



## **Title List Changes/Modifications March 2008**

The number of ExitCare documents has increased by 45 new English titles, 14 new Spanish titles, 41 new Bosnian titles, 25 new Haitian Creole titles, 2 new Portuguese titles, 2 new Vietnamese titles, and 1 new Tagalog title. We will continue to add titles to all of our languages. Based on our extensive editorial review guidelines, our documents continue to be reviewed by physicians who are specialists in their fields, by Medical Risk Management experts, and by experts in technical writing to make our documents as medically complete and as easily understood as possible. This process is ongoing and will continue throughout each quarterly release.

### **Modified Titles: (51 Documents)**

ABC's of Pregnancy - Added current ACOG standards and current information.

Angina - Added "Angina is a danger signal that may mean heart disease, or possibly a heart attack. Though you can have angina without having a heart attack, it is a warning signal for you to seek care immediately." Added "Causes", "Diagnosis", "Prevention" and "Treatment" sections.

Ankle Sprain - Applied standard format style

Asthma, Childhood - Changed graphic, reviewed by Pediatrician for current practice information

Baby, Safe Sleeping For - Changed "Grownups should not sleep with infants if they are impaired" to "Grownups should never sleep with infants".

Bariatric Surgery, Gastrointestinal Surgery for Severe Obesity - Added information about patient opinion concerning adjustment; added risks of restrictive surgeries; added leak risks.

Breastfeeding - Added benefits to both mother and child; added "Increase calcium in your diet (1000mg/day).

Avoid foods that you notice affect the baby adversely."

Breastfeeding After Breast Surgery - Added "Breast feeding can be supplemented with bottle feeding. You can plan to breastfeed after you have breast surgery. Even partial breastfeeding has benefits."

Breastfeeding Challenges - Added ""Breastfeeding mothers have a lower risk of developing breast cancer. Breastfeeding should be encouraged in women with pregestational diabetes." "Under going Radiation therapy. Taking psychiatric medication" "Birth control pills that combine estrogen and progestin." "Drug/alcohol addiction"; "Use a breast pump if your baby is not taking enough milk or you feel you may be getting engorged."; "If mastitis treated quickly, it may lead to a breast abscess." "a warm/hot shower on your breasts," "Only use cotton pads." "manually or with a breast pump" "(aiming lights on the baby)" "When breast feeding twins, your breast milk will increase to the amount the babies will need. You will have to take in more calories and liquids when nursing twins. If the babies are premature and unable to nurse, you can pump your breasts and freeze the milk until the babies are ready to nurse" "you may get tire more easily" "You will need more calories when you breast feed while pregnant. Your milk production usually slows down around the fourth month of pregnancy." "It is successful 1/3 to 1/2 of the time it is tried." "Beginning a combination of hormone treatment several months before the baby is born should help develop lactation in many cases." "Breast milk can be frozen until you are ready to nurse the baby."

Breastfeeding & Inducing Lactation - Added "Beginning a combination of hormone treatment several months before the baby is born should help develop lactation in many cases." "The breast milk can be frozen until you are ready to nurse the baby." "It is successful 1/3 to 1/2 of the time it is tried."

Breastfeeding, Engorgement Problems - Added "If you smoke, do not smoke around the baby. Do not smoke 1 ½ hours before nursing." "but with good support" "only wear cotton bras" "and wash off before nursing." "If one nipple is tender, begin nursing from the other breast." "Use a breast pump to keep up with your nursing schedule if your baby is not taking in enough milk or you feel you are getting engorged."

Breastfeeding, Mastitis - Added ""Breastfeeding reduces the risk of breast cancer." "Using one position to breastfeed may not empty your breasts properly or completely and could lead to engorgement and mastitis.

Wearing a bra that is too tight may restrict the flow of your milk.

Mastitis develops because bacteria get under the skin through cracks in the nipple and into the breasts and an infection develops." "Increase your fluid intake especially if you have a fever If mastitis is not treated quickly and properly, you may develop a breast abscess." "Women with diabetes have a higher incidence of thrush and fungal infections." "Only use cotton pads."

Breast Biopsy, X-ray Guided (Stereotactic) - Added "stereo images are seen through several different angles and the doctor removes small pieces of the suspicious tissue through a hollow needle." and "your doctor may apply a pressure dressing to prevent bleeding in the breast"

Breast Biopsy Procedure - Added "Indications to Biopsy" section

Cancer of the Uterus - Removed "The broad, middle part of the uterus is the body, or corpus. The dome-shaped top of the uterus is the fundus."; Removed "A woman who needs a biopsy may want to ask the following questions: " section; Removed "Understanding Cancer" section, but should be used in a general cancer document"; Removed "Benign Conditions of the Uterus" again, could be used in a different document "Other conditions of the Uterus"

Care of a Feeding Tube Site - Numbered the procedure; added "You will also need to ask the doctor or nurse (or measure yourself) the length of the feeding tube from the stoma site (the opening in your body made for feeding) to the end of the feeding tube." Added "the equipment, food, medicines" after Wash your hands.

Added "If none of these methods work, call your caregiver. It is important not to miss your medicines, food, or water."

Celiac Disease - Lowered reading level; removed "seek immediate medical attention".

Chest Pain (Non-Specific) - Rewritten

Congestive Heart Failure - Changed to standard format style

Constipation in Children Over One Year of Age - Intro re-written; Causes, symptoms, Diagnosis, and Home Care Instructions re-written

Coumadin - Rewrite of "Vitamin K" section

Dehydration - Added standard format style; removed "signs of & rehydration" from title

Diabetes Mellitus - Rewrite of Intro; added "definitions"; added "If you have diabetes and you also smoke, have high blood pressure, and/or have high cholesterol, you have a much higher chance of complications. It is imperative to stop smoking, and work closely with your caregiver to properly treat and control these conditions."

Diet - 2 Gram - Updated by registered dietician, ADA standards

Diet - 3 Gram - Updated by registered dietician, ADA standards

Diet - 4 Gram - Updated by registered dietician, ADA standards

Diet - Bland - Updated by registered dietician, ADA standards

Diet - Liver Disease - Updated by registered dietician, ADA standards

Diet - Low Concentrated Sweets - Updated by registered dietician, ADA standards

Diet - Seasoning without Salt - Updated by registered dietician, ADA standards

Eating Away From Home, Using Food Exchanges - Changed title to "Eating Away from Home with Diabetes"

Eye - Pink Eye (Bacterial Conjunctivitis) - Rewrote to include standard format style.

Femoral Shaft Fracture - New graphic; added "causes", "symptoms", "prevention", standard format style

Fever - Rewrote intro; added "Causes", "Diagnosis", and "Home Care Instructions".

Galactorrhea, Inappropriate Lactation - Added "birth control pills; nerve damage to the chest or breasts (surgery, trauma); injury to the spinal cord.

Headache, Cluster - Standardized style formatting

HELLP Syndrome - Removed "Premonitory stage - this stage is usually missed unless constantly monitored. The woman rolls her eyes while her facial and hand muscles twitch slightly; Tonic stage - soon after the premonitory stage, the twitching turns into clenching. Sometimes the woman may bite her tongue as she clenches her teeth while the arms and legs go rigid. The respiratory muscles also spasm. This causes the woman to stop breathing. This stage continues for around 30 seconds; Clonic stage - the spasm stops but the muscles start to jerk violently. Frothy, slightly bloodied saliva appears on the lips and can sometimes be inhaled. After around two minutes the convulsions stop, leading into a coma. Some cases lead to heart failure; Comatose stage - the woman falls deeply unconscious, breathing noisily. This can last only a few minutes or may persist for hours."

Influenza, Child - Removed "This will make breathing easier" after Use a cool mist humidifier to increase air moisture if you live in a dry climate; Removed "such as water, juice, broth, gelatin, or lemonade. Do not worry about giving your child solid food until they are feeling better"; Changed "Keep your child home from day care or school until the fever is gone, usually about 2 or 3 days" to "until fever has been gone for 1 day"

Changed Seek immediate section to "Your child has a high fever or fever that lasts a long time; Your child has trouble breathing or breathes fast; Your child has skin that looks blue; Your child is not drinking enough; Your child acts confused or too sleepy, has changes in behavior, or has seizures (convulsions); Your child gets better but then worse again; Your child has other conditions (like heart or lung disease, diabetes) that get worse; Your child develops severe neck pain or stiffness; Your child develops a severe headache."

Laceration Care - Added "let your caregiver know about" section; Added "The laceration will be inspected by your caregiver for amount and extent of tissue damage, for bleeding, for evidence of foreign bodies (pieces of dirt, glass, etc), and for cleanliness. Pain medications can be used if necessary. The wound will then be cleansed to help prevent infection. Sutures, staples, steri strips, or wound adhesive will be used to close the wound and speed healing. Sometimes this will decrease the likelihood of infection and bleeding."; Added "risks and complications" section; Added "Have your sutures, staples, or steri strips removed as instructed by your caregiver. Steri strips will peel off from the outer edges toward the center and will eventually fall off. Report to your caregiver if the strips are falling off and the wound does not appear fully healed."

Lumpectomy - Added "Indications for Lumpectomy" section; added "a small rubber drain may be placed in the breast for a couple of days to prevent a hematoma from developing in the breast. A pressure dressing may be applied for 24 to 48 hours to prevent bleeding. Keep the wound dry."

Lumpectomy, Care After - Added "a small rubber drain may be placed in the breast for a couple of days to prevent a hematoma from developing in the breast. A pressure dressing may be applied for 24 to 48 hours to prevent bleeding. Keep the wound dry."

Mastitis (Breast Infection) - Added graphic, edits and standard formatting.

Melanoma - Total rewrite of English document

Myocardial Infarction - Added & deleted bullets to every section, complete rewrite; new graphic

Parvovirus Infection in Pregnancy - Updated with current ACOG standards.

Premature Rupture of Membranes - Added "Premature rupture of membranes occurs about 4% of the time in premature deliveries." "Premature delivery increases the risk of poor health and death in the new born." "The earlier in the pregnancy that PROM develops the more risk there is to the baby." "Anyone with PROM should be treated in the hospital." "An amniocentesis may be performed to see if the baby's lungs are mature and ready to be delivered." and added a "Causes" section.

Reading Food Labels - Changed 10% to 7% under Saturated Fat and 200 calories to 140 cal.; under Trans Fat, added "to less than 2 grams/day"; under Cholesterol, changed 300 mg to 200

Stroke (Cerebrovascular Accident) - Rewrite in all sections

Testicular Torsion - Review and editing of condition incidence

Tonsil Diet Following Tonsillectomy, Adult - Removed "A white or gray membrane on the sides of the throat is normal and should disappear in 1 to 2 weeks. Earache is expected. It is usually not an ear infection, it is referred from the throat. Frequent coughing and clearing the throat should be avoided. Foul mouth odor is common and is relieved by abundant fluid intake. Don't smoke! Avoid vigorous exercise immediately after the operation.

If you are taking painkillers, do not operate machinery, drive or make important decisions until your caregiver says it is OK. Take all antibiotics as directed for the length of time directed. Usually, you should spend a week or so at home before returning to work or school. Avoid crowded, enclosed areas (such as movie theaters) for at least one week to reduce the risk of infection." Removed "Avoid sticking to a jelly and ice cream diet";

Removed extra "jello" under First Day

Tonsil Diet Following Tonsillectomy, Child - Added "Your child may benefit from Carnation Instant Breakfast® or PediaSure® supplements."; Removed "a transient" before neck stiffness and "those" before painkillers

Upper Respiratory Infection (URI), Adult - Added simpler graphic

### **New English Titles (45 Documents):**

Abscess, Perineal

Acetic Acid Otic Solution Use, Ear

Adenosine Stress Test

Asthma, Acute Bronchospasm

Bursitis, Olecranon

Care of a Tracheostomy Tube Site

Chest Pain, Child

Chest Tube

Colon Mass, Adult

Colon Mass, Pediatric

Contusion, Elbow, Bruised Elbow

Coumadin Coagulopathy

Drug Reaction, GI Intolerance

Esophageal Foreign Body, Removal in Child

Fibrocystic Breast Disease

Form - Daily Weight Record

Glomerulonephritis

Hepatic Encephalopathy

Hernia, Inguinal, Adult, Care After Surgery

Hernia, Inguinal, Child, Care After Surgery

Implantable Cardioverter Defibrillator (ICD)

Knee Aspiration

Knee Fracture, Adult

Knee Fracture, Child

Knee Injection

Laceration Care, Child

Laceration, After Care

Lacerations, Multiple

Mastoiditis

Morning Sickness

MUGA Testing

Phenylketonuria (PKU)

Pilonidal Cyst, Care After Surgery

Postpartum Depression

Pyelonephritis, Child

Retinopathy of Prematurity (ROP)

Smoking Cessation, Ten Tips For Success

Stasis Dermatitis, Varicose Eczema

Subchorionic Hematoma

Viral Syndrome

Well Child Care - 11-14 Years Old  
Well Child Care - 15-17 Years Old  
Well Child Care - 18-21 Years Old

**New Spanish Titles (14 Documents):**

Abdominal Pain, Child  
Abortion, Prostaglandin Induced  
Abuse and Neglect, Signs and Symptoms  
Ace Wrap (Elastic Bandage)  
Angiogram, Angioplasty, Stent Placement, Instructions  
Arm Sling Use, Brief Version  
Asthma, F.L.A.R.E.

**New Portuguese Titles (2 Documents):**

Asthma, Pediatric Asthma Plan

**New Tagalog Title (1 Document):**

Asthma, Pediatric Asthma Plan

**New Vietnamese Titles (2 Documents):**

Asthma, Pediatric Asthma Plan

**New Bosnian Titles (41 Documents):**

A-V Access (Arterio-Venous Access) Dialysis  
A-V Access (Arterio-Venous Access), Care After Surgery  
Adhesions  
Alzheimer's Disease  
Ankle Fracture  
Arrhythmia Categories  
Asthma, Childhood with Action Plan  
Asthma, Pediatric Action Plan  
Atherosclerosis, Hardening of the Arteries  
Benign Prostatic Hypertrophy (Enlarged Prostate)  
Carotid Stenosis and Carotid Endarterectomy  
Cellulitis  
Cholelithiasis  
Clostridium Difficile Diarrhea, (CDD)  
Coronary Artery Disease CAD, Risk Factors  
Coronary Artery Disease Treatment with Stent  
Dehydration, Elderly  
Dehydration, Infants and Children  
Diabetic Ketoacidosis  
Diverticulitis

Wound Infection, Child  
Wound, Avulsion, Deep

Coronary Artery Disease Treatment with Stent  
Coumadin, Q & A's  
Diet - 1200 Calorie Diabetic  
Diet - 1500 Calorie Diabetic  
Diet - 1800 Calorie Diabetic  
Diet - 2000 Calorie Diabetic  
Diet - 2400 Calorie Diabetic

Fall Prevention in Hospitals

Smoking Cessation

Diverticulosis  
Eye - Pink Eye (Bacterial Conjunctivitis)  
Femoral Shaft Fracture  
Fractured Pelvis  
Gastroparesis and Diabetes  
Hip Fracture (Upper Femoral Fracture)  
Hyperkalemia  
Hypertension  
Myocardial Infarction (Heart Attack)  
Obesity, Children, Parental Recommendations  
Osteoarthritis  
Pancreatitis, Acute  
Peripheral Arterial Disease of the Legs  
Peripheral Vascular Disease  
Pregnancy - Preeclampsia & Eclampsia  
Premature Birth  
Premature Labor  
Pulmonary Embolus  
Pyelonephritis  
RICE - Routine Care for Bumps, Bruises, Sprains and Strains  
Stroke (Cerebrovascular Accident)

**New Haitian-Creole Titles (25 Documents):**

Kidney Stones (Ureteral Lithiasis)

Laceration Care

Lumbar Puncture (LP), Spinal Tap

Miscarriage

Muscle Strain (Pulled Muscle)

Musculo-skeletal Pain

Nausea & Vomiting, Various Ages

Neck Injury, Home Care After

Pain Medications, Generic Instruction For

Palpitations (Irregular Heart Beat)

Pelvic Inflammatory Disease (PID)

Pharyngitis (Viral and Bacterial)

Rash, Generic

Seasonal (Allergic) Rhinitis

Seizure, Adult

Sunburn, Care of

Tetanus and Diphtheria Vaccine

Thrush, Infant & Child

Upper Respiratory Infection (URI), Child

Urinary Tract Infection, Care of

Urinary Tract Infection, Child

Vaginal Infections, General Instructions

Vertigo

Viral Infections

Wound Infection