

**PATIENT PATHWAY for
Abdominal/Vaginal Hysterectomy**

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|----------------|--|
| Patient Name | |
| Admission Date | |
| Surgeon | |
| Medical Doctor | |

GOAL

The purpose of this hysterectomy "PATHWAY" is to provide you with the information about your treatment plan so you can actively participate in the recovery process. Our goal is to assist you in acquiring all of the necessary skills and information needed to return you to your normal activity level as soon as possible.

| CATEGORY | PRIOR TO SURGERY |
|-------------------|--|
| YOUR JOB IS TO: | <ol style="list-style-type: none">1. Make sure your admission to the hospital is pre-certified if your insurance company required it.2. Supply a list of your medicines you are currently taking.3. Answer questions about your past medical history.4. Follow pre-surgery instructions that will be presented to you by the nurse or Dr.5. Review your pathway and education sheets with nursing staff.6. Ask questions or talk about your concerns any time during your stay. |
| TESTS/PROCEDURES: | You will have some blood drawn before surgery. You may also get a chest X-ray and an EKG. You will also be taught some deep breathing and coughing exercises. A nurse will teach you how to use a special pain medicine pump, which you will use after your surgery. |
| MEDICATION: | Take your regular medicines as instructed by your doctor. |
| NUTRITION: | On the evening before your surgery you may have only clear liquids to eat or drink. You are not to eat or drink anything after midnight before your surgery. |
| PATIENT SIGNATURE | |
| NURSE SIGNATURE | |

Columbia Regional Hospital

Patient Pathway for Abdominal & Vaginal Hysterectomy
11-00 CRH
Developed by: 5 North Surgical Staff
M. Hausman RN, CCM

Place Addressograph Here

| CATEGORY | AFTER SURGERY | FIRST DAY AFTER SURGERY |
|------------------|--|--|
| YOUR JOB IS TO: | <ol style="list-style-type: none"> 1. Deep breathe (using incentive spirometer) turn, cough, & deep breathe as instructed. 2. Use your pain medicine (PCA) when you need it. This will also help you to deep breathe & cough more effectively. 3. Review your pathway with nursing staff. 4. Follow instructions & help as much as possible with your daily activities. 5. Ask questions or talk about your concerns at any time. | <ol style="list-style-type: none"> 1. Continue to do your deep breathing exercises (including incentive spirometer) every two hours. 2. Review your pathway with nursing staff. 3. Ask questions or talk about any concerns of going home tomorrow. 4. Ask for pain medications when you need it. 5. Follow instructions & help as much as possible with your daily activities. |
| TEST/PROCEDURES | You may have a tube in your bladder to drain urine. You may also have your feet in a gently pulsating "sock" which will improve leg circulation and help to prevent a blood clot. | You will have some blood drawn. |
| NURSING STAFF | <p>Your nurse will encourage you to cough & deep breath frequently.</p> <p>The nurse will check your incision, vaginal discharge, vital signs (temperature, pulse, and blood pressure).</p> <p>You will be assisted to sit on the side of the bed and may walk a few steps the evening of surgery.</p> <p>The nursing staff will be caring for you & monitoring your condition. They will be explaining procedures to you.</p> <p>Your job is to inform them of any & all difficulties, discomforts, or symptoms you may feel.</p> | <p>The following will probably be removed:</p> <ol style="list-style-type: none"> 1. vaginal packing if present 2. the tube in your bladder 3. the dressing on your incision if TAH. <p>You will be encouraged to get up in the chair or walk in the hall at least three or four times a day (this improves bowel functioning).</p> <p>The nursing staff will be caring for you and monitoring your condition. They will be explaining procedures to you.</p> <p>Your job is to inform the nursing staff of any & all difficulties, discomforts, or symptoms you may feel.</p> <p>This is the time to ask questions about going home. Let your nurse know if you do not have assistance at home.</p> <p>Your nurse will discuss activities, driving, lifting, caring for incision, medications.</p> |
| MEDICATION | <p>You will have pain medicine available in the PCA. Be sure to use it to control your pain. Ask for nausea medicine if you feel nauseated or have an upset stomach.</p> <p>You will continue to have IV fluids & other medicines (such as antibiotics) given to you.</p> <p>You may be started on estrogen replacement medication.</p> <p>Your home medications will be started according to your doctor's orders.</p> | <p>Your IV will be discontinued if you are tolerating your diet, passing flatus, afebrile, and not receiving IV medications.</p> <p>Your PCA (pain pump) will be discontinued.</p> <p>Medications are available for gas, discomfort, & upset stomach.</p> <p>Ask your nurse & doctor about estrogen replacement therapy if you have questions.</p> |
| NUTRITION | You may be given ice chips to moisten your mouth. | Your diet will be increased to include solid food as tolerated. |
| PASTORAL CONSULT | Chaplain available upon request. | Chaplain available upon request. |

| CATEGORY | SECOND DAY AFTER SURGERY |
|------------------|---|
| YOUR JOB IS TO: | <ol style="list-style-type: none"> 1. Continue to do your deep breathing exercises (including incentive spirometer). 2. Use your pain medicine when you need it. 3. Review your pathway with nursing staff. 4. Follow instructions & help as much as possible with your daily activities. 5. Ask questions or talk about your concerns at any time. 6. Continue to increase your activity level. 7. Review discharge instructions with your health care team. 8. Arrange for a ride home. |
| TESTS/PROCEDURES | |
| NURSING STAFF | <ol style="list-style-type: none"> 1. The nurses will continue caring for you as before. As always, keep them informed of how you are feeling & let them know any questions you are having. 2. You may be assisted to the bathroom & may be able to shower. 3. The nurse will encourage you to do as much as possible for yourself in preparation for going home. 4. The nurse will go over appointments for follow up care. 5. Discharge instructions will be given. You'll receive phone numbers to call for help, advice, or questions. |
| MEDICATION | Medications are available for incision pain, gas discomfort & upset stomach. |
| NUTRITION | <p>Drink plenty of fluids.</p> <p>Regular diet as tolerated.</p> |
| PASTORAL CONSULT | Chaplain available upon request. |