators (RN), nutrition educators and registered dietitians (RD) who are all certified diabetes educators (CDE). They collaborate with your physician and can assist you in making necessary lifestyle changes to help you learn to live with diabetes.

If you would like to learn more about our Diabetes Program or are interested in setting up an appointment, please call 989.583.5193.

Pulmonary/Respiratory Care:

- Visit covenanthealthcare.com
- Covenant HealthCare Respiratory Care at 989.583.4030
- Covenant HealthCare Pulmonary Rehabilitation at 989.583.5041
- Covenant Sleep Lab at 989.583.2930

Covenant HealthCare Laboratory Services:

Covenant HealthCare has 12 Patient Service Centers conveniently located to serve you:

- Saginaw – 800 Cooper, 8767 Gratiot (M-46), 5400 Mackinaw, 1575 Concentric, 5570 State

- Alma – 1910 Pine
- Bay City – 2919 East Wilder
- Bridgeport – 6614 Dixie Highway
- Frankenmuth – 600 North Main
- Freeland – 7362 Midland
- Hemlock – 16440 Gratiot (M-46)
- Midland – 1549 Washington

If you have questions, please call 989.583.6742 Monday-Friday, 7:00 am-7:00 pm, and on Saturday, 7:00 am-3:00 pm.

MyChart

Because your health is important around the clock, we offer MyChart, a free 24-7 internet connection that lets you take care of the routine health care needs of you and your family online, anytime, anywhere.

To sign up for MyChart, ask your primary care provider for log-in information.

NOTE: Only use MyChart for routine medical matters. If you are experiencing an urgent medical problem, please call your health care provider or 911.

McNally House

McNally House is a “home away from home” for out-of-town families and patients receiving medical treatment at Covenant. Open 365 days a year, 24 hours a day, McNally House, located on the Covenant campus, provides lodging and a network of care to families in need.

For more information, please visit hhofsaginaw.org or call the Hospital Hospitality House at 989.583.0155.



Extraordinary care for every generation.

Covenant HealthCare • 1447 North Harrison, Saginaw, MI 48602
covenanthealthcare.com

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Partnership for a Better Recovery

How you can help to improve your surgical outcomes.








Extraordinary care for every generation.

989.583.7385 Tel
presurgedu@chs-mi.com

Please use these checklists to track your progress for the four weeks before and four weeks after your surgery by placing a (check mark) on the checklist each time you complete a task. This tool is designed to help YOU promote a better recovery.

Preparing for Your Surgery (4 weeks)






												
WEEK 1	Spirometer 4 times daily				Walk/Theraband 3 times daily			Brush Teeth 2 times daily		Fluids 8 times daily		Shower daily
Monday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 2	Spirometer				Walk/Theraband			Brush Teeth		Fluids		Shower
Monday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 3	Spirometer				Walk/Theraband			Brush Teeth		Fluids		Shower
Monday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 4	Spirometer				Walk/Theraband			Brush Teeth		Fluids		Shower
Monday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM	AM	PM	<input type="checkbox"/>	<input type="checkbox"/>	

Recovering from Your Surgery (4 weeks)

											
WEEK 1	Spirometer 4 times daily				Walk/Theraband 3 times daily			Medication as prescribed	Fluids 8 times daily		BMs (Bowel Movements)
Monday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 2	Spirometer				Walk/Theraband			Medication	Fluids		BMs
Monday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 3	Spirometer				Walk/Theraband			Medication	Fluids		BMs
Monday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	

WEEK 4	Spirometer				Walk/Theraband			Medication	Fluids		BMs
Monday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Friday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	AM	Noon	PM	Night	AM	Noon	PM		<input type="checkbox"/>	<input type="checkbox"/>	

Covenant HealthCare Partnership for a Better Recovery

How you can help to improve your surgical outcomes.

Thank you for choosing Covenant HealthCare for your upcoming surgical procedure. This educational piece is designed to help you better prepare for your surgery. We want to partner with you for a better recovery. You have an important role in your recovery. We want you to have the best outcome possible.

Please take the time to look through this piece and place the checklist somewhere that you will see it each day for the 30 days prior to and after your surgery. The checklist will help guide and prepare you for the important role you play in preparation and recovery from your surgery. Also included are resources that are available in the community to help you in your surgical journey.

Remember, you are the most important member of the team and we are **empowering** you to be **educated** and **engaged** in your care!



Covenant HealthCare wants to partner with you for a better recovery. Every year, 15 million Americans have some kind of surgery. If surgery is in your future, it is important to learn about the potential risks you might face and what you can do to prepare so that you have the best possible results. You have an important role in your recovery.

The Covenant Partnership for a Better Recovery Program has been developed to help educate you on how you can improve your surgical outcomes. Since you are the most important member of the team, we are empowering you to be educated and engaged in your care. In this packet you will find tools, checklists and other information that will help better prepare you for surgery. You can lower your risks by being better informed and prepared for your surgery.

Complications after surgery are related to your health prior to surgery.

What you can do to help improve your overall health prior to surgery:

- **Stop Smoking:** Smoking increases the risk of post-operative infection in your lungs, delays wound healing and increases your chance of having a heart attack.



Quitting will not only reduce these risks, it will help improve your overall health and even add years to your life. See the back page for smoking cessation information.

- **Walk Daily:** Walking helps to strengthen your heart and lungs in preparing for and recovery from surgery. If you are not used to walking daily, start out by taking five minute walks several times a day, with the goal of reaching 30 minutes daily. After surgery, walking will help prevent infections, blood clots, pneumonia and improve bowel function.
- **Eat Healthy:** Your doctor wants you to recover well from your upcoming surgery. Good nutrition will help your body get ready for surgery, heal better after surgery and will also help fight infection. Eating a healthy amount of calories, protein, vitamins and minerals will all help speed your recovery.



Tips to get your body in good nutritional shape before and after your surgery:

- Eat foods that will help your body heal. Good choices are protein-rich foods, whole grains, fruits, vegetables and dairy products.
- Eat at least three times a day. Don't skip meals.

- Include protein-rich foods with each meal. Some healthy choices are lean meat, fish, poultry, beans, eggs, cheese, nuts, tofu, milk, cottage cheese, yogurt and protein drinks.



- Drink at least 6-8 eight-ounce cups of non-caffeinated fluid each day to stay well hydrated.
- Add a protein drink if you cannot eat enough food such as Ensure®, Boost® or Carnation® Instant Breakfast.

- **Control Diabetes:** If you have diabetes, you know how important it is to control your blood sugar. Your doctor needs to know what your recent blood sugar test results have been. On the day of your surgery, your blood sugar should be checked before your operation. Having surgery puts stress on your body, and stress can affect your blood sugar level. Blood sugar that is too high or too low can cause serious problems. Poorly controlled blood sugar before, during and after surgery increases your risk of infection and delays healing.



Even if you haven't been told you have diabetes, your doctor may want to check your blood sugar. Many people have high blood sugar and don't know it.

If you have any questions regarding your diabetes, please contact our Diabetes Self-Management Education Program at 989.583.5193. See the back page for additional diabetes information.

- **Medications:** Your doctor needs to know what medications, over-the-counter drugs and supplements, and herbal remedies you are taking. Some of these can increase your risk of bleeding. Your doctor will tell you which ones to stop taking and when to stop taking them before surgery. Some medicines should not be stopped. If you are

taking one of these, your doctor will make sure the hospital staff knows so that you get the right medications before and after surgery.

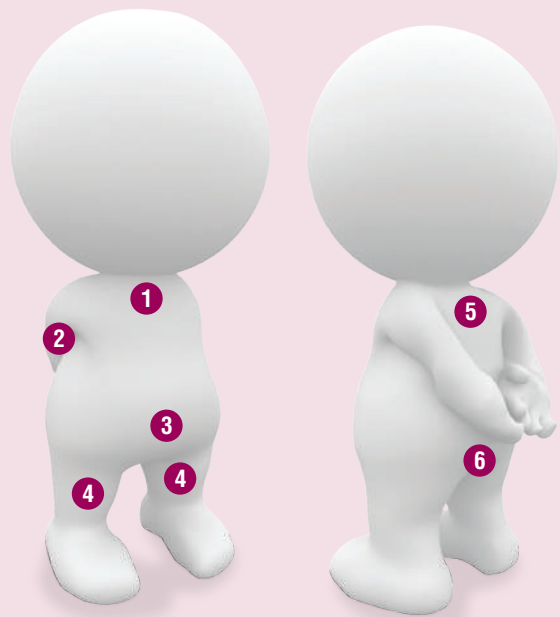
After your surgical procedure, you will experience pain and sometimes nausea.

- Prior to surgery, you should discuss in detail, with your physician, the type and severity of pain typically associated with your procedure.
- Pain management after surgery is very important for your recovery. You will be asked to rate your pain on a scale of 0-10 with 0 being no pain and 10 being the worst pain you can imagine. While in the hospital, you and your nurse will work together to manage your pain. Discuss with your physician what type of pain management you will be using after discharge (if you are discharged on pain medications, be aware that they may cause constipation).
- Nausea is a condition many people experience after surgery. You will receive medication before surgery to help prevent nausea after surgery. If you do experience nausea after surgery, let your nurse know. Walking also helps decrease nausea symptoms.



- **Respiratory Health: Coughing and deep breathing** before and after surgery is important to strengthen respiratory muscles and improve lung function. Strengthening your lungs will also help you recover better from anesthesia. For patients at risk, an **incentive spirometer** may be used to help strengthen your lungs and help prevent infections after your surgery. **Keeping your head up** while sitting in a chair and walking before and after surgery helps reduce congestion, allows the lungs to expand easier, improves lung function and prevents respiratory complications after surgery. See the back page for additional pulmonary/respiratory care information.





CHG Cloth Wiping Directions

Use each of the six CHG cloths as follows:

- 1 Wipe your **neck** and **chest**. Be sure to lift and wipe under each breast.
- 2 Wipe **both arms** one at a time, starting at your shoulder and ending at your fingertips. Be sure to thoroughly wipe your arm pit areas.
- 3 Wipe your **abdomen**, then your **right** and **left hip**, following up with the **groin** area. Be sure to wipe folds in the abdominal and groin area. Do **NOT** use CHG cloth wipes on your genitals.
- 4 Wipe **both legs** one at a time, starting at your thigh and ending at your toes. Be sure to thoroughly wipe behind your knees.
- 5 Wipe your **back**, starting at the base of your neck and ending at your waist line. Cover as much area as possible. Please ask for assistance if it is needed.
- 6 Wipe your **buttocks**.

It is important to wash your entire body. If you are unable, please get assistance.

Discard the used cloths in the trash. Do NOT flush them down the toilet.

- **Shower and CHG Cloths:** To help prevent your surgical incision from becoming infected, it is very important that you **shower with antibacterial soap** for the three days prior to and on the morning of surgery. At the hospital on the day of surgery, you will be asked to use **2% Chlorahexidine Gluconate (CHG) cloth wipes as directed** (see illustration at left). Wash your hands frequently both before and after surgery to prevent illness. During your hospital stay, you will be using wash cloths for daily cleansing. You should wash your body daily. You may shower **ONLY** after your surgeon says it is safe. You may wash over the incision with a separate clean wash cloth **ONLY** after your surgeon says it is safe.















- **Oral Hygiene:** Use mouthwash and brush your teeth twice daily for at least the two days prior to and on the morning of surgery to reduce harmful bacteria in the mouth and also to reduce the risk of pneumonia.



- **Get Lab Tests:** If you have certain health conditions or diseases, or your medical history shows the need, labs or other tests may be ordered to give your doctor important, additional information. Based on the lab results, your doctor may watch your condition more closely during and/or after your surgery. If a complication is discovered, your surgery may be delayed until it is under control.



Partnership for a Better Recovery “At-A-Glance”

	Stop Smoking	Smoking increases your chance of breathing problems and pneumonia after surgery. Try to stop at least two weeks prior to surgery.	
	Walk Daily	Walking strengthens your heart and lungs in preparation for and recovery from surgery.	
	Eat Healthy	Protein-rich foods are good nutritional choices. Avoid foods that are high in sugar and fat. Keep hydrated.	
	Control Diabetes	If you are diabetic, check your blood sugar, take your medication and follow your diet. Ask about getting your hemoglobin A1C checked.	
	Medications	Make sure your surgeon and the hospital know all of the medications you are taking	
RESPIRATORY HEALTH		Cough and Deep Breath	This moves mucous out, strengthens respiratory muscles and clears your lungs. Cough and breath deep several times daily.
		Incentive Spirometer	Use of an incentive spirometer strengthens respiratory muscles and improves lung function.
		Keep Head Up	Sit in a chair and walk to improve lung function, expand lungs and reduce congestion.
	Shower	Shower with antibacterial soap for the three days prior to and on the morning of surgery to help prevent infection.	
	CHG Cloths	Use the CHG cloth wipes in the hospital the day of your surgery to help prevent infection at the surgical site.	
	Oral Hygiene	Use mouthwash and brush teeth twice daily for the two days before and on the morning of surgery to reduce harmful bacteria in the mouth and reduce chance of pneumonia.	
	Get Lab Tests	If you are required to get lab tests, get them as soon as possible.	



EDUCATE, EMPOWER AND ENGAGE: You are the most important member of the team...we are **empowering** you to be **educated** and **engaged** in your care!