

**KSW Epic-based Patient  
Engagement Solutions**  
*Integrated content for your Epic  
EHR and Patient Portal*

**KRAMES**  
staywell

## Who we are...

The largest provider of patient education, consumer health information and population health management communications

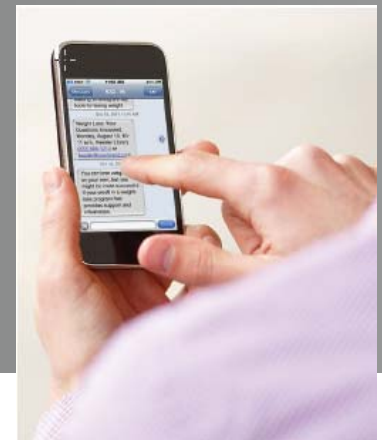
**Print**



**Digital**



**Mobile**



## What we offer...

Integrated health communications that deliver ROI in all its forms

- + Increased market share
- + Better margins and lower costs
- + Stronger patient loyalty
- + Higher quality scores
- + Reduced readmissions
- + More efficient care delivery processes
- + Reduced Liability
- + Improved regulatory compliance
- + Maximized reimbursements

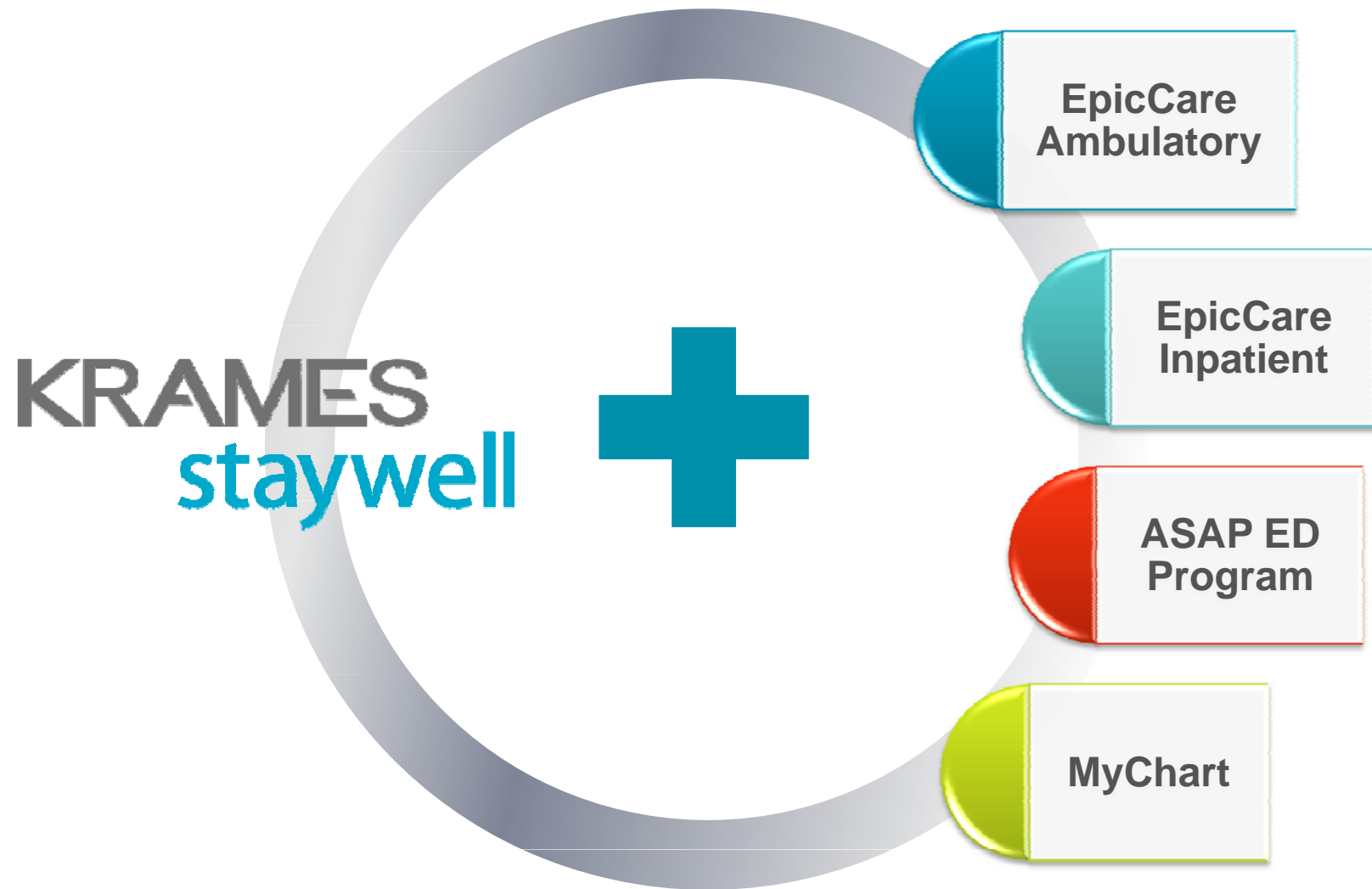


An approach we call...





# KSW Epic-based Patient Engagement Solutions



# KSW Epic-based Patient Engagement Solutions

## **Krames On-Demand Quickstart for EpicCare**

*Integrated patient education for your EpicCare EHR*

## **Krames On-Demand Quickstart for Epic ASAP**

*Integrated patient education and discharge content for your Epic ED solution*

## **KSW Quickstart Health Portal Solutions for MyChart**

*Integrated patient engagement content for your MyChart portal.*

# KSW Epic-based Patient Engagement Content

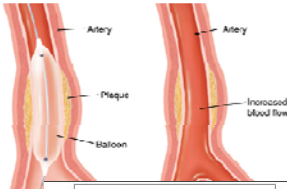
- Engaging content of the highest quality

- + Low reading level
- + Accurate and up-to-date
- + Plain language
- + Health Literacy Design
- + Highly illustrated
- + Peer reviewed
- + Patient-centered

**YOUR LOGO HERE**

### Coronary Angioplasty

Your doctor will talk to you about your heart problem and explain how and why symptoms of coronary artery disease may be improved by improving blood flow to your heart.



Artery, Plaque, Balloon, Increased blood flow

The ball of the catheter is used to push the plaque against the artery wall.

**During the procedure:**

- A guide wire is inserted into the artery.
- A balloon catheter is inserted over the plaque.
- The balloon is inflated to push the plaque against the artery wall.
- The balloon is deflated and removed.

**After the procedure:**

- You will be in the hospital for a few days.
- You will need to take medicine to keep your arteries open.
- You will need to exercise regularly.

**Call Your Doctor If:**

- You have chest pain.
- You have shortness of breath.
- You have dizziness.
- You have a fever.

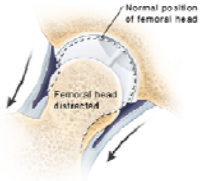
**YOUR LOGO HERE**

### Hip Arthroscopy: Repairing Labral Tears

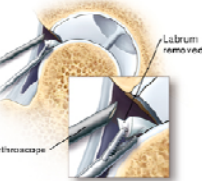
The strong, flexible ring of cartilage attached to the edge of your hip socket called the labrum is torn. This can cause pain, catching, clicking, or locking in the joint. Your healthcare provider has suggested a procedure called arthroscopy. Using only small incisions and special instruments, arthroscopy can remove or repair your torn labrum.

**In the Operating Room**

Just before surgery, you may be asked several times which hip is to be treated. This is a standard safety measure. In the operating room, the hip joint is widened (distorted) to allow access to the joint.



Normal position of femoral head, Femoral head distracted



Arthroscope, Labrum removed

During arthroscopy, the hip joint is widely widened (distorted) to allow access to the joint.

**YOUR LOGO HERE**

### Exercising Safely

If you feel safe and comfortable while exercising, you are more likely to stick to your exercise program. The guidelines below can help. If you have any questions, be sure to ask your health care provider.

**Dressing right**


- Wear loose-fitting clothes. Dress in layers on cool days. That way you can remove a layer if you get too warm.
- Always wear shoes that fit well and that are designed for exercise.
- When it's cool outside, wear a hat to retain your body heat.
- To protect your eyes and skin from the sun, wear a visor or hat and use sunscreen.

**Exercising safely**

- Exercise indoors when it's too hot or too cold outside, or when the air quality is poor. Try walking at a shopping mall.
- Drink plenty of water before, during, and after exercise (unless you are on a water-restricted diet).
- Check your pace. You should be able to talk without being out of breath. If you can sing, you may need to increase your pace.
- If you use medication for angina, always carry it with you.
- Don't exercise on days when you are ill or if you forget to take your medications.

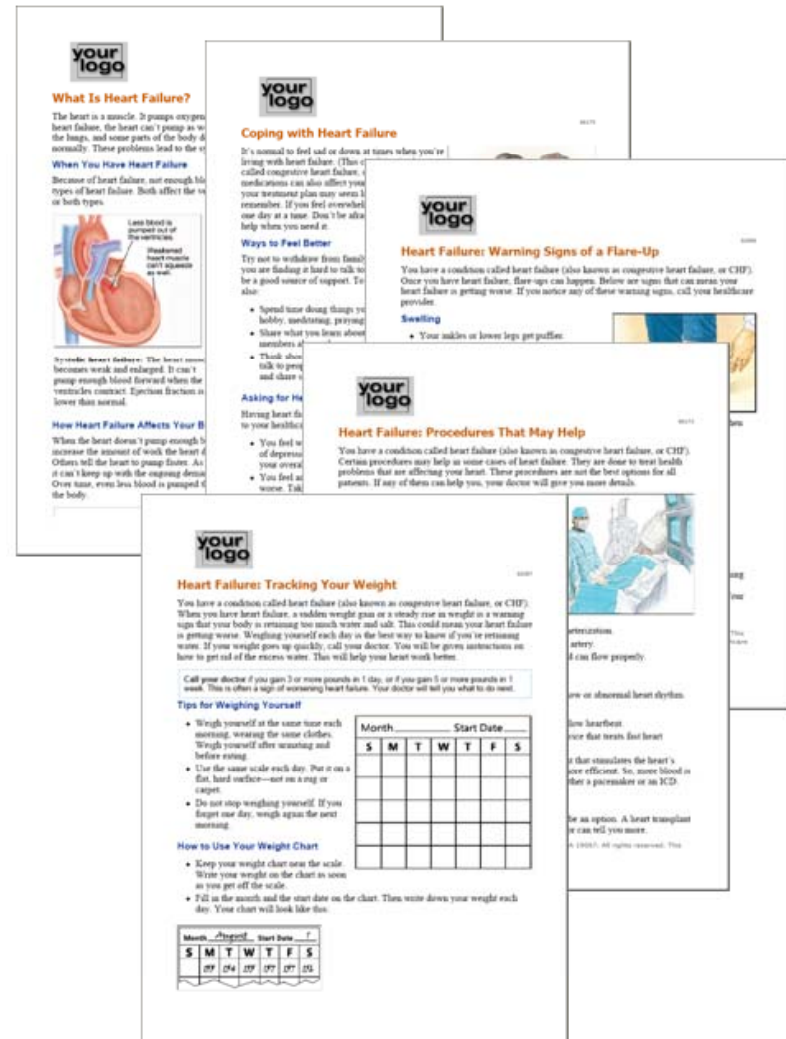
**Stop exercising and call your doctor if you:**

- Have chest pain.
- Have shortness of breath.
- Have dizziness.
- Have a fever.



# Comprehensive Content Collections

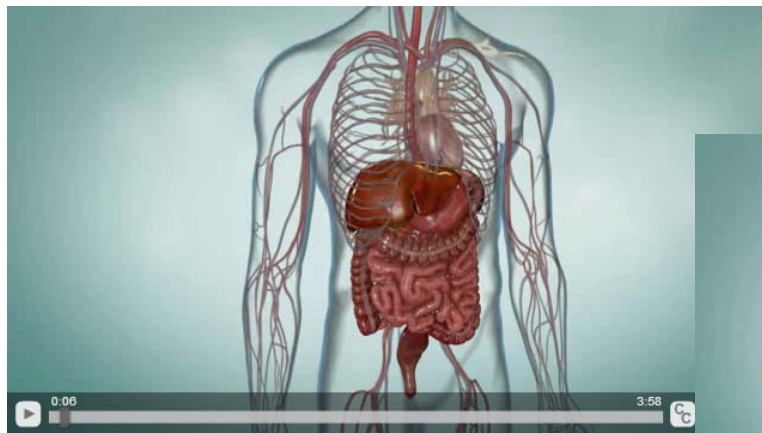
- 3,400 patient education HealthSheets™ on diseases, conditions, procedures, and wellness topics
- 2,000 drug information sheets
- 1,600 emergency discharge instructions
- All content in English and Spanish
- Hundreds of topics in up to nine additional languages



# Comprehensive Content Collections



- Over 300 videos through MyChart
  - + 20 specialty areas
  - + 270 English
  - + 125 Spanish



# Krames StayWell Results

**“Krames StayWell is committed to excellence. They are able to see beyond the immediate needs and respond with flexible solutions”**

~ Bob Jones, Senior Systems Administrator  
Academic Division, Ochsner Health System



## Implementation Experience

- Dedicated implementation and support team
- Epic-ready content for painless integration
- Successful implementation in over 50 facilities and counting!

**“We are lucky to be using Krames StayWell’s Epic-based patient engagement solution. It works directly in the EHR workflow, helping with documentation, compliance, and meaningful use requirements. Krames StayWell provides us with the best content available for the price, along with the best customer service.”**

**~ Darrin Doman, MS, CCC-SLP  
University of Utah**

# Krames StayWell Results

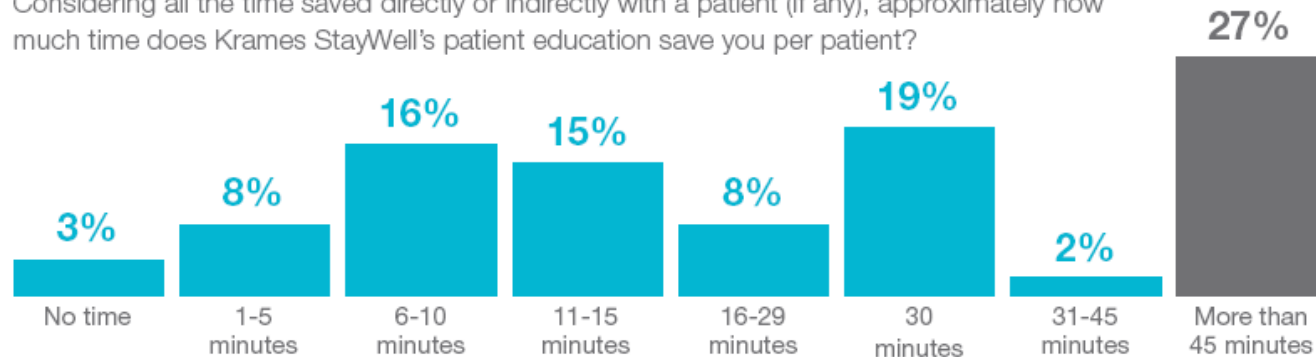
- Workflow Efficiency

- + Krames StayWell patient education saves nearly an hour and over \$26 per patient.

---

## Time and money saved (per patient).

Considering all the time saved directly or indirectly with a patient (if any), approximately how much time does Krames StayWell's patient education save you per patient?



Average time saved = 53.6 minutes

According to Payscale.com, the national hourly rate for a Hospital RN ranges from \$19.67–\$39.12. Applying the median rate of \$29.40 per hour, the time savings above equates to an **average savings of \$26.26 per patient.**

---

# Krames StayWell Results

- Meaningful Use
  - + Stage One
  - + Stage Two
- Productivity
  - + Integrated content
  - + Patient specific context
- Savings

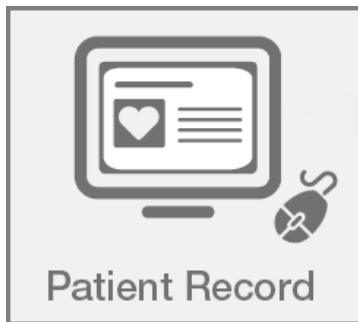


# Krames StayWell Results

- Patient satisfaction
  - + Staff Communication
  - + Discharge
  - + Overall Satisfaction
  - + More
- Stay current and consistent
  - + Accurate
  - + Up to date
  - + Enterprise-wide



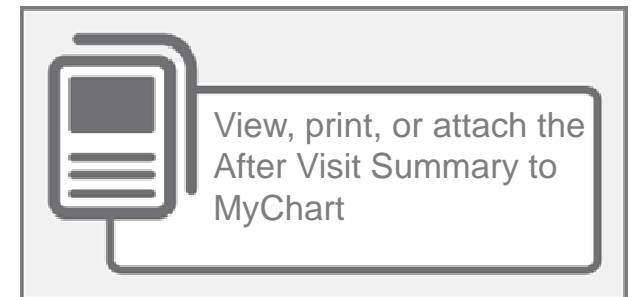
# Workflow: Krames On-Demand Quickstart for EpicCare Inpatient or ASAP



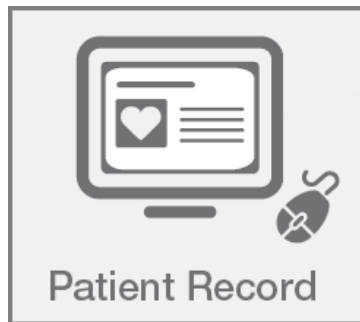
**1** Go to Discharge Navigator

**2** Click "Go to References / Attachments"

**3** Select "Add to Chart"



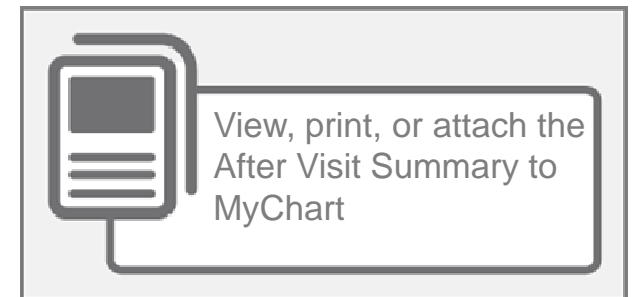
# Workflow: Krames On-Demand Quickstart for EpicCare Ambulatory



**1** Go to the Patient Encounter Button

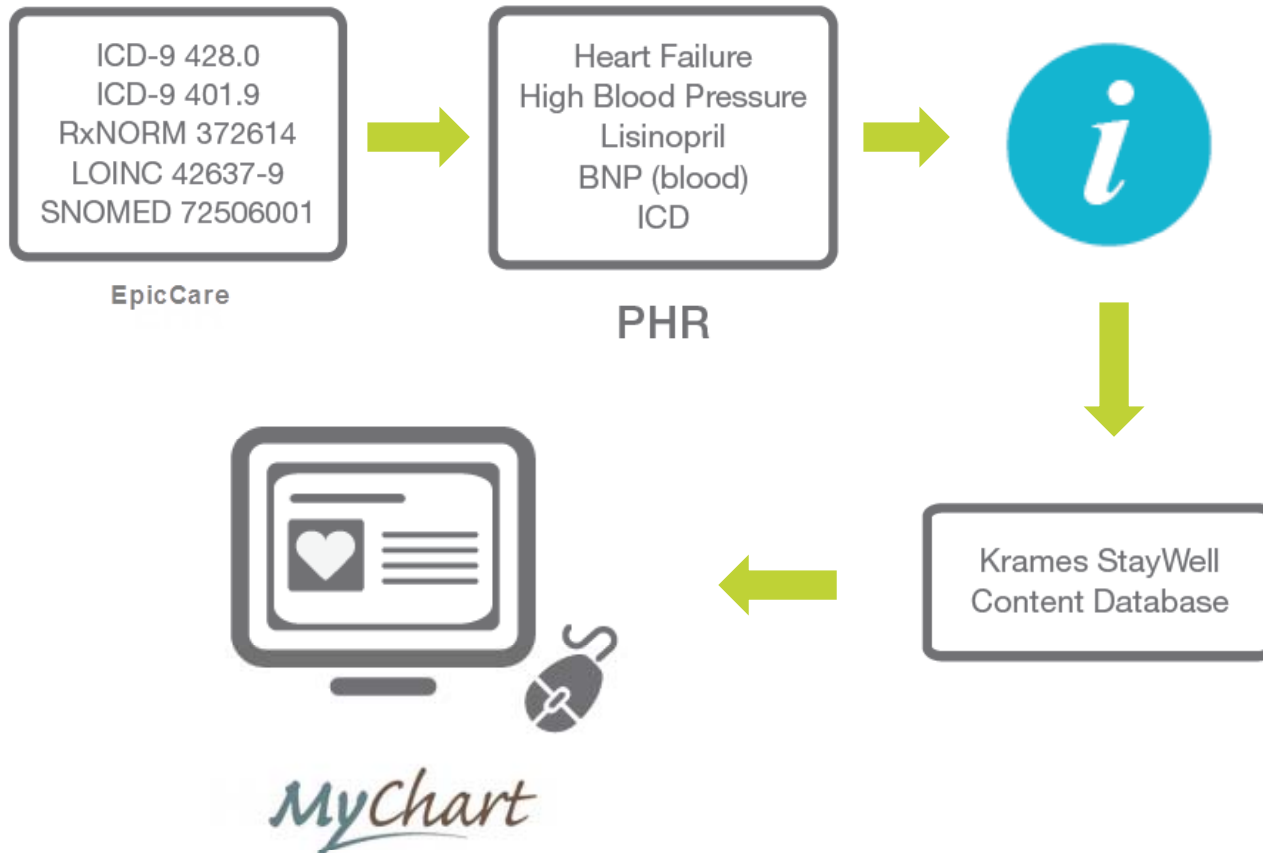
**2** Go to Clinical References

**3** Select "Add to Patient Instruction"





# KSW Quickstart Health Portal Solutions for MyChart



# Using Krames StayWell content in Epic

The image displays two screenshots of the Epic Hyperspace interface, demonstrating how Krames StayWell content is integrated into the patient's 'After Visit Summary'.

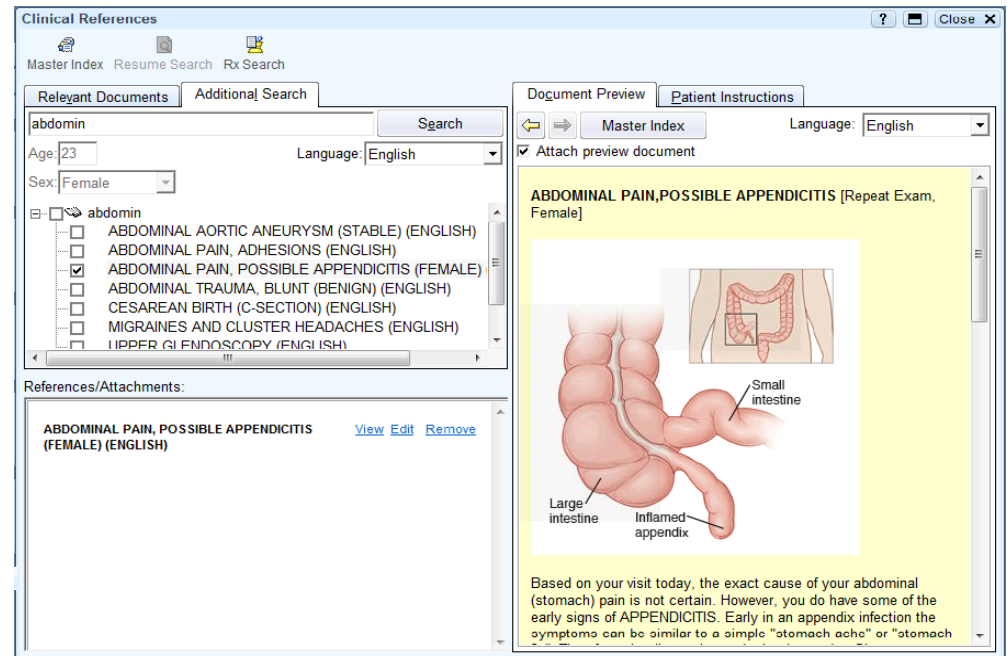
**Left Screenshot:** Shows the 'What Is Acid Reflux?' section. It includes a diagram of the human throat and esophagus with labels: 'The larynx (voice box) produces sound used for speaking. It is also involved in swallowing.', 'The pharynx, or throat, connects the mouth to the larynx and the esophagus.', 'A weak upper esophageal sphincter allows stomach acid to move up into the throat. When this happens, your larynx and pharynx can be injured.', 'Esophagus', 'A weak lower esophageal sphincter allows stomach acid to move up into the esophagus. This may cause the upper sphincter to constrict. If this happens, you may feel as if you have a lump in your throat.', and 'Stomach'.

**Right Screenshot:** Shows the 'Why You Have Throat Symptoms' section. It includes a diagram of the stomach and esophagus with labels: 'Stomach' and 'Esophagus'. The text explains that stomach acid can wash up and irritate the throat, causing acid reflux. It also lists common throat symptoms: Frequent need to clear your throat, Feeling like you're choking, Chronic cough, Hoarseness, Trouble swallowing, Sensation of having "a lump in the throat", Sour or acid taste, and Recurrent sore throat.

Both screenshots show the patient's information at the top: Test, Account M, Female, 47 y.o., 03/18/1965, PCP: None, My Sticky Note: None, Allergies: Unknown: Not o..., Overdue Health Maintenance: Dismissed?, PM: General, Coverage: None, MRN: 08045912, CSN: 100038186, MyChart: Active. The interface also includes a sidebar with navigation options like Patient Summary, Specimen Inquiry, Snapshot, Chart Review, Flowsheets, Results Review, Synopsis, Medications, Immunizations, Order Entry, Communications, FYI, Visit Navigator, Clinical Referen..., and After Visit Summ....

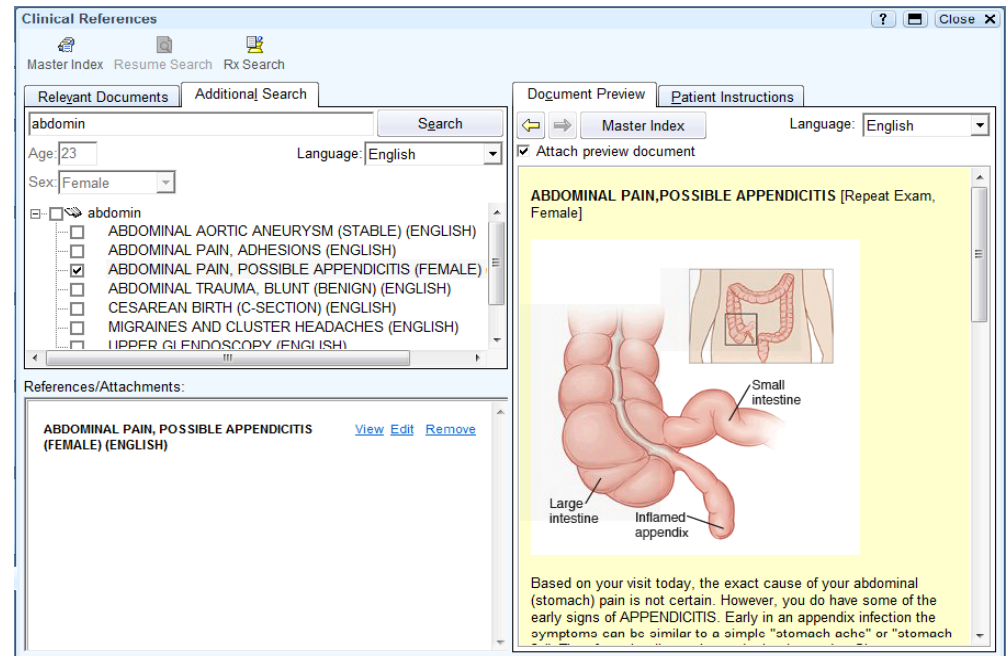
# Easily accessible content in EpicCare

- Recommended content suggested by active problem list diagnosis code
- Easy preview of HealthSheets
- Option to select multiple titles



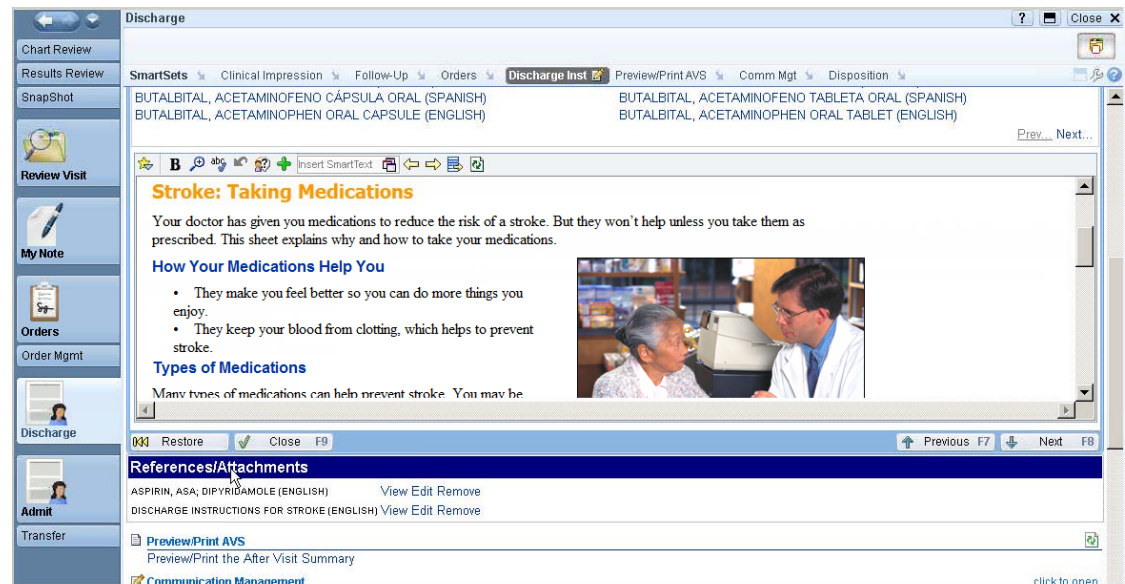
# Simple search for additional content

- Search by keyword
- Filter by language or content type
- Easily preview and edit



# Fully editable content to meet your unique needs

- Edit content specific to the patient
- Save as “My Phrase / Smart Phrase”
- Content attached to AVS



# Content provided for the patient and family

- Customize, edit and attach to AVS
- Provide AVS in the patient's MyChart account

2012

Appointment Details

General Information

What:

Office Visit with Drew Walker, M.D.

When:

Monday October 10, 2011

Where:

Family Medicine Clinic (Verona Central Clinic)

Reason for Visit:

Blood Pressure  
Hyperlipidemia  
Thyroid Problem  
Knee Pain

Diagnosis:

Hypercholesterolemia  
Hypothyroidism  
Essential Hypertension  
Knee pain  
Osteoarthritis or "wear and tear arthritis" of knee  
Screen for colon cancer

Phone:

508-303-2340

Vitals

Blood Pressure:

138/78

Pulse:

38

Temperature:

99

Respiration:

18

Height:

5' 8" (172.7 cm)

Weight:

188 lb (85.276 kg)

Patient Instructions

What Is High Blood Pressure?

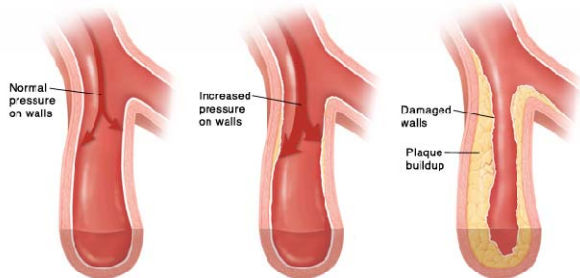
High blood pressure (also called hypertension) is known as the "silent killer." This is because most of the time it doesn't cause symptoms. In fact, many people don't know they have it until other problems develop. In most cases, high blood pressure can't be cured. It's a disease that requires lifelong treatment. The good news is that it CAN be managed.

Normal pressure on walls

Increased pressure on walls

Damaged walls

Plaque buildup





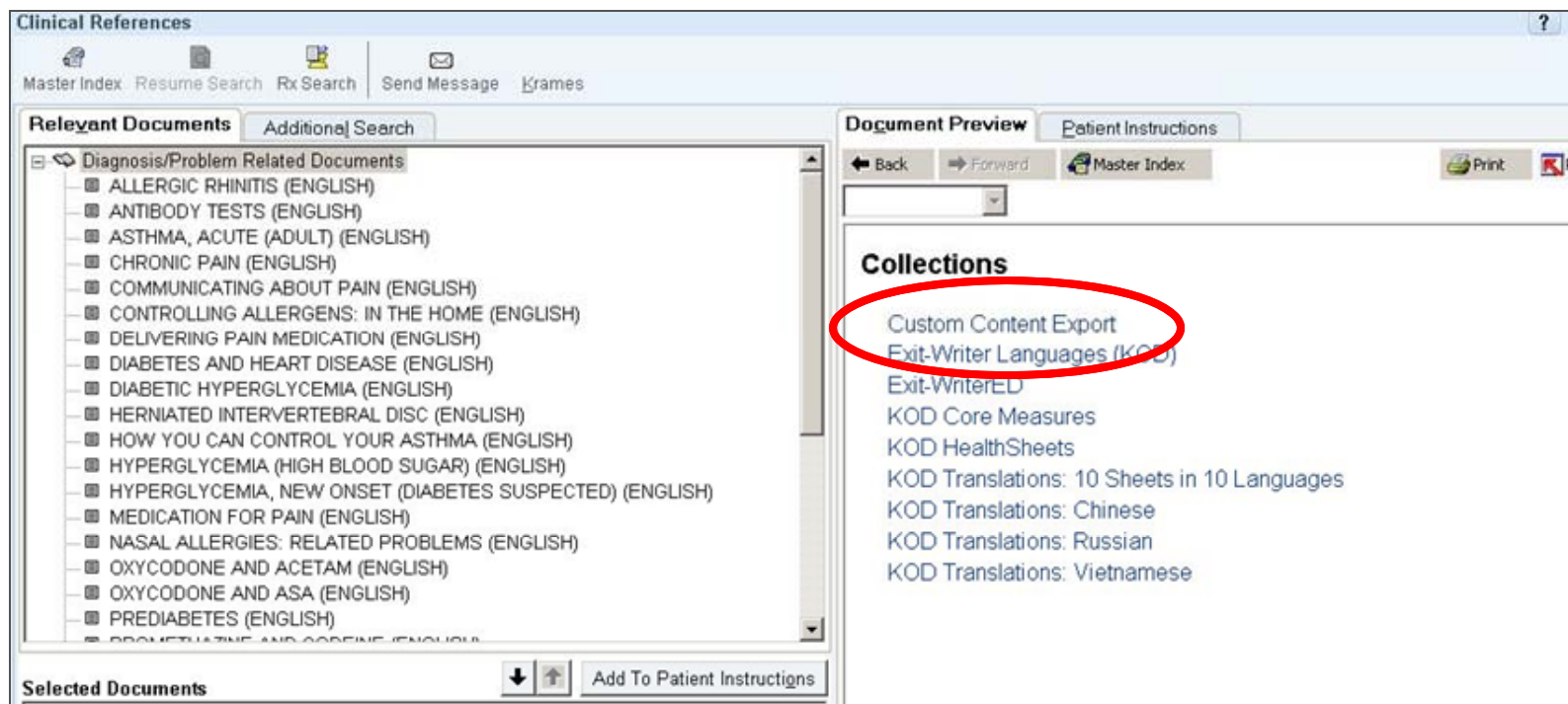
# Content export tool – Krames On-Demand

- Krames On-Demand application
- Design or adapt custom content
- Add custom created content to your content library within Epic

The screenshot displays the Krames On-Demand application interface. At the top, there is a navigation bar with links for 'Your Account', 'Support', and 'Account Administration'. A user is logged in as 'dw Trenty', with a 'Log out' button. The main header features the 'KRAMES On-Demand.' logo and a search bar with the text 'Search Krames On-Demand' and a 'Search' button. Below the header is a blue navigation bar with links for 'Browse', 'Folders', 'Medications', 'Education Cart', 'RecordWriter', and 'StreamMed'. The main content area shows 'Account Name: DT2007' and 'Patient Name: none'. Under the 'Export Content' section, there are radio buttons for 'HTML' (selected) and 'XML'. The 'Export Options' section includes a checkbox for 'Include Navigation' which is unchecked. There are 'Export' and 'Cancel' buttons. The 'Drug Export' section lists 'HTML - With navigation' and 'HTML - Without navigation'. The 'Export Status' section shows 'Date Requested: 4/17/2012 2:03:27 PM' and 'Queued HTML'.

# Content export tool – Krames On-Demand

- Add custom created content to your content library within Epic



# Content can be reviewed in the MyChart patient portal

- After visit summary
- Test results
- Relevant health information
  - + Health articles
  - + Videos
- Content accessed using Infobutton technology
  - + Support stage two meaningful use requirements

The screenshot displays the MyChart patient portal interface. At the top, the MyChart logo is followed by the tagline "Your Online Medical Record". Below this, a dark blue header bar contains the text "Electronic Health Record" and a dropdown menu currently set to "Veterans Administration".

The main content area is divided into several sections, each with a light blue background and a dark blue header:

- Age:** 47
- Gender:** F
- Problem list:** Includes "Wegeners Granulomatosis", "Diabetes mellitus type 2", "Cystitis", and "Gastroesophageal reflux". Each item has a small blue "i" icon. Below the list is an "Add problem" dropdown menu currently set to "Neurofibromatosis type 1" with a blue "i" icon.
- Medications:** Includes "Haloperidol (Haldol), 5 Mg, Tablet, Oral", "Rosiglitazone (Avandia), 4Mg, Tablet, Oral", "Warfarin (Coumadin) 7.5Mg, Tablet, Oral", and "Clopidogrel 300 MG Oral Tablet". Each item has a small blue "i" icon.
- Lab results:** Includes "Serum digoxin 1.5 mg/dl N", "Total cholesterol 300 mg/dl H", "K 2.8 mEq/l L", "Na 127 mEq/l L", "C Reactive Protein 555 ug/dl H", and "HbA1c 8.2% H". Each item has a small blue "i" icon.

At the bottom of the interface, there are two yellow boxes. The left box is titled "Health Library" and contains the text "Find information on:" followed by a search input field and a red "Search" button. The right box is titled "Health Summary" and contains a list of links: "Test Results", "Medications", "Allergies", "Immunizations", and "Current Health Issues".

# Content in the MyChart patient portal



## Current Health Issues

### Health Issue

### Your Health Issues on File

Diabetes

Back pain

## What Is Type 2 Diabetes?

Type 2 diabetes is a chronic (lifelong) condition. With diabetes, the sugar level in your blood is too high. Diabetes keeps your body from turning food into energy. That's why you may feel tired and rundown, especially after eating. Controlling your diabetes means making some changes that may be hard at first. Your healthcare team will help you.

### Check Your Blood Sugar

You will most likely need to check your blood sugar each day. This tells you whether your blood sugar is within your target range.

- Your healthcare team will tell you how often and when you need to test.
- When your blood sugar is within your target range, your meal plan, activity plan, and medication are working to keep you healthy.
- If your blood sugar is too high or too low, your healthcare team may make changes in your meal plan, activity plan, or adjust your medication.

### Follow Your Meal Plan

Following your meal plan helps control the amount of sugar in your blood. It also helps you control your weight. Excess weight keeps your body from using its own insulin to turn food into energy.

- Your healthcare team will help you create a meal plan that works for you.
- You don't have to give up all the foods you like. But you may need to eat smaller amounts of some foods. Eating balanced meals with vegetables, fruits, lean meats, and whole grains will help control your blood sugar.
- You need to eat the right amount of food. Eat your meals and snacks at about the same time each day. Do not skip meals.

### Be Physically Active

Being active helps lower your blood sugar. It does this by helping your body use insulin to turn food into energy. Activity also helps you manage your weight.

- Your healthcare team will work with you to create an activity program that's right for you.
- Your activity program will be based on your age, general health, and what type of activity you like to do. For many people, walking after meals is a great start.



82102

# Content in the MyChart patient portal



## Preventive Care

| Name                        | Status▲         |
|-----------------------------|-----------------|
| <a href="#">Colonoscopy</a> | Overdue since 5 |
| <a href="#">Foot Exam</a>   | Overdue since 6 |
| <a href="#">Eye Exam</a>    | Postponed until |

Learn more about Foot Exam

## Your Diabetes Foot Care Program

89527

Every day you depend on your feet to keep you moving. But when you have diabetes, your feet need special care. Even a small foot problem can become very serious. So don't take your feet for granted. By working with your diabetes healthcare team, you can learn how to protect your feet and keep them healthy.

### Evaluating Your Feet

An evaluation helps your healthcare provider check the condition of your feet. The evaluation includes a review of your diabetes history and overall health. It may also include a foot exam, x-rays, or other tests. These can help show problems beneath the skin that you can't see or feel.

### Medical History

You will be asked about your overall health and any history of foot problems. You'll also discuss your diabetes history, such as whether your blood sugar level has changed over time. Be sure to mention any medications, supplements, or herbal remedies you take.

### Foot Exam

A foot exam checks the condition of different parts of your foot. First, your skin and nails are examined for any signs of infection. Blood flow is checked by feeling for the pulses in each foot. You may also have tests to study the nerves in the foot. These include using a small filament (wire) to see how sensitive your feet are. In certain cases, you will be asked to walk a short distance to check for bone, joint, and muscle problems.

### Diagnostic Tests

If needed, your healthcare provider will suggest certain tests to learn more about your feet. These include:

- **Doppler tests** to measure blood flow in the feet and lower leg.
- **X-rays**, which can show bone or joint problems.
- **Imaging tests**, such as an MRI (magnetic resonance imaging), bone scan, and CT (computed tomography) scan. These can help show bone infections.
- **Other tests**, such as vascular tests, which study the blood flow in your feet and legs. You may also have nerve studies to learn how sensitive your feet are.

### Creating a Foot Care Program

Based on the evaluation, your healthcare provider will create a foot care program for you. Your program may be as simple as starting a daily self-care routine and changing the types of shoes you wear. It may also involve treating minor foot problems, such as a corn or blister. In some cases, surgery will be needed to treat an infection.



# Content in the MyChart patient portal



**Rx** **drospirenone-ethinyl estradiol 3-0.03 MG per tablet**  
Commonly known as: OCELLA

[About This Medication](#)

Instructions: Take 1 tablet by mouth daily for 30 days.

Prescribed by [PIC USER, MD](#) on 8/2/2013

Quantity: 28 each

Expired

26.58-1

## Drospirenone, Ethinyl Estradiol Oral tablet, Inert Oral tablet

### What is this medicine?

DROSPIRENONE; ETHINYL ESTRADIOL (dro SPY re nown; ETH in il es tra DYE ole) is an oral contraceptive (birth control pill). This medicine combines two types of female hormones, an estrogen and a progestin. It is used to prevent ovulation and pregnancy.

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

### What should I tell my health care provider before I take this medicine?

They need to know if you have or ever had any of these conditions:

- abnormal vaginal bleeding
- adrenal gland disease
- blood vessel disease or blood clots
- breast, cervical, endometrial, ovarian, liver, or uterine cancer
- diabetes
- gallbladder disease
- heart disease or recent heart attack
- high blood pressure
- high cholesterol
- high potassium level
- kidney disease
- liver disease
- migraine headaches
- stroke
- systemic lupus erythematosus (SLE)
- tobacco smoker
- an unusual or allergic reaction to estrogens, progestins, or other medicines, foods, dyes, or preservatives
- pregnant or trying to get pregnant
- breast-feeding

### How should I use this medicine?

Take this medicine by mouth. To reduce nausea, this medicine may be taken with food. Follow the directions on the prescription label. Take this medicine at the same time each day and in the order directed on the package. Do not take your medicine more often than directed.

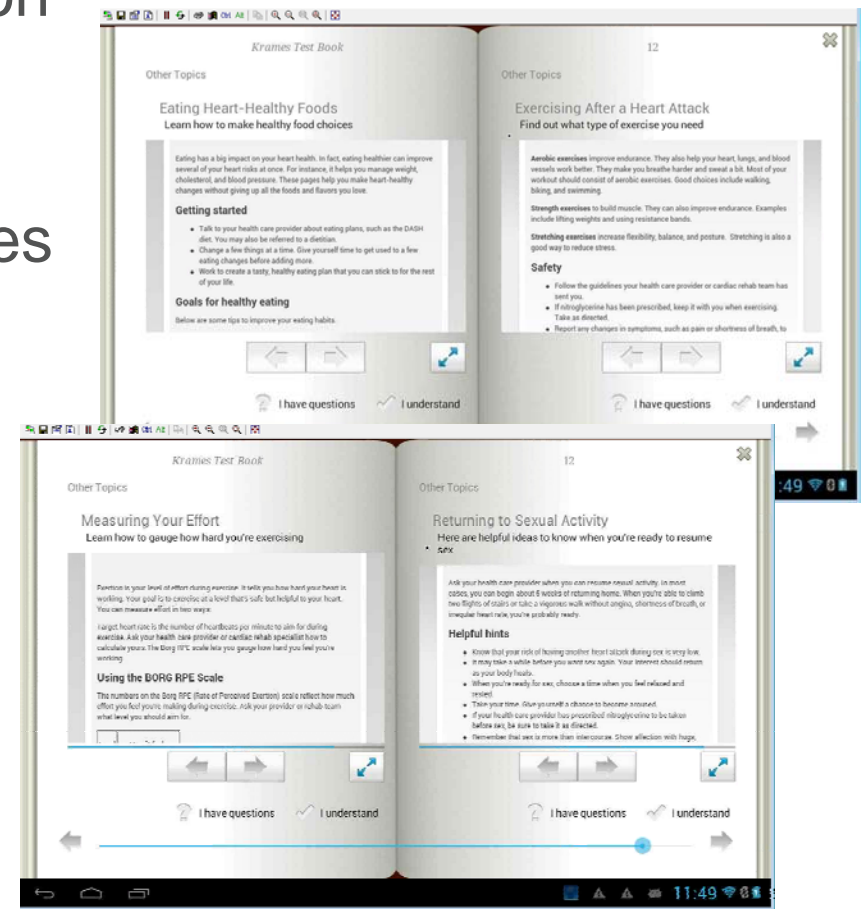
A patient package insert for the product will be given with each prescription and refill. Read this sheet carefully each time. The sheet may change frequently.

Talk to your pediatrician regarding the use of this medicine in children. Special care may be needed. This medicine has been used in female children who have started having menstrual periods.



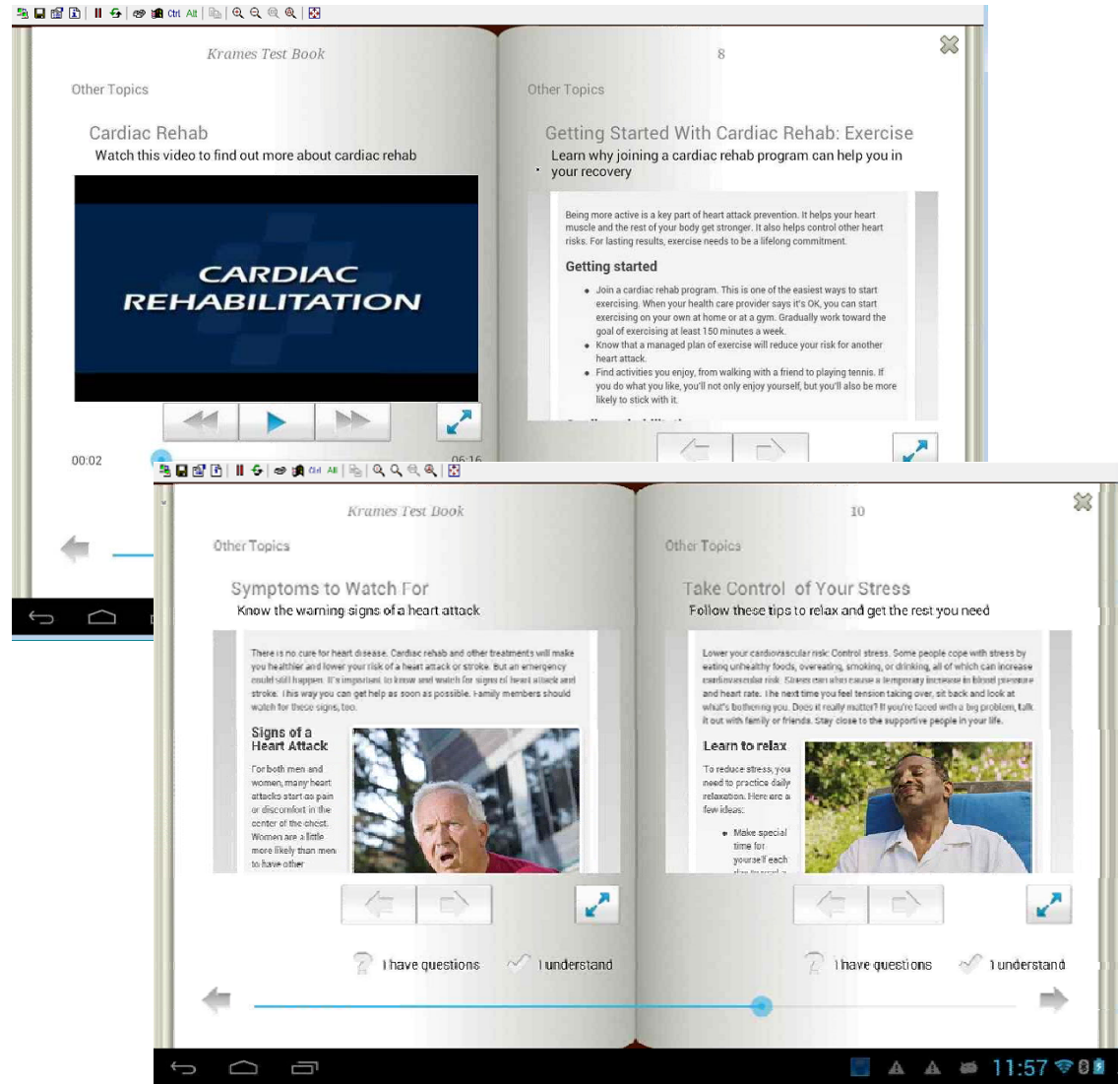
# KSW Education Care Plans for MyChart Bedside

- Education care plans focus on crucial information
- Designed to help smooth transition and better outcomes
- Short, illustrated articles and videos focusing on:
  - + Pain management
  - + Taking medications
  - + Getting around safely post-op
  - + Recognizing and managing risk factors
  - + Building new skills



# KSW Education Collections for MyChart Bedside

- Heart Failure
- AMI
- CAD
- CABG
- Knee Replacement
- Hip Replacement
- Asthma
- COPD
- Depression
- Newborn Care
- Osteoarthritis
- PCI
- Pneumonia
- Diabetes



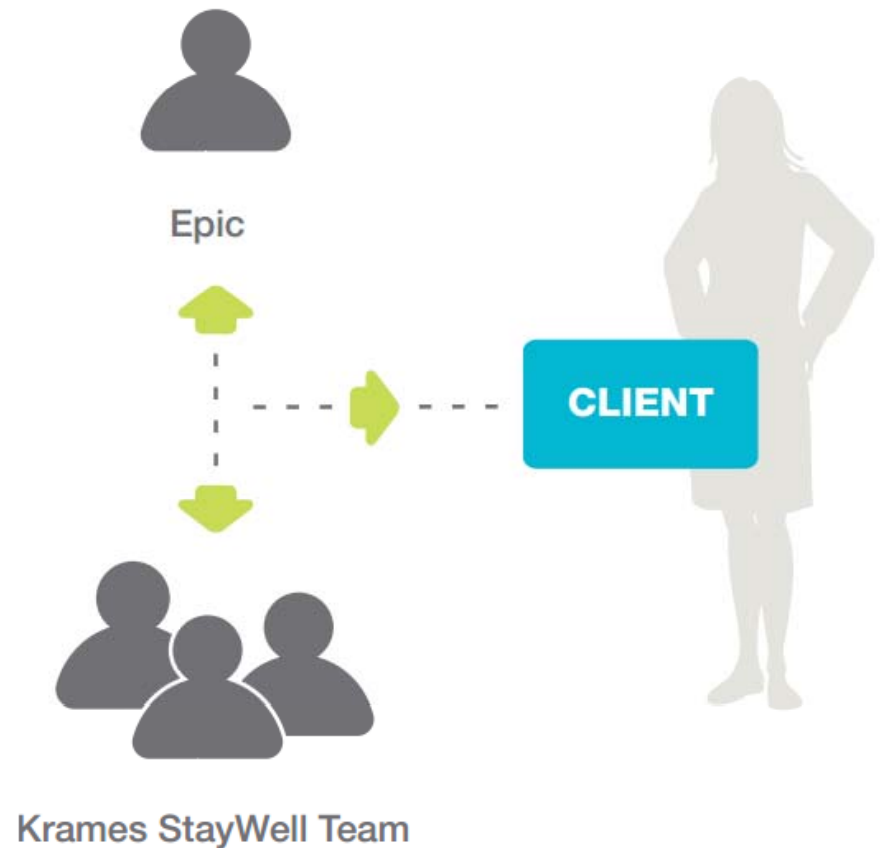
# KSW Epic-based Patient Engagement Solutions: Integration Support

- Dedicated Implementation & Support Team

- + Client Services Manager
- + Product Manager
- + Implementation Manager
- + Epic Partnership Director

- Updates & Support Resources

- + Quarterly content updates
- + Interactive Client Support Website



# Clear, Client-Focused Implementation Plans

| Task Name  | Duration       | Start              | Finish              | Resource Names |
|--|----------------|--------------------|---------------------|----------------|
| <b>Overall Implementation Schedule</b>                         | <b>71 days</b> | <b>Mon 7/22/13</b> | <b>Tue 10/29/13</b> |                |
| Project scoping call   | 1 day          | Mon 7/22/13        | Mon 7/22/13         | KSW,Client     |
| Approve and Sign Contract                                      | 7 days         | Tue 7/23/13        | Wed 7/31/13         | Client         |
| <b>Content Delivery for EpicCare Integration</b>               | <b>43 days</b> | <b>Thu 8/1/13</b>  | <b>Tue 10/1/13</b>  |                |
| Project Kick-off   | 1 day          | Thu 8/1/13         | Thu 8/1/13          | KSW,Client     |
| Provide Export of Licensed Content f<br>into Epic              |                |                    |                     |                |
| Content Import, Testing and Trainin                            |                |                    |                     |                |
| Integration to EpicCare - Playground                           |                |                    |                     |                |
| Integration to EpicCare - Staging                              |                |                    |                     |                |
| Integration to EpicCare - Production                           |                |                    |                     |                |
| <b>Krames On-Demand Account</b>                                |                |                    |                     |                |
| Project Kick-off   |                |                    |                     |                |
| Identify Client Account Manager(s)                             |                |                    |                     |                |
| Establish Rollout Timeline                                     |                |                    |                     |                |
| Establish KOD Setup  |                |                    |                     |                |
| SuperUser/Account Manager Trainin                              |                |                    |                     |                |
| Account Manager Training                                       |                |                    |                     |                |
| SuperUser Training   |                |                    |                     |                |
| End User Training  |                |                    |                     |                |
| Promotion Emails/Communications                                |                |                    |                     |                |
| End User Training  |                |                    |                     |                |
| go Live  |                |                    |                     |                |
| <b>Infobutton</b>  |                |                    |                     |                |
| Project Kick-off   |                |                    |                     |                |
| Send Welcome Email with Client De<br>with Implementation Guide |                |                    |                     |                |
| Client to provide branding assets                              | 5 days         | Fri 8/2/13         | Fri 8/9/13          | Client         |
| Design   | 11 days        | Fri 8/9/13         | Fri 8/23/13         |                |

## Implementation Overview



Infobutton: Average 34 days)



Epic EHR Integration:  
Average 43 days

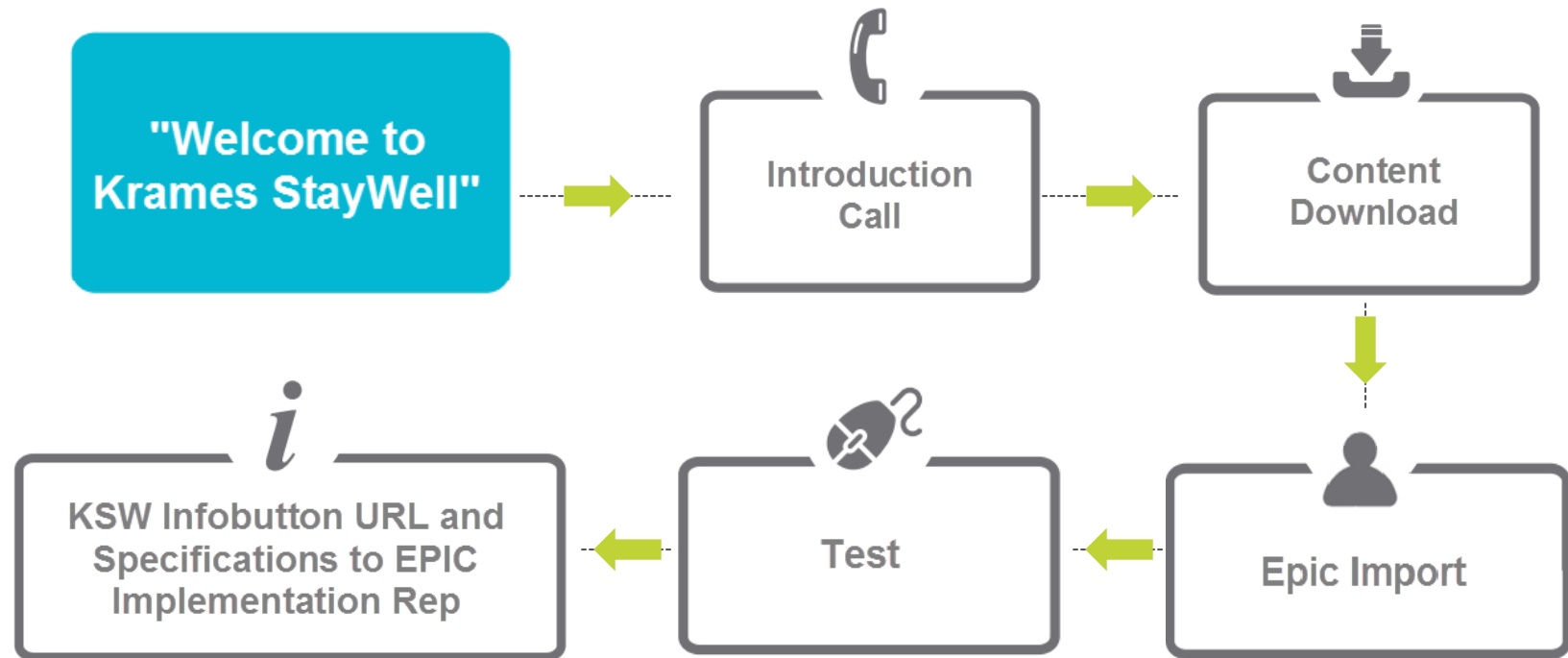


KOD: Average 12 Days



Overall Project:  
Average 43 days

# Implementation Overview



# Implementation Overview



## ITEMS TO LOOK FOR:

- + Suggested content is populated
- + Search by taxonomy such as ICD-9/ICD-10
- + Search by keyword
- + Edit features on content
- + Attaching and printing
- + Preview window displays the Krames StayWell browse tree
- + Content is viewable in AVS with MyChart
- + Infobutton suggests addition content

# Epic Clients using Krames StayWell



GEISINGER



## Content: What Sets Krames StayWell Apart?

Quality, award-winning health content, certified for Meaningful Use

**Rigorous  
Development  
Process**

**Adherence to  
established health  
literacy principles**

**Evidence-based  
medicine**

**Accepted clinical  
guidelines**

**Established best  
practices**

**Sophisticated  
tagging for optimal  
interoperability**



# Content: What Sets Krames StayWell Apart?

## Reading Level

Of our 5,000 patient education sheets and discharge instructions:

- 88% fall below 7<sup>th</sup> grade
- 1,500 topics at a 6<sup>th</sup> grade level
- 1,130 topics at a 5<sup>th</sup> grade level
- **Over 790 topics at or below a 4<sup>th</sup> grade level**
- 100% Spanish for EACH topic listed above
- Content available in 11 languages total.
- All content is designed to be easy to read!

# Content: What Sets Krames StayWell Apart?

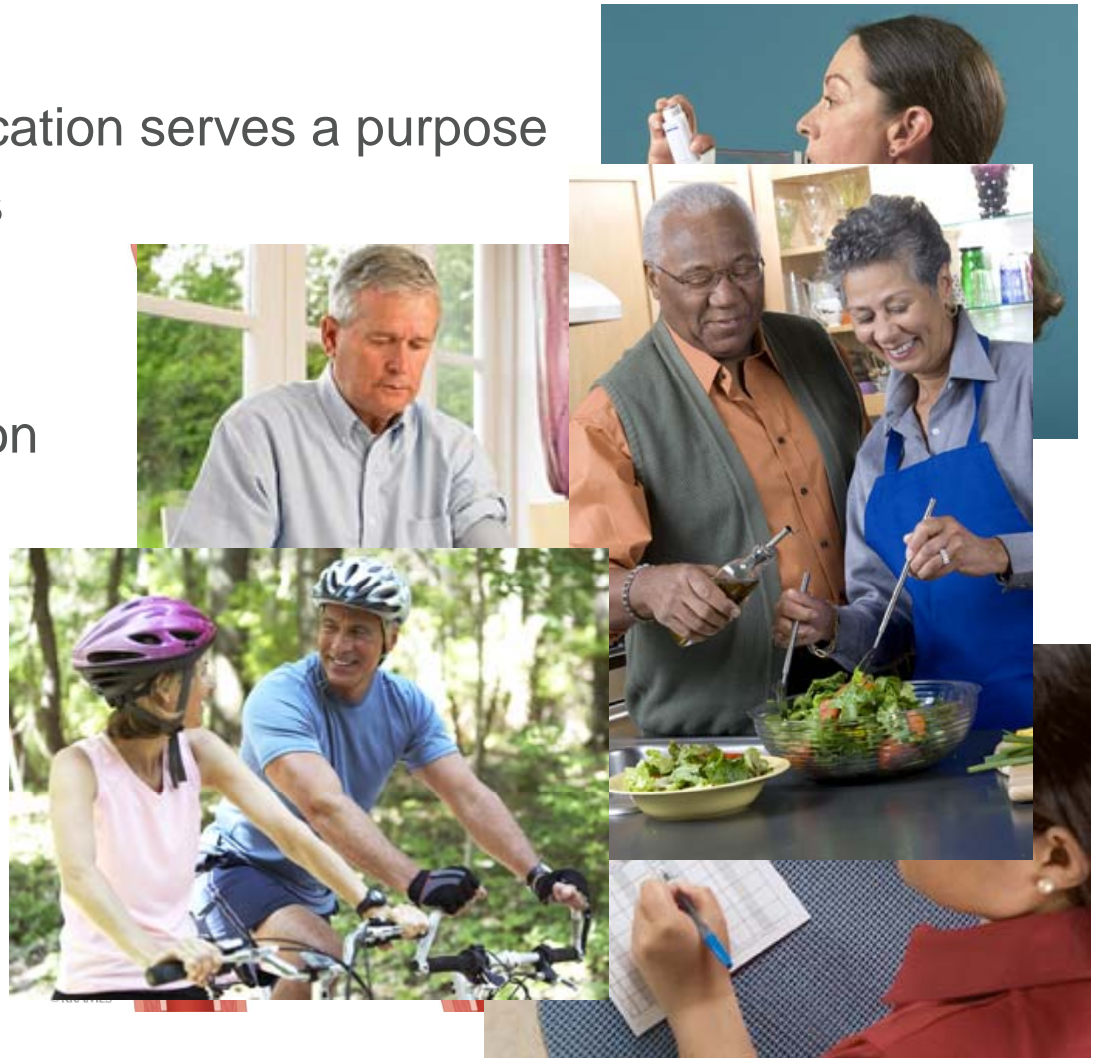
## Using the SAM Scale: Considerations Beyond Reading Level

- Active voice
- Usage of common words
- Clarity of purpose
- Focus on patient behavior
- Use of valuable imagery and artwork
- Limited scope
- Interactivity
- Motivational and empowering content
- Summaries for comprehension
- Effective layout and typography
- Use of ample white space
- Bullets and numbering
- Use of headlines
- Chunking of content
- Cultural Sensitivity

# Content: What Sets Krames StayWell Apart?

## Artwork

- + Artwork in patient education serves a purpose
- + Convey key messages
- + Reinforce content
- + Connect with patients
- + Improve comprehension
- + Provide comfort
- + Ease fears



# Content: What Sets Krames StayWell Apart?

## Artwork

### Bacterial Gastroenteritis

Gastroenteritis is commonly called the "stomach flu." It is an inflammation of the gastrointestinal tract, which includes your stomach and intestines. Bacterial gastroenteritis (caused by bacteria) usually produces severe symptoms. It can even be fatal. This sheet tells you more about bacterial gastroenteritis, how it can be prevented, and how to cure for it.

#### How Does Bacterial Gastroenteritis Spread?

- **Contaminated food or water:** You're most likely to get gastroenteritis by consuming food or water containing harmful bacteria, such as salmonella, Campylobacter, and E. coli. Food can become contaminated when food handlers don't wash their hands or when food isn't stored, handled, or cooked properly.
- **Fecal-oral route:** People with bacterial gastroenteritis have harmful bacteria in their stool. When they don't wash their hands well after using the bathroom, they can spread the germs to objects. If you touch the same objects, you can spread the germs to your mouth.



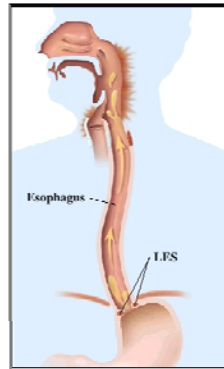
#### What Is GERD?

If you feel a painful burning sensation in your chest after you eat, you may have **gastroesophageal reflux disease (GERD)**. Heartburn is a classic symptom of GERD, but you may have other symptoms as well.

**Note:** Chest pain may also be caused by heart problems. Be sure to have all chest pain evaluated by a doctor.

#### When You Have a Reflux Problem

After you eat, food travels from your mouth down the esophagus to your stomach. Along the way, food passes through a one-way valve called the **lower esophageal sphincter (LES)**, the opening to your stomach. Normally the LES opens when you swallow. It allows food to enter the stomach, then closes again. With GERD, the LES doesn't work normally.



With GERD, the weak LES allows food and fluids to travel back up into the esophagus.

#### What are the Symptoms of Bacterial Gastroenteritis?

Many kinds of bacteria cause gastroenteritis. Some types of gastroenteritis, symptoms come they don't appear for 24-48 hours. Symptoms severe and may include:

- Watery diarrhea
- Nausea and vomiting
- Fever and chills
- Abdominal pain

#### What Is Appendicitis?

Your side may hurt so much that you called your doctor. Or maybe you went straight to the hospital emergency room. If the symptoms come on quickly, you may have **appendicitis**. This is an infection of the appendix. Surgery can remove the infection and relieve your symptoms. Read on to learn more.



#### Your Appendix

The appendix is a hollow structure about the size of your little finger. It opens off the colon (large intestine). The purpose of the appendix is unclear. But if it becomes blocked, it may become infected.

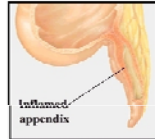


A normal appendix

#### Pain and Other Symptoms

Symptoms tend to appear quickly, often over a day or two. Symptoms can include:

- Pain that starts in the center of your belly and moves to your lower right side
- Increased pain and pressure on your side when you walk
- Vomiting, nausea, or decreased appetite
- Fever or fatigue
- Either diarrhea or constipation

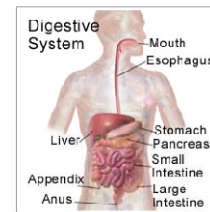


An inflamed appendix

### Gastroenteritis

#### What is gastroenteritis?

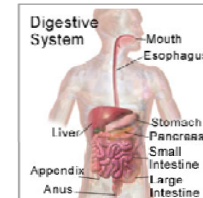
Gastroenteritis, or stomach flu, is an infection of the stomach and intestines. It is caused by bacteria, parasites, or viruses.



### Gastroesophageal Reflux Disease

#### What is gastroesophageal reflux disease?

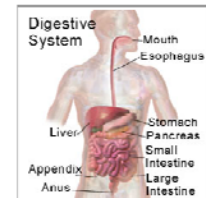
Gastroesophageal reflux disease (GERD) occurs when acid and food in the stomach back up into the esophagus.



### Appendicitis

#### What is appendicitis?

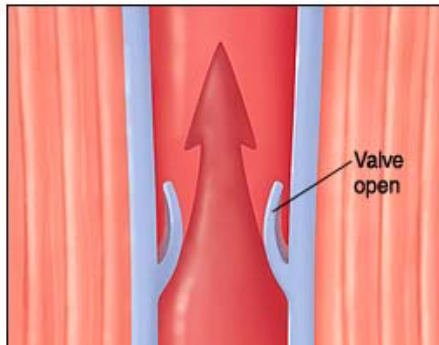
Appendicitis is inflammation of the appendix. The appendix is a small pouch that is attached to the large intestine on the lower right side of the abdomen.



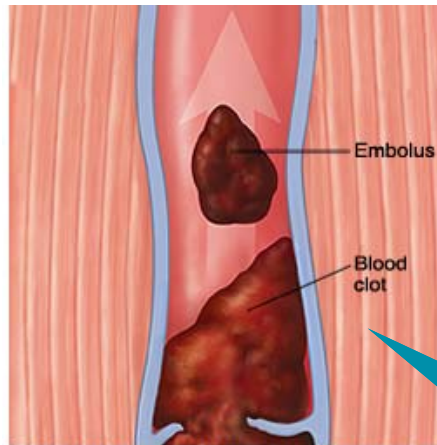
### What causes appendicitis?

# Content: What Sets Krames StayWell Apart?

## Artwork

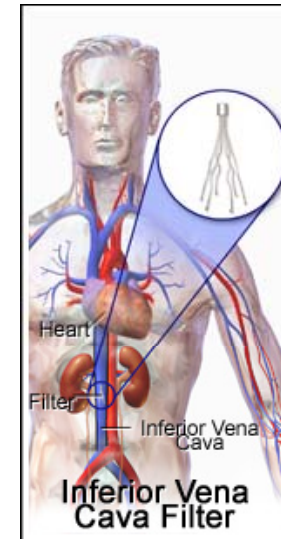


When a muscle contracts, the valve opens. Blood is squeezed up the vein toward the heart.



When blood moves slowly in a vein, a clot can form. A part of the clot can break off and travel in the bloodstream.

Deep Vein  
Thrombosis

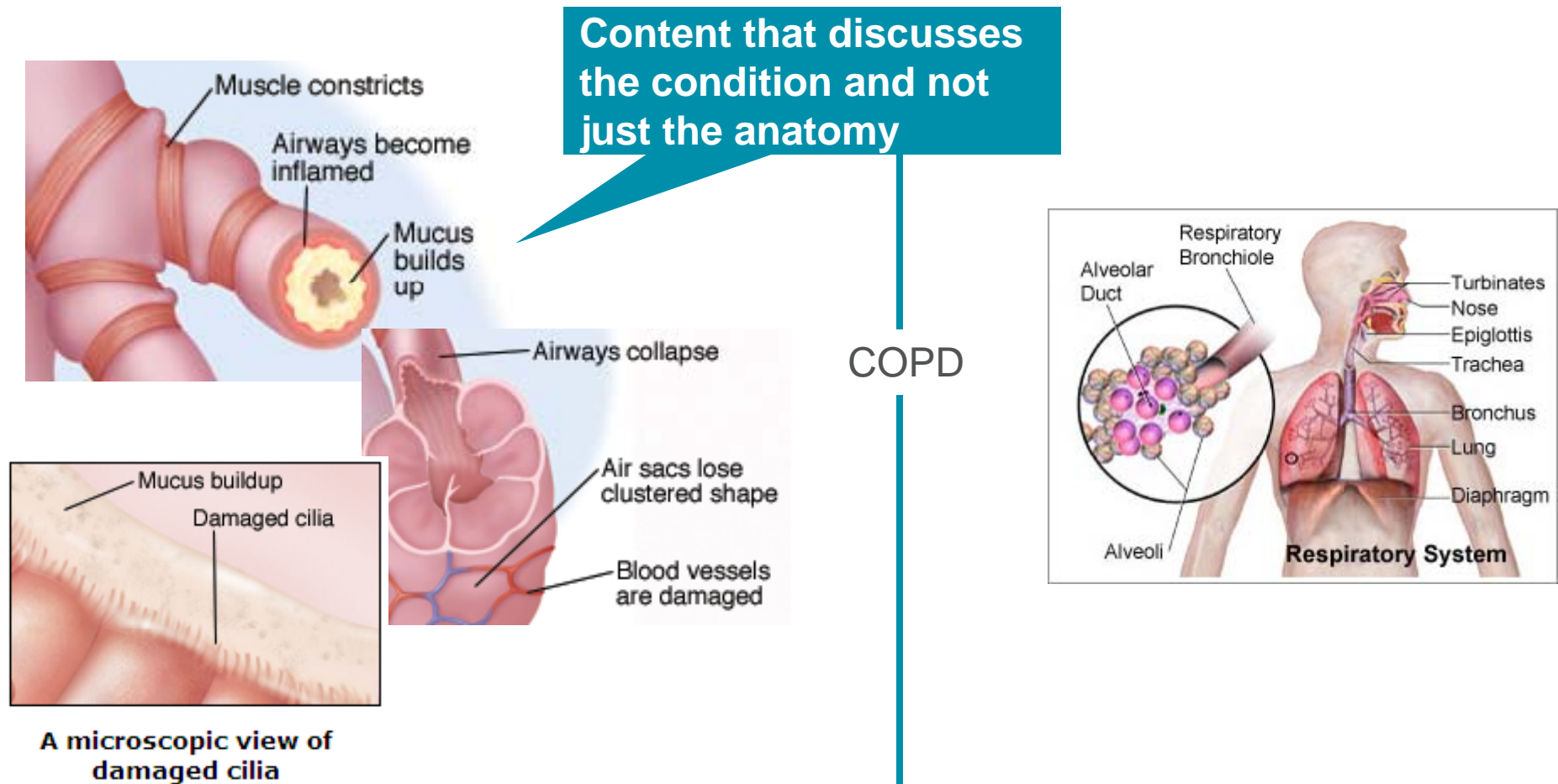


Relevant illustrations that support the concepts being discussed



# Content: What Sets Krames StayWell Apart?

## Artwork

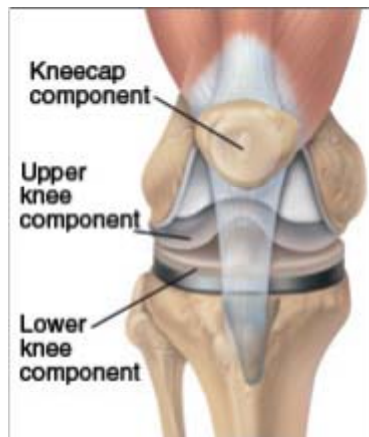
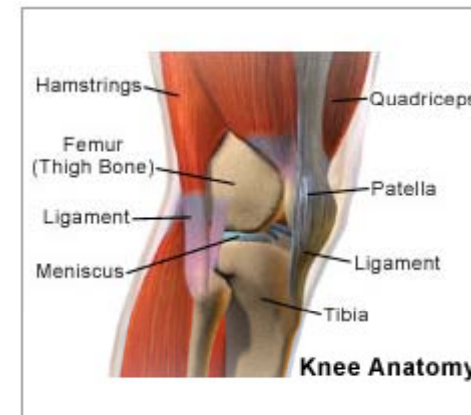


# Content: What Sets Krames StayWell Apart?

## Artwork



## Total Knee Replacement

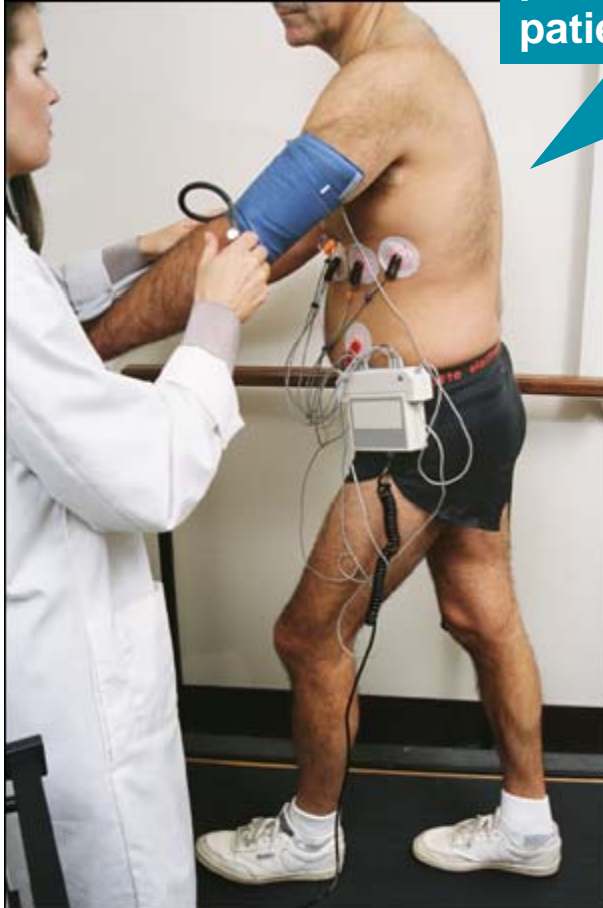


Labeling that is also written in plain language to elevate comprehension

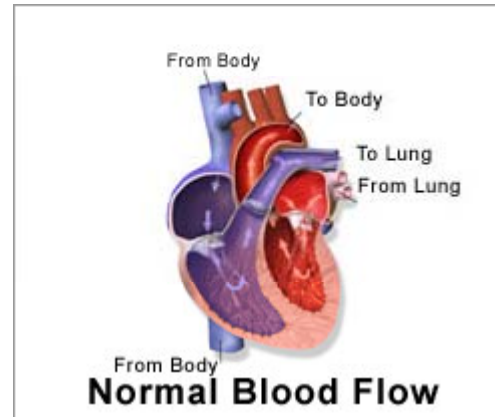
# Content: What Sets Krames StayWell Apart?

## Artwork

Artwork related to tests and procedures that prepare the patient as to what to expect



Stress  
Echocardiography





# Content: What Sets Krames StayWell Apart?

## Unique, succinct content for the specific point-in-care

YOUR LOGO  
HERE

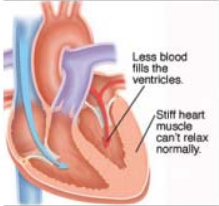
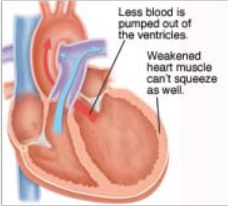
82055

### What Is Heart Failure?

The heart is a muscle. It pumps oxygen-rich blood to all parts of the body. When you have heart failure, the heart can't pump as well as it should. Blood and fluid may back up into the lungs, and some parts of the body don't get enough oxygen-rich blood to work normally. These problems lead to the symptoms you feel.

#### When You Have Heart Failure

Because of heart failure, not enough blood leaves the heart with each beat. There are two types of heart failure. Both affect the ventricles' ability to pump blood. You may have one or both types.



**Systolic heart failure:** The heart muscle becomes weak and enlarged. It can't pump enough blood forward when the ventricles contract. Ejection fraction is lower than normal.

**Diastolic heart failure:** The heart muscle becomes stiff. It doesn't relax normally between contractions, which keeps the ventricles from filling with blood. Ejection fraction is often in the normal range.

#### How Heart Failure Affects Your Body

When the heart doesn't pump enough blood, hormones (body chemicals) are sent to increase the amount of work the heart does. Some hormones make the heart grow larger. Others tell the heart to pump faster. As a result, the heart may pump more blood at first, but it can't keep up with the ongoing demands. So, the heart muscle becomes more damaged. Over time, even less blood is pumped through the heart. This leads to problems throughout the body.

#### What Is Ejection Fraction?

Ejection fraction (EF) measures how much blood the heart pumps out (ejects) with each beat. A healthy heart pumps at least half of the blood from the ventricles. A normal ejection fraction is around 50% or more.

© 2000-2012 Krames StayWell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This document is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.

### What is congestive heart failure?

Congestive heart failure is a life-threatening disease that occurs when your heart becomes too weak to pump blood properly.

### What are the signs and symptoms of congestive heart failure?

Signs and symptoms include:

- **CT scan or MRI:** Pictures are taken of your heart to check the size and thickness of your ventricles. The pictures may show if you have fluid around your heart and lungs. You may be given contrast dye through an IV. Tell your caregiver if you are allergic to iodine or shellfish. You may also be allergic to the dye.

### How is congestive heart failure treated?

- **Cardiac rehab:** You learn how to live a more heart-healthy lifestyle, including nutrition and exercise.
- **Do not smoke or take illegal drugs:** Cigarettes and illegal drugs can worsen your heart failure. Ask your caregiver for information if you are having trouble quitting.
- **Limit or avoid alcohol:** Alcohol can worsen your heart failure and raise your blood pressure. Women should limit alcohol to 1 drink a day. Men should limit alcohol to 2 drinks a day. A drink of alcohol is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.
- **Limit liquid:** You may need to limit the amount of liquid you drink each day. Ask your caregiver for more information.
- **Eat less salt:** Eating less salt can help reduce swelling. Ask your caregiver for more information.
- **Travel:** If you travel, ask your caregiver for more information.
- **Pregnancy:** If you are pregnant, ask your caregiver for more information.
- **Medicine:** Take your medicine as directed. Do not stop taking your medicine without talking to your caregiver.
- **Talk to your caregiver:** If you have any questions or concerns, talk to your caregiver.
- **When you need to call:** Call your caregiver if you have any of the following symptoms: shortness of breath, swelling in your legs, or a rapid or irregular heartbeat.

### What is a Care Agreement?

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment.

### When should I call my caregiver?

- Your fingers or toes are cold and pale or blue.
- You are coughing up pink and foamy, or bloody sputum, or you have a constant dry cough.
- Your heart is beating faster than normal for you.
- You have diarrhea or are vomiting and not able to eat or drink.
- Your neck veins are bulging.
- You are urinating very little, or not at all.

© 2012 Krames StayWell. This information is for End User's use only and may not be sold, redistributed or otherwise used for commercial purposes.

A limited scope prevents patients from feeling overwhelmed by text heavy content

KRAMES  
staywell

## Unique, succinct content for the specific point-in-care

**Relevant, need-to-know content  
without repetitious text or  
imagery**

**YOUR LOGO HERE**

## Optimal Treatment for Snoring and Sleep Apnea

The goal of most therapies for breathing problems is to widen the airway. This is done by taking out or shrinking excess tissue where the mouth meets the throat. Nasal and jaw surgery can help correct nose or jaw problems that contribute to snoring and apnea. This section describes procedures that may be recommended for you.

### UPPP (Uvulopalatopharyngoplasty)

This is the most common procedure for sleep apnea. It trims the soft palate and uvula, and removes the tonsils and other tissue. It is major surgery performed in a hospital. Most patients go home within 21 hours.

### Risks and Complications of UPPP

Complications are uncommon with this procedure, but can include:

- Bleeding
- Nasoaspirating speech
- Throat pain
- False feeling that something is in throat
- Liquids sometimes going into nose when swallowing
- Scarring

### LAUP (Laser-Assisted Uvulopalatopharyngoplasty)

This procedure helps relieve snoring. It may also be used in some cases of mild apnea. The doctor uses a laser or electric current to remove some of the soft palate and part or all of the uvula. This treatment may be done over several sessions in the doctor's office.

### Risks and Complications of LAUP

Complications are uncommon with this procedure, but can include:

- Bleeding
- Throat pain
- Scarring
- False feeling that something is in throat
- Liquids sometimes going into nose when swallowing
- Nasoaspirating speech

### Recovery from Surgery

After surgery, your nose, throat, or jaw may be sore for weeks or months. During this time, you may not:

- Keep track of changes. It's important that you and your health care provider know what is better? He or she will check the effects of your surgery and help decide what further treatment you might need.
- You may have more than one blockage. So you may need more than one procedure.
- Surgery may be combined with other kinds of treatment
- Any surgery has a chance of complications, including bleeding and infection.

### Recovery from Surgery

After surgery, your nose, throat, or jaw may be sore for weeks or months. During this time, you may not:

- Keep track of changes. It's important that you and your health care provider know what is better? He or she will check the effects of your surgery and help decide what further treatment you might need.
- You may have more than one blockage. So you may need more than one procedure.
- Surgery may be combined with other kinds of treatment
- Any surgery has a chance of complications, including bleeding and infection.

UPPP trims the uvula and removes other tissue from the back of the mouth.

UPPP trims the uvula and removes other tissue from the back of the mouth. The doctor uses a laser or electric current to remove some of the soft palate and part or all of the uvula. This treatment may be done over several sessions in the doctor's office.

**YOUR LOGO HERE**

## Mouthpieces for Sleep Apnea

For simple snoring or mild to moderate sleep apnea, a mouthpiece (CPAP) with your doctor to build and fit a mask

# Relevant with

**Apnea** This is done by taking out or saw surgery can help correct issue or no procedures that may be

**GO**

**spring and Apnea?**

swallowing, you know the feeling of trying to breathe through a very narrow passage happens in your throat when you snore. While you sleep, structures in your air passage, making the passage narrow and hard to breathe through. If the air is blocked and you can't breathe at all, you have sleep apnea.

res are too large or the muscles relax too much during sleep may be partially blocked. As air from the nose or mouth is blocked, the throat structures vibrate and rattle against the familiar sound of snoring. At times, this sound can be so loud that others, or even themselves, during the night, are more and more of the air passage is blocked.

UPPP trims the uvula and removes other tissue from the back of the mouth. This can help prevent the collapse of mild apnea. The doctor uses a tool of the uvula. This treatment may

breast, air can't flow to the lungs at all time"). Since the lungs aren't getting as full as just enough to lighten the fish a local group, breathing begins over and over again throughout the night. Even though you don't ring the night, you feel tired all day. The lack of sleep and fresh air to your organs, leading to problems such as high blood pressure, heart

Office. Others are done in a hospital or surgery room. Be sure to follow up with your doctor

any obstructs breathing. A dentist can make snoring a jaw may make the tongue sit in the airway where you're

Air may not be able to move freely past a deviated septum

**YOUR LOGO HERE**

## Mouthpieces for Sleep Apnea

For simple snoring or mild to moderate apnea, a special mouthpiece may help. A dental specialist works with your doctor to build it and fit a mouthpiece just for you. A follow-up sleep study checks how well the device is working for you. Mouthpieces are also called oral appliances.

### Moving the Jaw Forward

Most mouthpieces move the jaw and tongue forward. That keeps the tongue from blocking the airway. Mouthpieces can work well, but they are not for everyone. Work with your healthcare provider to get a mouthpiece that fits just right for you. And avoid over-the-counter mouthpieces—they often do not work.

### Tips

To have the most success with your mouthpiece, keep these tips in mind:

- It will take some time to get used to wearing a mouthpiece. At first it may feel uncomfortable or make your mouth water. If these problems last, tell your healthcare provider.
- Expect several rounds of adjustments to get the mouthpiece to fit and work just right for you.
- Mouthpieces don't cure the problems that cause snoring or sleep apnea. So you need to use your mouthpiece all night, every night.
- Follow your healthcare provider's instructions for keeping the mouthpiece clean.
- When you're not wearing your mouthpiece, store it in a case.

Moving the jaw and tongue forward with a mouthpiece can open the airway to reduce sleep apnea.

88777

# ed-to-know content

## repetitious text or imagery

### Obstructive sleep apnea syndrome

What is obstructive sleep apnea syndrome?

Obstructive sleep apnea syndrome (OSAS) is also called sleep apnea. It is a condition where you stop breathing for 10 seconds or more while you are sleeping. During normal sleep, your throat is kept open by muscles, which let the air pass through easily. During sleep with OSAS, the muscles and tissues around your throat relax and block air from passing through. OSAS may happen many times while you are asleep.




Diagram of a normal mouth showing the airway open. Labels: Hard Palate, Soft Palate, Uvula, Tongue, Vestibule of Mouth, Gingiva.

### Sleep Apnea Syndrome

**WHAT YOU SHOULD KNOW:**

Obstructive sleep apnea syndrome (OSAS) is also called sleep apnea. It is a condition where you stop breathing for 10 seconds or more while you sleep. During normal sleep, your throat is kept open by muscles, which let the air pass through easily. During sleep with OSAS, the muscles and tissues around your throat relax and block air from passing through. OSAS often happens many times while you sleep. You may wake up during the night to catch your breath. You may feel tired and sleepy the next day, and you may have a hard time doing your usual activities.




Diagram of a mouth with obstructive sleep apnea syndrome (OSAS) showing the airway blocked. Labels: Hard Palate, Soft Palate, Uvula, Tongue, Vestibule of Mouth, Gingiva.

### CARE AGREEMENT:

You have the right to help plan your care. Learn about your condition. Discuss treatment options with your caregivers to decide what you want. You have the right to refuse treatment.

**RISKS:**

- Treatment for OSAS may make your nose bleed or dry. Your stomach may feel bloated and you may burp too often. If you have surgery, you may bleed. Nerves and tissues in your mouth may not get better.




Diagram of a mouth with obstructive sleep apnea syndrome (OSAS) showing the airway blocked. Labels: Hard Palate, Soft Palate, Uvula, Tongue, Vestibule of Mouth, Gingiva.

### AFTER YOU LEAVE:

**Medicines:**

- Steroid spray:** You spray this medicine into each of your nostrils. Steroid medicines help open your air passages so you can breathe easier. Do not stop taking this medicine without talking to your primary healthcare provider. Serious reactions can occur if you stop taking steroids suddenly.

# Content: What Sets Krames StayWell Apart?

## Attention Deficit Hyperactivity Disorder

### WHAT YOU SHOULD KNOW:

Attention deficit hyperactivity disorder (ADHD) is a condition that affects behavior. People with ADHD can be overactive and have short attention spans. ADHD interferes with how you function in your day-to-day activities at work, school, or at home. ADHD may also cause you to have problems getting along with other people. The exact cause of ADHD is not known.

### AFTER YOU LEAVE:

#### Medicines:

- **Stimulants:** This medicine helps you pay attention, concentrate better, and manage your energy.
- **Antidepressants:** This medicine helps decrease or prevent the symptoms of anxiety or depression. It can also be used to treat other behavior problems.
- **Take your medicine as directed:** Call your primary healthcare provider if you think your medicine is not helping or if you have side effects. Tell him if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

#### Follow up with your primary healthcare provider:

Write down your questions so you remember to ask them.

#### Self-care:

- **Learn to manage stress:** Stress may make you feel worse. These may include deep breathing, talking to someone about things that upset you.
- **Learn more about ADHD:** The more you know about ADHD, the better you can manage it. Read books, work with your provider.
- **Do not drink alcohol:** Alcohol may make your symptoms worse. Ask your provider if you drink alcohol.

#### For more information:

- Attention Deficit Disorder Association  
PO Box 7507  
Wilmington, DE 19803-0907  
Phone: 1-800-930-1019  
Web Address: <http://www.add.org/>
- Children and Adults with Attention Deficit Disorder  
8181 Professional Place, Suite 150  
Landover, MD 20785  
Phone: 1-800-233-4050  
Web Address: <http://www.chadd.org>

#### Contact your primary healthcare provider if:

- You feel you cannot cope at home, work, or school.
- You have new symptoms since the last time you visited your primary healthcare provider.
- Your symptoms are getting worse.
- You have questions or concerns about your condition or care.

#### Seek care immediately or call 911 if:

- You have a convulsion.

Aftercare Instruction

## Attention Deficit Hyperactivity Disorder

### WHAT YOU SHOULD KNOW:

Attention deficit hyperactivity disorder (ADHD) is a condition that affects behavior. People with ADHD can be overactive and have short attention spans. ADHD interferes with how you function in your day-to-day activities at work, school, or at home. ADHD may also cause you to have problems getting along with other people. The exact cause of ADHD is not known.

### INSTRUCTIONS:

#### Medicines:

- **Stimulants:** This medicine helps you pay attention, concentrate better, and manage your energy.
- **Antidepressants:** This medicine helps decrease or prevent the symptoms of anxiety or depression. It can also be used to treat other behavior problems.
- **Take your medicine as directed:** Call your primary healthcare provider if you think your medicine is not helping or if you have side effects. Tell him if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

#### Follow up with your primary healthcare provider:

Write down your questions so you remember to ask them.

#### Self-care:

- **Reduce stress:** Stress may make you feel worse. These may include deep breathing, talking to someone about things that upset you.
- **Learn more about ADHD:** The more you know about ADHD, the better you can manage it. Read books, work with your provider.
- **Do not drink alcohol:** Alcohol may make your symptoms worse. Ask your provider if you drink alcohol.

#### Contact your primary healthcare provider if:

- You feel you cannot cope at home, work, or school.
- You have new symptoms since the last time you visited your primary healthcare provider.
- Your symptoms are getting worse.
- You have questions or concerns about your condition or care.

#### Return to the emergency department if:

- You have a convulsion.
- You have trouble breathing, chest pains, or a fast heartbeat.
- You feel like hurting yourself or someone else.

Discharge Instruction

# Content: What Sets Krames StayWell Apart?

## Unique, succinct content for the specific point-in-care

YOUR LOGO  
HERE

**What Is ADHD?**

Does your child have trouble sitting still or paying attention? You may have been told that ADHD (Attention Deficit Hyperactivity Disorder) may be the cause. A child with ADHD might have a hard time staying focused (attention deficit). He or she may also have trouble controlling impulses (hyperactivity disorder). A child with one or both of these problems struggles daily to perform and behave well. ADHD is no one's fault. But if left untreated, ADHD can deprive a child of self-esteem and limit success.

**Which of the Following Describe Your Child?**

A partial list of symptoms common to attention deficit and hyperactivity disorder appears below. Your child may show traits from one or both groups.

**Attention Deficit**

- Lacks motivation
- Performs poorly
- Is distractible
- Has trouble listening
- Is messy
- Forgets

**Hyperactivity**

- Has trouble sitting still
- Is always on the go
- Does not play quietly

**What Happens?**

The brain controls these chemicals. These chemicals often vary. This can lead to ADHD.

**When Messages Don't Work**

With ADHD, messages do not always get through.

**Remember**

Children with ADHD are not lazy or stupid.

© 2000-2012 Krames StayWell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

YOUR LOGO  
HERE

**Treating ADHD: Learning More**

Before you can help your child, you must understand what ADHD is. Although ADHD is not a learning problem, it can interfere with learning. With the proper help, your child will find it easier to learn in school and at home.

**Learning About ADHD**

One of the best ways to help your child is by learning about ADHD. You can start by believing that your child is not lazy or stupid. Once you understand the special needs that ADHD creates in your child, share what you learn with others. Some people may resist the diagnosis or deny the problem. Even so, let them know how they can help your child.

**Learning with ADHD**

Except in rare cases, there is nothing wrong with the intelligence of a child with ADHD. To make learning easier, work with your child's teacher. Share the tips for teachers below. Keep in mind, federal law supports your child's right to receive the help he or she needs.

**Parent's Role**

Here are some ways you can help your child:

- Stay informed. Read about ADHD. Join a local ADHD parent support group.
- Reassure your child that ADHD is not his or her fault.
- Request a teacher who can help your child. Stay in touch.
- Create a tidy, quiet study space for your child at home.

**Teacher's Role**

Here are a few tips the teacher can try:

- Seat the child near the front of the room, away from distractions.
- Find the best way to "teach and test" to promote learning.
- Encourage the child to pursue favorite subjects.

**Child's Role**

Here are some hints for your child:

- Tell your parents and teachers when you need help.
- Set aside one place at home and another at school to store your books, folders, and projects.

YOUR LOGO  
HERE

**Treating ADHD: Learning New Behaviors**

A child with ADHD often acts up and tunes out. But you can show your child new ways to react to the world. This process takes time and practice. Working with a counselor may help.

**Coping Skills**

What things upset your child? Perhaps having to do chores or share toys sparks poor behavior. Try to work with your child each day. Assign a simple task. Or talk with your child about the tips below. Show your child how to respond to frustration and anger in useful ways. This can help him or her learn self-control.

**Reinforcing Success**

Children with ADHD have trouble learning from past events. Positive feedback helps make lessons stick. Praise when a job is well done. This helps your child the moment in his or her mind. Place a sticker on a chart to celebrate each success.

**Parent's Role**

Here are some ways you can help:

- Teach coping skills after your child has taken a break at such times.
- Praise your child's success. Offer a smile and a high five.
- Set clear rules. Explain what will be taken away through.
- Try to stick to a routine. Prepare your child for changes.
- Help your child stay focused. For instance, avoid distractions.

**Child's Role**

Here are some hints for your child:

- Try out new ways of dealing with people and problems. Talk, draw, write, throw a ball, or spend some time alone.
- Act like a STAR: Stop, Think, Act, and then Respond.

© 2000-2012 Krames StayWell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

YOUR LOGO  
HERE

**Treating ADHD: Medication**

In many cases, medication is part of a child's treatment plan. These medicines help control the chemicals needed to send and receive messages within the brain.

**Sending Messages**

Certain stimulants cause some sites in the brain to send stronger messages. When the messages are stronger, the child has better control over attention and activity. Stimulants work quickly and last a few hours.

**Receiving Messages**

Some antidepressants help the brain receive messages better. Used to treat depression and inattention, these medications are taken daily.

**Be Aware**

It may take a few tries to find the best medication for your child. The amount and time of use may also need to be adjusted. In some cases, side effects may occur. If medication doesn't help, think about having a second opinion.

**Parent's Role**

- Learn about the medication your child takes, any side effects that can occur.
- Seek a second opinion if you have concerns about how your child's behavior is changing.
- Make sure you, the school staff, and other caregivers follow all directions.
- Watch your child for positive changes both at home and in school. Tell the doctor what you or others observe.

YOUR LOGO  
HERE

**ADHD and Your Family**

Taking care of a child with ADHD might cause other relationships in the household to suffer. This doesn't have to happen. Each member of the family can help build lasting bonds. That way, life can get better for everyone.

**How You May Feel**

If you have a child with ADHD, you may feel guilty, worried, and tired. Try to get enough rest and do some things you enjoy. Ask family and friends for support.

**You and Your Partner**

It's easy to blame each other. You may not agree on the child's diagnosis, treatment, or discipline. Finding answers isn't easy, but make an effort to talk each day. Now is the time to build new trust within your relationship.

**Nurturing Your Other Children**

You may devote a lot of time and effort to the child with ADHD. As a result, your other children may feel left out. Do your best to spend time with your other children, too. Instead of using up your energy, you may find that these moments help build your reserves.


**Parent's Role**

- **For yourself:** Recharge and relax. Free up some time by finding a caregiver who understands ADHD. Ask a counselor or your support group about people who might be able to supervise your child.
- **For your marriage:** Try to respect any differing opinions. Also, spend time alone as a couple. Talk about things other than your child and coping with ADHD.
- **For your other children:** Do things with them. Ask about their hobbies, desires, and fears. Let them know they matter to you. Then help them relate to the child with ADHD.
- Reward everyone's efforts to act like a family.
- Counseling may help you manage your stress. It can also help strengthen your marriage and resolve family conflicts.

**The Future Holds Promise**

Your child's ADHD symptoms are likely to change and evolve as he or she matures. But with time and ongoing guidance, your child can learn to manage his or her traits. Many adults with ADHD are happy and successful.

© 2000-2012 Krames StayWell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.



Content designed to engage and empower patients and families to become active participants in their care

KRAMES  
staywell



# Scenario: Heart Failure

59 year old male  
ICD-9 code 428.0



# Automatically suggested content

Clinical References

Master Index Resume Search Rx Search

Relevant Documents Additional Search

☐ ☐ Diagnosis/Problem Related Documents

☐ ☐ Diagnosis/Problem Related Documents

☐ TAKING ACE INHIBITORS

☐ WHAT IS HEART FAILURE?

☐ HEART FAILURE: WARNING SIGNS OF

☐ HEART FAILURE: TRACKING YOUR W

☐ HEART FAILURE: BEING ACTIVE

☐ HEART FAILURE: PROCEDURES THAT

☐ COPING WITH HEART FAILURE

☐ HEART FAILURE: MAKING CHANGES T

☐ HEART FAILURE: EVALUATING YOUR

☐ HEART FAILURE: MEDICATIONS TO H

☐ DISCHARGE INSTRUCTIONS FOR HEA

☐ ANGIOTENSIN RECEPTOR BLOCKERS

82013

2500

Taking ACE Inhibitors

Your doctor has prescribed an **ACE inhibitor**. This medication opens up your blood vessels and decreases resistance. This allows your blood to flow more easily and makes your heart's work easier. This sheet gives you tips for taking your ACE inhibitor.

The name of my ACE inhibitor is: \_\_\_\_\_

Why Take Your ACE Inhibitor

- It gives you more energy to do the things you enjoy.
- It helps you stay out of the hospital.
- It helps you live longer.

Tips to Help You

- Follow the fact sheet that comes with your medication. It tells you when and how to take it. Ask for a sheet if you don't get one.
- Have a routine for taking your medication. Take it at the same time each day. A watch with an alarm can help.
- Take your medication at least 1 hour before you eat, if you are taking captopril or moexipril, as described in the manufacturer's instructions, or 2 hours after you eat. You may take all other ACE inhibitors at any time, according to your doctor's instructions.
- Do not change the dose or stop taking your medication, unless your doctor tells you to. It may take a few weeks for you to feel that the medication is working.



Take your medication at the same time each day.

When to Call Your Doctor

- You have diarrhea, nausea, vomiting, or you are sweating. These can cause loss of water (dehydration) and low blood pressure.
- You have a dry, hacking cough or a sore throat.
- You feel dizzy or faint, or have a headache.
- You have a fever or chills, trouble breathing or swallowing, or swelling in your face, mouth, arms, lower legs, ankles, or feet. These may be signs of an allergic reaction.

# Additional Search functions within Epic

The screenshot displays the Epic Clinical References search interface. The 'Additional Search' tab is selected and highlighted with a red box. Below the tab, there is a search bar and filters for Sex (Male) and Age (63). A list of search results is shown, with 'Coronary Angioplasty' selected. The results list includes:

- ☐ **Coronary Angioplasty**
- ☐ CORONARY ANGIOPLASTY
- ☐ DISCHARGE INSTRUCTIONS FOR CORONARY ANGIOPLASTY
- ☐ UNSTABLE ANGINA
- ☐ GLOSSARY OF TERMS (CARDIOVASCULAR)
- ☐ HEART FAILURE: PROCEDURES THAT MAY HELP

The right side of the screenshot shows the content of the selected document, 'Discharge Instructions for Coronary Angioplasty and Stenting'. The text includes a description of the procedure, home care instructions, and follow-up information.

### Discharge Instructions for Coronary Angioplasty and Stenting

You just underwent an angioplasty. During your angioplasty, a doctor inserted a thin tube called a catheter into a blood vessel in your groin or wrist. The catheter was pushed through your blood vessel to a blocked area in one of your heart's arteries. The doctor inflated a tiny balloon at the tip of the catheter and stretched the blocked vessel so blood could flow freely. The balloon was then deflated and removed with the catheter. The doctor may have inserted a metal mesh tube called a stent in the blocked vessel. If so, the stent will help the vessel stay open.

#### Home Care

- Ask someone to drive you to your appointments for the next few days.
- Rest for 2-3 days after the procedure. Most patients are able to resume normal activity within a few days.
- Take your temperature and check your incision for signs of infection (redness, swelling, drainage, or warmth) every day for a week. It is normal to have a small bruise or bump where the catheter was inserted.
- Take your medications exactly as directed. Don't skip doses. It is important to take aspirin or other similar drugs for as long as your doctor advises. If you were also prescribed clopidogrel, prasugrel, or ticagrelor, it is very important to take these medications, as well.
- Unless directed otherwise, stay hydrated a day to help flush your body of the dye that was used during your angioplasty.
- Eat a healthy diet that is low in fat, salt, and cholesterol. Ask your doctor for menus and other diet information.
- Exercise according to your doctor's recommendation.
- Avoid swimming or taking baths for 5-7 days. You may shower the day after the procedure.

#### Follow-Up

Make a follow-up appointment as directed by our staff.

#### When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Chest pain or a return of the symptoms you had prior to the angioplasty
- Constant or increasing pain or numbness in your leg, or if your leg looks blue or feels cold
- Fever above 100.4°F (38.0°C) or other signs of infection (redness, swelling, drainage, or warmth at the incision site of the leg or wrist)
- Shortness of breath
- Bleeding, bruising, or a large swelling where the catheter (tube) was inserted
- Blood in your urine
- Black or tarry stools

© 2000-2013 Krames StayWell, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

# Editing content within Epic

EpicHyperspace SRF-ED\*\* >HOSPITAL - Production - HCNCPRODGGM PRODUCTION

Desktop Action Patient Care Scheduling Reg/ADT Surgery CRM/CM Reports Report Mgmt Tools Admin Help

Back Discharge Note Log Out

Epic 125% Arial 12 I U S A

Snapshot Patient Reg Chart Rev Results Re Problem Lis History Demograph Allergies Order Entry Orders Mox Imm/Injecti MAR Intake/Out Doc Flowsl Patient Ev Forms Notes Reports W Synopsis Work/Acti MD Disp

## Coronary Angiography

Angiography is a special type of x-ray that allows your coronary arteries to be viewed and recorded on film. Your doctor can see if the blood vessels to your heart are clogged.

### Before the Procedure


- Tell your doctor what medicines you take and any allergies you may have.
- Don't eat or drink anything after midnight, the night before the procedure.

### During the Procedure

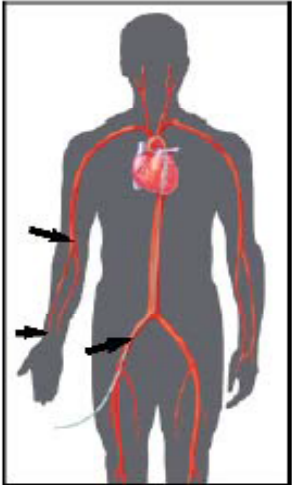
- A long, thin tube called a catheter is placed inside an artery in your groin or arm and guided into your heart.
- A contrast dye is injected through the catheter into your blood vessels or heart chambers.
- X-rays are taken to show clear photos of the inside of your heart and coronary arteries.

### After the Procedure

- You need to remain lying down for 6–12 hours.
- If the insertion site was in your groin, you may need to lie down with your leg still for several hours.



Monitors let the doctor follow the catheter's progress during the procedure.



Insertion sites may be in the groin or the arm.

### Call Your Doctor If:

- You have angina (chest pain).

Accept Cancel



# Why Krames StayWell?

