Cardiac Pre-Admission Clinic (PAC) Visit

Date of Pre-Admission Clinic Visit: ____________________________
Please arrive by 7:45am

Map
The Pre-Admission Clinic (PAC) is located in 2C3 on the 2nd floor of the Walter Mackenzie Center at University of Alberta Hospital and is identified with a ⭐.

Contact Details
Pre-Admission Clinic: 780-407-7396
Hospital Information Line: 780-407-8822

Address
8440-112 Street
Edmonton, Alberta T6G 2B7

*Sometimes it is necessary to change your surgery dates and times. If this should happen, you will be given as much notice as possible and your surgery will be rescheduled. These changes can even happen on the day of your surgery.

Introduction
This checklist was developed to help assist you with your journey through the Cardiac Sciences Program at the Mazankowski Alberta Heart Institute. This document contains information to guide you, as you prepare for your surgery, including suggestions of what to bring to the hospital and topics that you and your family may want to consider and discuss.
Pre-Admission Checklist

Before Your Pre-Admission Clinic Visit
Please fill out the forms included in your pre-operative package.

- Cardiac Surgery Discharge Planning Assessment Form.
- Data Base Health Assessment Form.
- Have your family physician complete the History and Physical Examination -- Cardiothoracic Surgery form and bring it with you to your pre-admission clinic visit.
- Bring completed forms and all printed informational/educational material you have received.
- Bring your Alberta Health Care card and/or other health insurance cards and information (i.e. Alberta Blue Cross or out of province health insurance cards and information).
- Prior to surgery, please purchase a Chest Binder or Brassiere. See one page description contained in the mailout package.
- Prior to surgery, obtain a primary care provider (family physician or nurse practitioner) as they will provide your follow up care once you’ve been discharged from hospital.

What will Happen at the Pre-Admission Clinic
When you arrive, check in at the Pre-Admission Clinic (2C3) registration desk located within the University of Alberta Hospital/Walter MacKenzie Center. Pre-registration for your surgery will occur along with the following:

- Interview with a nurse who will advise where to come on the day of surgery, what to bring, how to scrub, history and vital signs, etc.
- Blood tests, ECG, and X-rays if required.
- Instructions to prepare you for surgery, discharge home and self-care.
- Anesthetist and medical consults (if required).
- Personal directives, parking, accommodations, and phone list will be discussed.
- Watch a video on the journey through the cardiac surgery program.

What to Bring to the Pre-Admission Clinic Visit

- A support person (family member or friend) to your pre-admission visit. During your visit you will hear important information about your upcoming surgery and this person can help you remember the important points.
- Your medications or a list of your medications with you (including vitamins, herbs, over the counter drugs, patches, inhalers, drops and ointments, etc).
- Money for parking, lunch/snacks. Eat breakfast and take medication as usual.
- A copy of your Personal Directive. This topic will be discussed in PAC.
- Your reading glasses and/or hearing aids.
- The name of the person who will be driving you home after your procedure.
- The name of the responsible adult who will stay with you for at least 24 hours following your discharge from hospital.
- This pamphlet and the chart on the next page completed to the best of your knowledge.
The Night Before Surgery

☐ Do not eat or drink after midnight prior to surgery unless otherwise instructed. You may take medication the nurse has instructed you to take the day of surgery with a sip of water. Refrain from smoking or drinking alcohol.

☐ Shower the night before your surgery and use the chlorhexidine antiseptic sponges that were provided to you by the nurse in PAC class.

☐ Expected arrival time for surgery is determined by the surgical centre. You are to contact PAC (780-407-7396) between 2 PM and 4 PM the day prior to your surgery (Mon to Fri) to be informed of your arrival and surgery time.

☐ Remove all jewellery, including body piercings. Wash hair with usual shampoo and rinse.

☐ Do not apply deodorant, body lotion, cosmetics or powder after showering.

☐ Do not remove any hair from your surgical area for at least one week before your surgery. If hair removal is needed, it will be done by the nurse after you are admitted.

The Morning of Your Surgery

☐ Take any medications as directed by the doctor and/or by the nurse.

☐ Bring the essentials and leave your valuables at home. Before heading to the operating room we encourage you to give your packed bag to family/friends or your bag can be brought to the hospital at a later time. The essentials include:

☐ Glasses or contact lenses, with storage case, labelled with your name.

☐ Dentures, with storage case, labelled with your name.

☐ Hearing aids, with storage case, labelled with your name.

☐ Toiletries (ie. toothbrush, toothpaste, comb, razor, etc).

☐ Low heeled “slip on” shoes or slippers with non-skid soles.

☐ Special mobility aids (ie. prosthesis, braces, etc.) that you usually use, labelled with your name.

☐ The hospital has walkers if you need one.

☐ One set of clothes.

After Surgery

After your surgery you will wake up in the Cardiovascular Intensive Care Unit (CVICU) located on the third floor of the Mazakowski Alberta Heart Institute (3A7, 3A8). While in this unit, you will receive care by a team specialized in providing intensive cardiac care. Generally, a stay in the CVICU is approximately 24-48 hours. During your CVICU stay you begin to move and exercise daily as you recover. Once you are well enough to leave the CVICU, you will be transferred to the Cardiovascular (CV) Surgical Ward on the 4th floor of the Mazankowski Alberta Heart Institute (4A5, 4A6) where you will spend approximately 4-5 days increasing your strength, exercising and resting.
Discharge Education and Preparing to Leave the Hospital

You, your family and your healthcare team will work together to optimize your hospital stay and recovery. Together, we start to plan your discharge from hospital on the day you arrive. A Transition Nurse will meet with you and your family to discuss and coordinate your discharge plans and to make your family physician appointment.

- Plan to be discharged from hospital 4 to 7 days after your surgery.
- Discharge time is 10:00am (arrange for someone to be available to drive you home).
- Please let your nurse or social worker know the name of the person who is able to help care for you when you are discharged from the hospital.
- Home Care – your local home care program is notified when you are discharged from hospital and will contact you to arrange a visit.
- Education about your recovery and discharge home will be reviewed with you and your family throughout your stay, please feel free to ask questions at anytime.

If you live outside of the Edmonton area, you will be responsible for your own travel home when discharged from hospital. The Cardiac Sciences Program is not able to make your travel arrangements or cover the cost of your travel.

A Medevac transfer to another hospital or health facility is determined by need and health status.

Cardiac Rehabilitation and Ongoing Heart Health

Participating in a Cardiac Rehabilitation (CR) Program is one of the best ways to quickly and safely return to your life and all the activities you enjoy. These free programs provide guidance and information on returning to work, nutrition, anxiety, exercise and reduce your chances of having future heart troubles. The staff in CR will help you to navigate the medical system as you recover and provide support to help you manage this lifelong condition. A cardiac sciences health care provider will meet with you to discuss the options that meet your needs and are closest to your home.

Notes and Questions

Please use this space to write down questions or concerns you have for the healthcare team.