





PFNCA HOSPITALIZATION GUIDE

We have designed this Hospitalization Guide to minimize clinical problems when you have to go to the Emergency Room or plan to be hospitalized for a scheduled procedure. Having this kit with you and the information completed can help make your hospitalization smoother and more likely that you receive your medications on time, every time.

You may have to go to the hospital unexpectedly. Be sure to keep this kit in a place where you or your carepartner can easily access it.

Please review this booklet for helpful tips if you need to go to the hospital. Document your current list of medications and other suggested information in this booklet.

With a plan in place, we hope you that you receive the best care possible when hospitalized.

Dr. Howard Weiss, Chair Medical Advisory Board Jared D. Cohen
President & CEO

Parkinson Foundation of the National Capital Area

Important Information for Providers

Medications help minimize the typical symptoms of tremor, ridigity, bradykinesia, and postural instability. Many patients experience fluctuations of symptoms throughout the day. This is why patients who have Parkinson's Disease need to take their medications on time, every time, several times a day. Precise timing of medications is important to manage their symptoms.

Here is some useful information for your provider to know:

☐ I live at home
I live in a retirement community/assisted living/nursing
home
I have a healthcare proxy/DPOA/living will
I have been hospitalized before
☐ I have a Duopa pump
I have a Deep Brain Stimulation device and a pulse
generator (battery pack)
☐ I have trouble walking
☐ I have trouble standing
I feel dizzy or faint sometimes when I stand up too
quickly
I have balance problems
I have fallen in the past
I have trouble swallowing
🔲 I need a special diet because of my Parkinson's
medications
I have confusion or dementia due to my Parkinson's

Medications list

Place complete the following:

Medications must be given ON TIME, EVERY TIME!

Always bring your medications in their original bottles with labels. Many newer medications may not be on formulary at the hospital pharmacy so you may need to take them from your own supply to avoid delay.

Be sure to tell the staff if you have a Duopa pump or DBS as some devices may interfere with procedures and imaging such as an EKG, EEG, or MRI.

r tease complete the following.					
Name					
Parkinson's specialist/phone					
Primary Care Physician/phone					
Carepartner (name/phone)					
Pharmacy/phone					

Medical Information

Please complete the foll				
Medical Conditions:				
Medications:				
Medication	Dose	Route	Frequency	

Hospitalization Action Plan

Things to bring to the hospital:

- This booklet with the completed information
- Any instructions from your doctor if you are having surgery (you may need to stop certain medications or have other tests done prior to your procedure)
- Your medications in the original labelled bottles
- Advanced Medical Directives: Living Will/Durable Power of Attorney for Healthcare/Health Care Proxy
- Any other items you may need while you are away from home (e.g. DBS controller, Duopa pump equipment).
- Eyeglasses/Hearing Aids
- A change of clothes, toiletries, phone charger

Other helpful tips:

- Identify your support system in the hospital such as family/friends who you know to avoid confusion/agitation
- Consider overnight sitter if agitate
- If possible, keep room well-lit during the day and close blinds at night
- Facilitate communication with your team; notify all your doctors that you are in the hospital. The hospital physician may contact your neurologist as needed.

Discharge Planning:

- Arrange to have hospital records sent to your physician
- Consider help or therapy in home following hospitalization
- You may need Case Manager involvement for medical care at home.

Notes



Parkinson Foundation of the National Capital Area 8830 Cameron St. #201 Silver Spring, MD 20910 (301) 844-6510 www.pfnca.org

