

Open-Heart Surgery

Patient and Family Handbook

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Thank you for choosing the Adena Heart and Vascular Institute

Thank you for choosing Adena Health for your care. We are committed to providing safe, excellent, compassionate care before, during, and after your hospital stay. This guide provides an overview of what you and your family need to know as you begin preparing for surgery. More information will be given to you during each phase of care. Please feel free to ask questions of any member of your health care team.

Before Your Surgery

Sign up for MyChart

MyChart is a way for you to access your health care information electronically.

By using MyChart, you can:

- Message your doctor
- Request appointments
- Check test results
- See your medical information
- Renew prescriptions
- And much more

Signing up for MyChart is easy. Just go to www.Adena.org/MyChart or scan the QR code and follow the instructions. Adena Health is a community connect partner with The Ohio State University Wexner Medical Center, which through this relationship gives you access to your Adena medical records.



Getting ready for surgery

- Make arrangements to have someone stay with you 24 hours a day for two weeks after you come home from the hospital if you live alone
- Going up and down stairs may be difficult, so consider setting up a temporary bedroom on the same floor as your bathroom and kitchen if possible
- Arrange your furniture and remove clutter so that you have clear, wide walkways as you move around your home
- Rearrange the items that you use often so you can reach them easily without reaching up high or bending over
- Prepare meals ahead of time or have food available that is easy to prepare
- Put a non-skid pad in your tub or shower and consider having a shower stool to sit on
- You will not be able to drive for at least six weeks after your surgery. Your doctor will give you more information on being released to drive. Be sure to make arrangements for someone to drive you to your follow up appointments until your surgeon tells you that you can drive



If you are currently in the hospital

- Your health care team will work with you to make sure we have everything you need to proceed with your surgery
- Review the information below and have your family bring in anything listed that you do not have with you
- Feel free to ask questions and discuss with members of your health care team. We want you to feel supported and ready for your day of surgery

What to bring to the hospital

- A photo ID and health insurance card(s)
- A copy of your medication list including vitamins and other over the counter medications
- A list of your allergies (including medicines, latex, foods, etc.)
- Living will and health care power of attorney forms (if you have them)
- Comfortable clothes and shoes to wear home
- DO NOT bring money, credit cards, or other valuables. Do not wear jewelry to the hospital

Healthy habits to start now

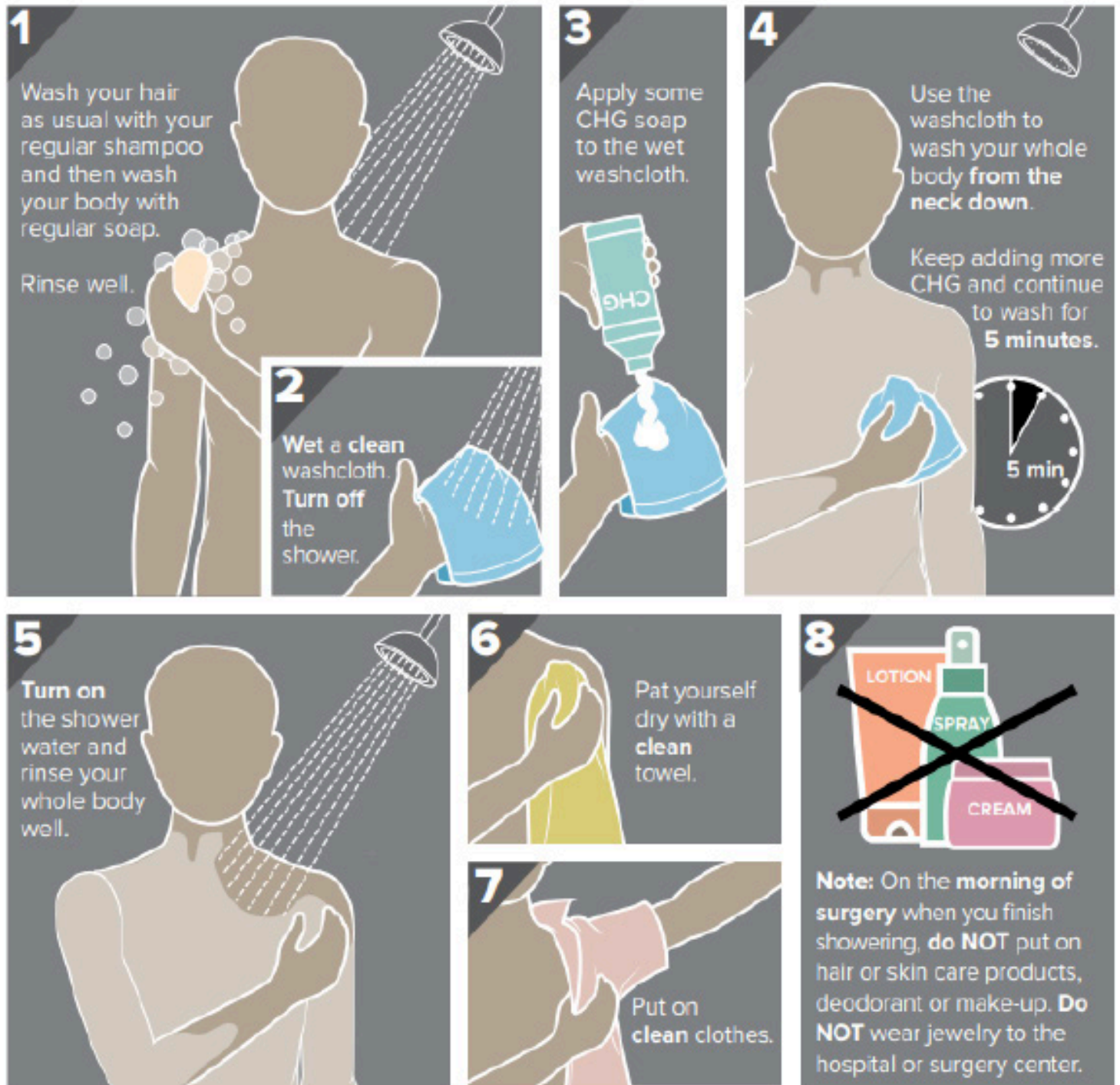
- Stop or cut back on using nicotine products and alcohol
- Eat healthy meals including proteins, vegetables, and fruits
- Stay as active as you can
- Talk to the people who will support you during and after your surgery. Let them know how they can help you



The day before surgery

- You will get a special soap called Hibiclens, also called CHG, that will decrease the germs that are normally on everyone's skin
 - Take a shower the morning and evening the day before surgery and the in the morning of your surgery day
 - Wash your face with your regular soap
 - Wash your hair with your regular shampoo/conditioner
 - Do not shave any body parts below the neck
 - Rinse your body well and then wash your body with the Hibiclens soap using about a third of the bottle each time
 - Avoid your genitals/rectal area
 - The following page gives your step by step instructions for the Hibiclens (CHG) shower
 - If you are in the hospital on the day before surgery, your care team will assist you with this
- If you are unable to shower, you can take a sponge bath. Wash with regular soap, rinse and dry, then put the CHG soap on a clean washcloth with clean water and wash your body from the neck down for five minutes. Rinse with clean water and pat yourself dry.
- Follow your surgeon's instructions on eating or drinking before surgery
 - Usually you are not permitted to eat or drink starting at midnight the night before surgery
 - Eat a good meal the evening before surgery
 - You can take any medications that your surgeon tells you to take on the morning of surgery with a sip of water. If you have questions, contact the surgeon's office.

How to shower with CHG soap before surgery



Things to do on the day of surgery

Before you leave your home

- Review the information in this packet and make sure you have everything you need
- Take any medications that your surgeon has asked you to take with a sip of water

Arriving at the hospital

- Park in the west parking lot. Adena Regional Medical Center parking map located on page 31
- Enter through the West Entrance and check in at the registration desk
- You will then go to the surgery desk and check-in there
- You will be taken into the pre-operative area and the caregivers will have you change into a hospital gown and insert an IV
- Make sure that you have given any valuables including jewelry to a family member. Have your family keep these or take them home until you are discharged. You may be able to put your wedding band on a day or two after surgery. Your nurse will let you know when and if it is safe to do this
- After the care team has you ready for surgery, a loved one will be allowed to come back and stay with you until you are ready to be taken to the operating room
- An ICU nurse will visit you in the pre-operative area and answer any questions you may have about your care after surgery
- You will be given medications to help you relax and go to sleep. When you wake up, you will be in the Intensive Care Unit and the surgery will be done

Important information for loved ones

- Once your family member is in the operating room, you will be taken to the surgery waiting room
- Waiting for surgery can be stressful. You may be anxious and wondering what is happening in the operating room. Surgery takes a minimum of four hours, so there is a long waiting period
- The surgery team will call one designated phone number every hour to provide updates to loved ones
- Bring something to keep your mind occupied while waiting. Books, headphones to listen to music, and cards or small games that you can play with your family are a few options
- All family members are welcome to be at the hospital during surgery. It is good to have others to talk to spend time with during this time
- For the first few hours you are welcome to go to the cafeteria or any place that you feel comfortable waiting. You will be getting hourly updates, so when they tell you that surgery is almost complete, return to the surgery waiting area

After the surgery is complete

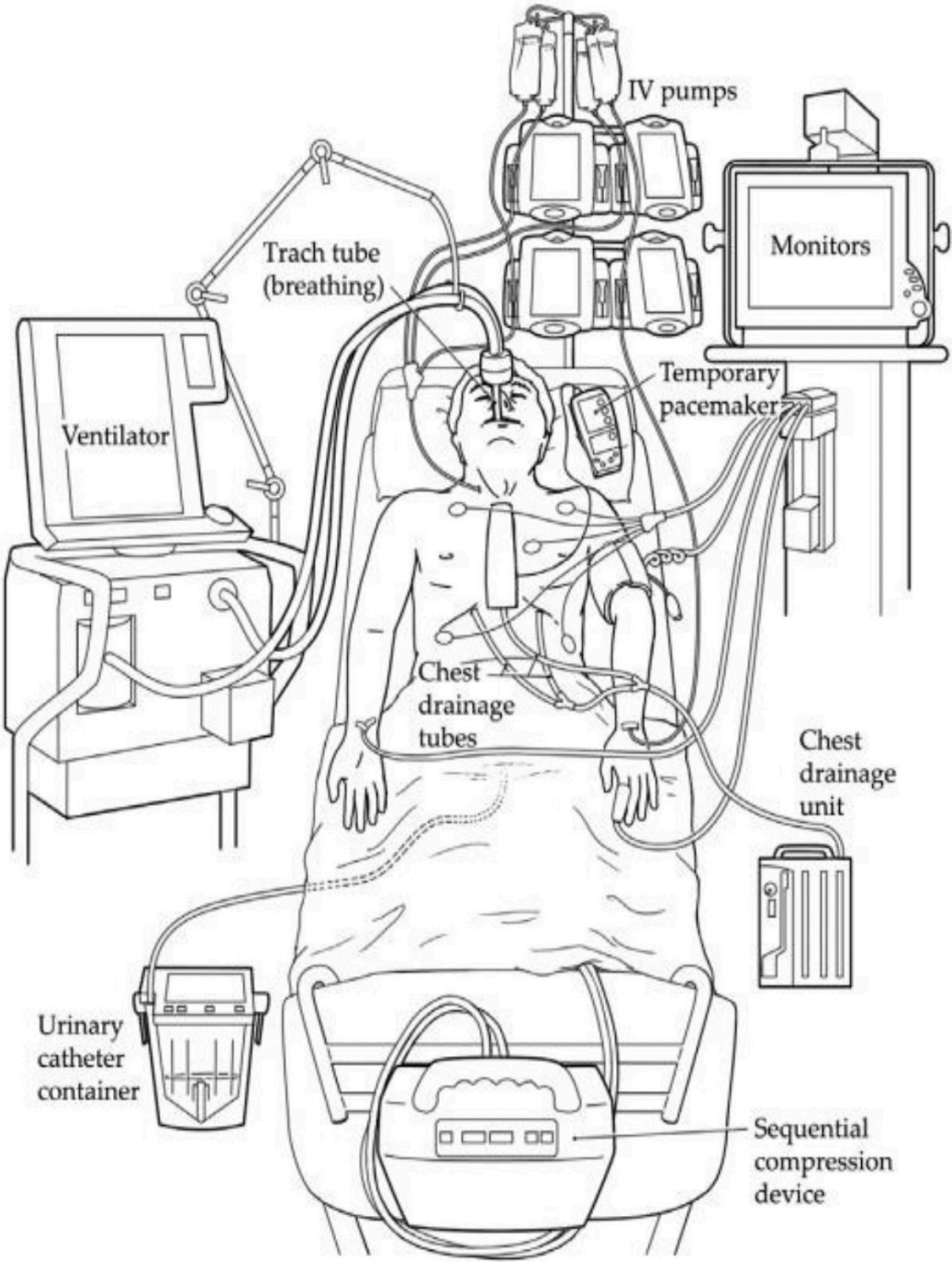
- You will be taken directly to the Intensive Care Unit from the operating room. You will be asleep and will wake up gradually in your room. You will have a nurse who will be taking care of you and no other patients so that they can monitor you closely and be nearby at all times
- It takes about an hour to get you settled in once you arrive in the ICU. During that time, your family will stay in the waiting room. A member of the ICU team will come to the waiting room and bring them to your room when you are ready for visitors
- For the first visit, all loved ones can come to your room together. The nurse will explain everything that is happening and answer any questions they may have. This will be a short visit as the nurses and other members of the care team have many things to do during this first part of your recovery
- There will be a lot of equipment in the room and you will be attached to many tubes and monitoring devices. This is normal and expected for every patient who has open heart surgery, but it can be overwhelming. Most of these things will be removed in the day or two following surgery. The picture on page 11 will give you an idea of the equipment you can expect to see during your first visit
- Following the first visit, we ask that only two loved ones visit at a time. Your nurse will explain the visiting process to you. Our standard visiting hours in the ICU are from 8 a.m. to 8 p.m. daily



After the surgery is complete continued

- We encourage loved ones to go home at night and sleep in their own beds. They will be exhausted from a long, stressful day and need their rest. It will be easier for them to understand what the doctors and nurses are telling them if they are well rested. They are welcome to call the ICU at **740-779-7591** at any time. If your call goes unanswered, the caregivers are in patient rooms providing care. Wait 15 or 20 minutes and call again. If there is anything that the caregivers need to notify your loved ones about, we will call them if they are not in the hospital. So, no news is good news.
- You will have a breathing tube that goes from your mouth to your lungs that was used to breathe for you during surgery. While the tube is in, you will not be able to talk. The nurses are very good at asking questions that you can nod or shake your head to answer, so we can know what you need. We will get the tube out as soon as you are safely breathing on your own. The care team will work with you through this and let you know what is happening at all times
- You will be getting regularly scheduled pain medicine, but you will have some discomfort from the surgery. Additional pain medicine can be given when you need it. Try to lay still as much as possible to minimize your pain
- The care team will be monitoring you closely to make sure that your pulse, blood pressure and breathing are stable and keep the surgeon updated on your progress

Equipment and tubes after open-heart surgery



Day after surgery until discharge

- IV lines and tubes will be discontinued when you no longer need them
- Oxygen will be removed when your breathing and blood oxygen levels are improved
- We will be doing blood tests and weighing you daily. This gives us important information about your recovery
- You will have elastic stockings on your legs to help your circulation and prevent blood clots. You will be encouraged to move your legs and feet while in bed. Bending your knees, pointing your toes and making circles with your feet helps your circulation
- At first, you will not be able to drink or eat. Later, you will be on liquids and progress to a cardiac diet. You will not have an appetite at first; however this will improve with time
- It is common to be nauseous after surgery, due to the anesthesia. It will improve in a few days. Medication is ordered to ease nausea. A dietician will see you concerning food choices
- You will gradually increase your activity from sitting in the chair, to taking a few steps, to walking in the hallway
- Physical therapy and the nursing team will work with you to help you improve your strength and endurance. Sometimes, you might not feel like moving, but it is a very important part of your recovery. It is a good idea to take pain medicine 30 to 60 minutes prior to activity
- You will get out of bed to the chair for all meals and increase your walking distance every day. These are not optional exercises and are necessary to get you better so you can go home
- Dangers of staying in bed - if you remain in bed and don't get into the chair and walk, you are more likely to develop: blood clots, dizziness with moving, depression, poor balance, muscle weakness, feelings of nausea, stiffness and pain, bed sores and skin breakdown
- You may transfer to another room on our Progressive Care Unit (2NE) at some time during your stay. This depends on your progress and our bed availability. It is possible that you may stay in ICU for your entire stay. This does not mean that you are not getting better. We have to evaluate the patients that we have in the hospital and the available beds to make the decision to transfer you. Our progressive care nurses are trained to take great care of you
- The dressings on your chest and leg incisions will remain in place for a week. If they are still in place when you go home, you will be given instructions on when they can be removed

Important information for when you return home

You will be given written discharge instructions before you leave the hospital. Please read over them and get all of your questions answered before you leave. Everyone is anxious to get out of the hospital and back to home, but take the time to review the information carefully.

- One of the most important things to do is review your medication list. Make sure you understand what you are supposed to take and how often to take each medication
- Adena offers a Meds to Beds service where you can fill your new medication prescriptions before you leave the hospital. Talk to your nurse about how you can take advantage of this and save yourself a trip to the pharmacy when you get home. Meds to Beds services may require a copay. Please make sure if Meds to Beds services is something you may be interested in, you or someone in your party has a method for payment.

Adena Health Pharmacy

Open Monday through Friday, 9 a.m. to 7 p.m.
and Saturday 9 a.m. to 4 p.m.

740-779-8760

- When riding in the car, ride in the back seat unless you can turn off the airbag. Put your bear or a folded blanket between you and the seatbelt. It may be helpful to put a piece of plastic like a plastic bag to slide in and out of the car if you have cloth seats. Use a rocking motion and hug your chest to get in and out of the vehicle.
- Wash your hands frequently, especially if you are touching your incisions.
- Go straight home and rest. The trip home will tire you out more than you may think.



Why do I need someone to stay with me?

For the first two weeks after surgery, you will gradually see improvement with your strength, energy and endurance. While you are recovering, you may need help with

- Bathing or showering
- Getting in and out of bed
- Preparing meals and doing your shopping
- Doing laundry and housework
- Getting your mail
- Assisting with caring for your loved ones and/or pets
- Driving you home from the hospital, to appointments, or other short car trips
- Getting in and out of the car

When additional care is needed

Our goal is for you to return home after surgery. However, some people need home health services or a short stay in a skilled nursing or rehabilitation center. Your hospital case manager will have these discussions with you and help you work through this process.



Chest precautions

In addition to taking care of your external incision, you will need to protect your breastbone to ensure it heals. It takes about eight weeks for bone to heal; your sternum is no exception.

You will need to follow these rules to allow your chest incision to heal and put less strain on your surgical site for the first eight weeks.

- Do not lift, push, or pull anything heavier than ten (10) pounds until your doctor says you can. Ten pounds is the weight of a gallon of milk.
- Do not use your arms to push or pull yourself out of a chair, bed, car, or while you are going up and down stairs. Use a rocking motion to get up from sitting position. Hug your teddy bear or a folded blanket to your chest for support. Exhale getting up and do not hold your breath.
- Do not allow caregivers to help you move by pulling your arms. This pulls on your chest. They can help you by putting their arms around your body.
- Keep your teddy bear with you to use when coughing, sneezing, getting up and down, and lying down. Place your bear or a folded blanket under the shoulder seat belt when you are riding in the car.
- Do not reach above your head for six weeks. Have frequently used items at shoulder level or lower to avoid reaching over your head. Try not to lift your elbows out above your shoulders when washing or combing your hair. Bend your head over or ask for help.
- Pretend you have “t-rex arms.” Arms close to the body and not above your shoulders for 4-6 weeks.

When should I seek medical help/call the doctor?

What needs immediate attention?

Go to the emergency department at Adena Health or the nearest hospital or call 911 if you are experiencing:

- Chest pain or discomfort (angina like) similar to pain you had before surgery
- Fast heart rate palpitation, especially if you are short of breath
- New irregular heart rate
- Shortness of breath NOT relieved by rest
- Fever with chills
- Coughing up bright red blood
- Sudden numbness or weakness in arms or legs
- Sudden, severe headache
- Fainting spells
- Severe abdominal pain
- New onset of nausea, vomiting, or diarrhea
- Bright red blood in bowel movement

Call the cardiothoracic surgeon's office at **740-779-4360**

If you have questions about:

- Your surgery
 - Your incisions bleeding, oozing, swelling or pulling apart
 - Temperature higher than 100.5° two times in 24 hours
 - Incisions that are reddened, warm to touch, swollen, or opening
 - Extreme fatigue
 - Problems with pain management or pain medications
-

Call your cardiologist at **740-779-4570** if you have questions about:

- Weight gain (2-5 pounds per day for 1-2 days OR 5 pounds/week)
- Worsening ankle swelling or leg pain
- Worsening shortness of breath
- Sharp pain when taking in deep breaths
- Medications
- Determining if your symptoms require a doctor visit

Call all your primary care or family doctor if you have questions about any other medical condition or problems.



Important phone numbers and hospital information

Adena Regional Medical Center.....	740-779-7500
Registration.....	740-779-7711
Cardiac/Respiratory Services.....	740-779-7663
Cardiac Rehabilitation.....	740-779-7891
Smoking Cessation Classes.....	740-779-7631

Free valet parking

- North entrance hours - Monday to Friday, 9 a.m. to 5 p.m. Last car parked at 4 p.m.
- West entrance hours - Monday to Friday, 7 a.m. to 6 p.m. Last car parked at 5 p.m.
- Medical Office Building hours - Monday to Friday, 7:30 a.m. to 5 p.m. Last car parked at 4 p.m.
- Adena Health Pavilion hours - Monday to Friday, 8 a.m. to 5 p.m. Last car parked at 4 p.m.
- Adena Orthopedic and Spine Institute hours - Monday to Friday, 7 a.m. to 5 p.m. Last car parked at 4 p.m.

Visiting hours

8 a.m. to 8 p.m.

Telephone service

You can place outgoing telephone calls at any time. To place a call, dial 9 and then the seven digit phone number. For long distance calls, dial 9-1 and then your number for free long distance calls.

ATM

A Homeland Credit Union ATM is located by the cafeteria. A Huntington National Bank ATM is available in the emergency department waiting area.

Chapel and pastoral care

The Chapel is open 24 hours a day and is located on the first floor by the North Entrance. Many pastors make regular visits to the hospital. If you would like a visit from your pastor, please tell your nurse. If you would like to speak with the chaplain, dial ext. 27529. The chaplain is available from 8:30 a.m. to 5:00 p.m. Monday through Friday. After hours, ask your nurse to reach the on-call chaplain.

Smoking

Adena Health is a smoke free environment. Smoking is not permitted inside any building or anywhere on an Adena campus.

Going home

When it's time for you to go home, you will be escorted in a wheelchair and taken to the North Entrance. Please advise your family/friends to pick you up at this entrance.

Gift shop

The gift shop is on the first floor by the North Entrance. Fresh flowers, candy, personal care items, gifts, greeting cards, stamps, magazines, books and other items are available.

Cafeteria, guest trays and vending

The cafeteria is located on the first floor at the North Entrance. The cafeteria serves a varied menu including hot entrees, soup/salad/sandwich bar, and desserts. Please refer to the signs outside the cafeteria for hours of operation.

North Perk Coffee Shop and Grab-and-Go Café located on the first floor by the cafeteria offer quick service options. Please refer to the signs posted outside this location for hours of operation.

Vending machines are located in the cafeteria and are accessible 24 hours a day. Vending machines also available on the second floor by north elevators, as well as in the emergency department waiting area. Beverage vending is available in the ICU, maternity and same-day surgery waiting areas.

Many patients are on restricted and/or monitored diets. It is very important that patients follow their prescribed diet while in the hospital. Under some circumstances, it is permissible for patients to have "outside" food, but it is very important that you check with the nurse.



What to do when you get home

Activity:

- No driving until cleared by your surgeon after your follow up visit Usually six weeks
- No lifting over five to 10 pounds for four weeks (this is about the weight of a full gallon of milk)
- Your doctor will determine when you can return to work
- No quick or sudden movements
- Protect your chest with your bear or a folded towel when coughing, standing up or down, changing positions
- Limit going up and down stairs at first
- No sitting for prolonged periods of time
- Wear your support stockings during the day and remove them at night
- No first, second or third-hand smoke - tobacco cessation information is available
- Walking/moving reduces the chance of blood clots, pneumonia, and problems with sleep. It improves healing
- For safety, have help walking at first and wear shoes that support your feet
- Avoid walking outside in bad weather
- Start recovery with three to five short walks/day, have a friend or family member walk with you
- Walk five to 10 minutes each time
- Keep walking pace slow and avoid hills
- Increase duration and speed of walks
- If you don't feel good, stop and rest

Rest time:

- Do the most important activities first
- Rest and take naps as needed
- Limit visitors and outings

Nutrition:

- Expect less appetite after surgery. Eat whatever foods sound good to you until appetite returns. You need calories to heal
- When appetite returns, focus on eating heart healthy foods and drinks, with low sodium, fat, and low cholesterol. Limit caffeine
- If you have diabetes, continue to follow your diabetic diet guidelines and medications

Post-surgery blues:

- Keep pain under control
- Plan for fun and easy activities
- Talk to your family and friends who can offer you support
- Remember that this is normal, and it may come and go. Take it one day at a time
- Contact your doctor if you need additional support

Medicines:

- Only take the medicines that are on your discharge instructions
- If you think a medicine is missing from the list or there is a medication you don't have, call your doctor
- Do not take over the counter medicines or supplements unless doctor approved
- Prescriptions for new medicines will be given at discharge including medicine to manage your pain

Coughing and deep breathing:

- Use your incentive spirometer every hour that you are awake for four weeks at home
- Instructions for using your Incentive Spirometer are on the next page
- Call your doctor if you have increased shortness of breath or blood in your mucus when you cough

Incision care:

- Take showers only, no tub baths or hot tubs
- After your dressings are removed, clean your incisions with soap and water one to two times/day, pat incisions dry and leave open to air, unless they are draining
- Do not put lotions, oils or powders on your incision
- Allow your incision to scab and heal
- Look for signs of infection: redness, streaking, swelling, fever greater than 100.5

Helpful websites

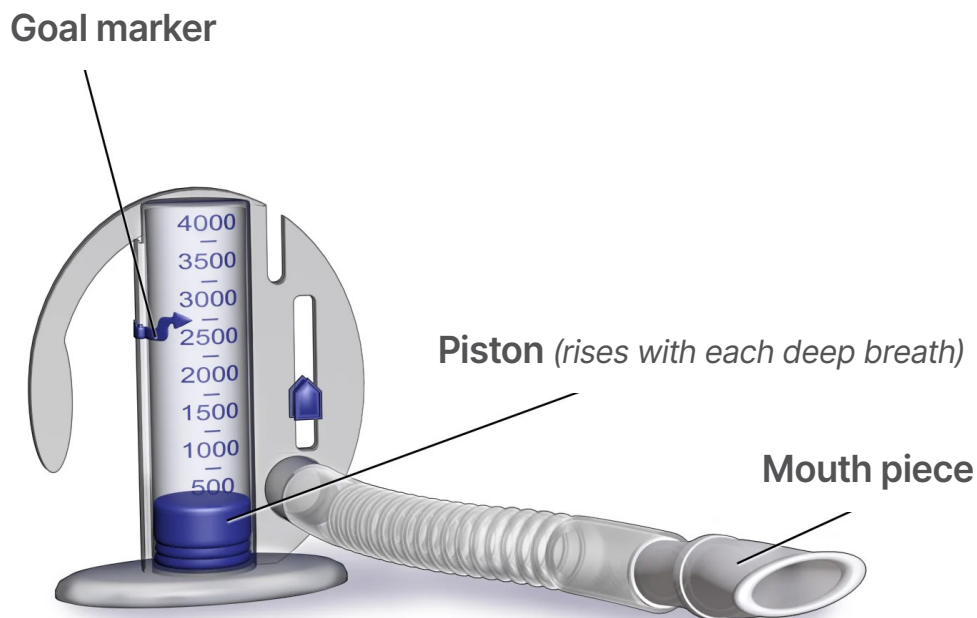
AMERICAN HEART ASSOCIATION www.americanheart.org

AMERICAN DIABETES ASSOCIATION www.ada.org

THE MENDED HEARTS, INC. www.mendedhearts.org

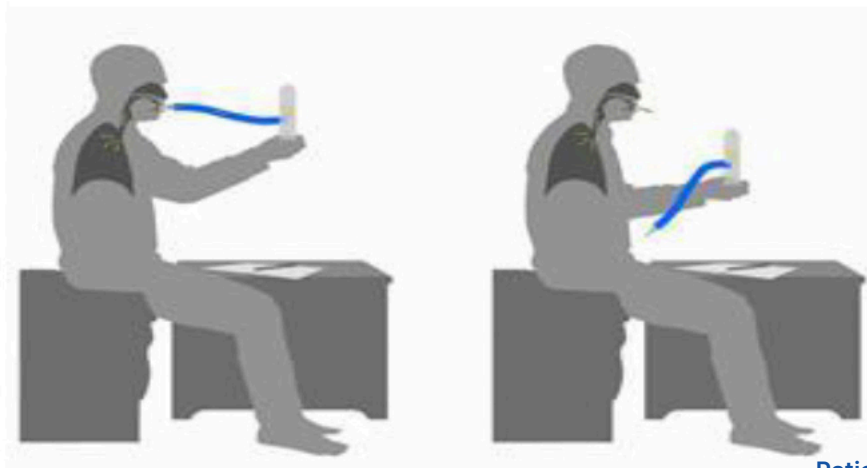
Using your incentive spirometer

- An incentive spirometer is a tool that can help you learn to take long, deep breaths to keep your lungs clear and active
- You will be asked to use a spirometer after surgery to help your lungs expand
- Use your incentive spirometer as instructed every 1–2 hours while you are awake
- Place your hand or a rolled-up towel firmly against your incision when you cough. This will help to reduce pain
- Get help right away if you have shortness of breath, you cough up bloody mucus, or blood comes from your incision when you cough



How to use your incentive spirometer

1. Sit up in bed, on the edge of your bed, or on a chair.
2. Hold the incentive spirometer so that it is in an upright position.
3. Before you use the spirometer, breathe out normally.
4. Place the mouthpiece in your mouth. Make sure your lips are closed tightly around it.
5. Breathe in slowly and as deeply as you can through your mouth, causing the piston or the ball to rise toward the top of the chamber.
6. Hold your breath for 3-5 seconds, or for as long as possible.
 - If the spirometer includes a coach indicator, use this to guide you in breathing. Slow down your breathing if the indicator goes above the marked areas.
7. Remove the mouthpiece from your mouth and breathe out normally. The piston or ball will return to the bottom of the chamber.
8. Rest for a few seconds, then repeat the steps 10 or more times.
 - Take your time and take a few normal breaths between deep breaths so that you do not get dizzy or light-headed.
 - Do this every 1-2 hours when you are awake.
9. If the spirometer includes a goal marker to show the highest number you have reached (best effort), use this as a goal to work toward during each repetition.
10. After each set of 10 deep breaths, cough a few times. This will help to make sure that your lungs are clear.
 - Place a pillow or a rolled-up towel firmly against your chest incision when you cough. This can help to reduce pain while taking deep breaths and coughing.





Cardiac rehabilitation

Phase 1: Inpatient services

This phase begins after your surgery. During this phase you identify your risk factors and are given educational materials on ways to reduce your risks for developing additional heart disease. Our cardiac rehab nurse will meet with you and your family to review things to do and things to avoid during your recovery. They will review an activity plan for your first few weeks home from the hospital. The cardiac rehab nurse will also provide you with information to extend your cardiac rehabilitation as a Phase 2 outpatient.

Walking program, warm up exercises, and exercise log

Your walking program will begin the day after you are discharged. Walking is an aerobic exercise that exercises the lungs and hearts. The walking log will guide you through the recommended walking activity each day after surgery. How should you do the walking program?

- During the part of the day you feel your best.
- During normal weather conditions, no extremes.
- Do not walk outside if less than 40 degrees or for the first two months.
- After completing stretching exercises.
- Walking on a flat surface, avoid walking uphill.
- Wear supportive shoes to prevent injury to knees and ankles.
- Be sure someone knows you are walking and is available to help you.
- Follow your walking program unless reduced due to symptoms.
- Check your pulse before, during and after walking. Rate your exercise effort for that session.

Phase 2: Outpatient cardiac rehabilitation

Phase 2 cardiac rehabilitation is completed as an outpatient. It provides the patient with EKG and blood pressure monitored exercise sessions with specially trained staff.

Phase 2 cardiac rehabilitation is typically started about six weeks after surgery. The staff will help you develop an exercise program that has heart rate limits and strengthening goals. In addition, the program offers comprehensive education that includes risk factor recognition and steps to reduce risk. Cardiac rehabilitation addresses many of the fears and concerns of heart patients. The goal of the program is to help cardiac patients get back to normal activities with a support system for maintaining healthy lifestyle choices. The program can run eight to 12 weeks with exercise sessions three times a week. Discharge from the program is dependent upon meeting goals. Some patients reach goals quicker than others.

Phase 2 cardiac rehabilitation enrollment requires:

- Physician referral doctors signed order
- Insurance verification and consent
- The doctor may or may not order a stress test.
- Orientation meeting and six minute walk with cardiac rehabilitation staff.
- You must see both your cardiologist and surgeon before you begin Phase 2.
- **Services are provided at the Adena Health and Wellness Building, located at 4453 State Route 159, Chillicothe, OH; 740-779-7891 or the Adena Health Center Waverly, located at 12340 State Route 104, Waverly, OH; 740-941-5121. Please call for more information.**

Phase 3: Wellness exercise

Once you have completed Phase 2 and developed the skills to self- monitor while exercising, patients enter a self- monitored exercise program. This part of the program occurs in conjunction with local fitness centers. Extremely high risk patients may continue in the medical setting if necessary or desired for a self- paid fee. Most insurance will not pay for this phase.

Walking log

Intensity level

- 0 - Nothing
- 1 - Very light
- 2 - Light
- 3 - Moderate
- 4 - Somewhat heavy
- 5-6 - Heavy
- 7-8 - Very heavy
- 9-10 - Extremely heavy

DAY	LENGTH OF ACTIVITY	TOTAL WALKING TIME	RESTING PULSE RATE	DURING WALK PULSE RATE	1 MINUTE AFTER WALK PULSE RATE	INTENSITY LEVEL
DAY 1	WALK 5 MINUTES, 3 TIMES	15 MINUTES				
DAY 2	WALK 6 MINUTES, 3 TIMES	18 MINUTES				
DAY 3	WALK 8 MINUTES, 2 TIMES	16 MINUTES				
DAY 4	WALK 9 MINUTES, 2 TIMES	18 MINUTES				
DAY 5	WALK 10 MINUTES, 2 TIMES	20 MINUTES				
DAY 6	WALK 11 MINUTES, 2 TIMES	22 MINUTES				
DAY 7	WALK 12 MINUTES, 2 TIMES	24 MINUTES				
DAY 8	WALK 13 MINUTES, 2 TIMES	26 MINUTES				
DAY 9	WALK 14 MINUTES, 2 TIMES	28 MINUTES				
DAY 10	WALK 15 MINUTES, 2 TIMES	30 MINUTES				
DAY 11	WALK 16 MINUTES, 2 TIMES	32 MINUTES				
DAY 12	WALK 17 MINUTES, 2 TIMES	34 MINUTES				
DAY 13	WALK 18 MINUTES, 2 TIMES	36 MINUTES				
DAY 14	WALK 19 MINUTES, 2 TIMES	38 MINUTES				
DAY 15	WALK 20 MINUTES, 2 TIMES	40 MINUTES				
DAY 16	WALK 20 MINUTES, 2 TIMES	40 MINUTES				



DAY	LENGTH OF ACTIVITY	TOTAL WALKING TIME	RESTING PULSE RATE	DURING WALK PULSE RATE	1 MINUTE AFTER WALK PULSE RATE	INTENSITY LEVEL
DAY 17	WALK 30 MINUTES, 1 TIME	30 MINUTES				
DAY 18	WALK 35 MINUTES, 1 TIME	35 MINUTES				
DAY 19	WALK 40 MINUTES, 1 TIME	40 MINUTES				
DAY 20	WALK 45 MINUTES, 1 TIME	45 MINUTES				
DAY 21	WALK 50 MINUTES, 1 TIME	50 MINUTES				
DAY 22	WALK 55 MINUTES, 1 TIME	55 MINUTES				
DAY 23	WALK 60 MINUTES, 1 TIME	60 MINUTES				
DAY 24	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 25	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 26	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 27	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 28	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 29	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				
DAY 30	WALK 45-60 MINUTES, 1 TIME	45-60 MINUTES				



Notes

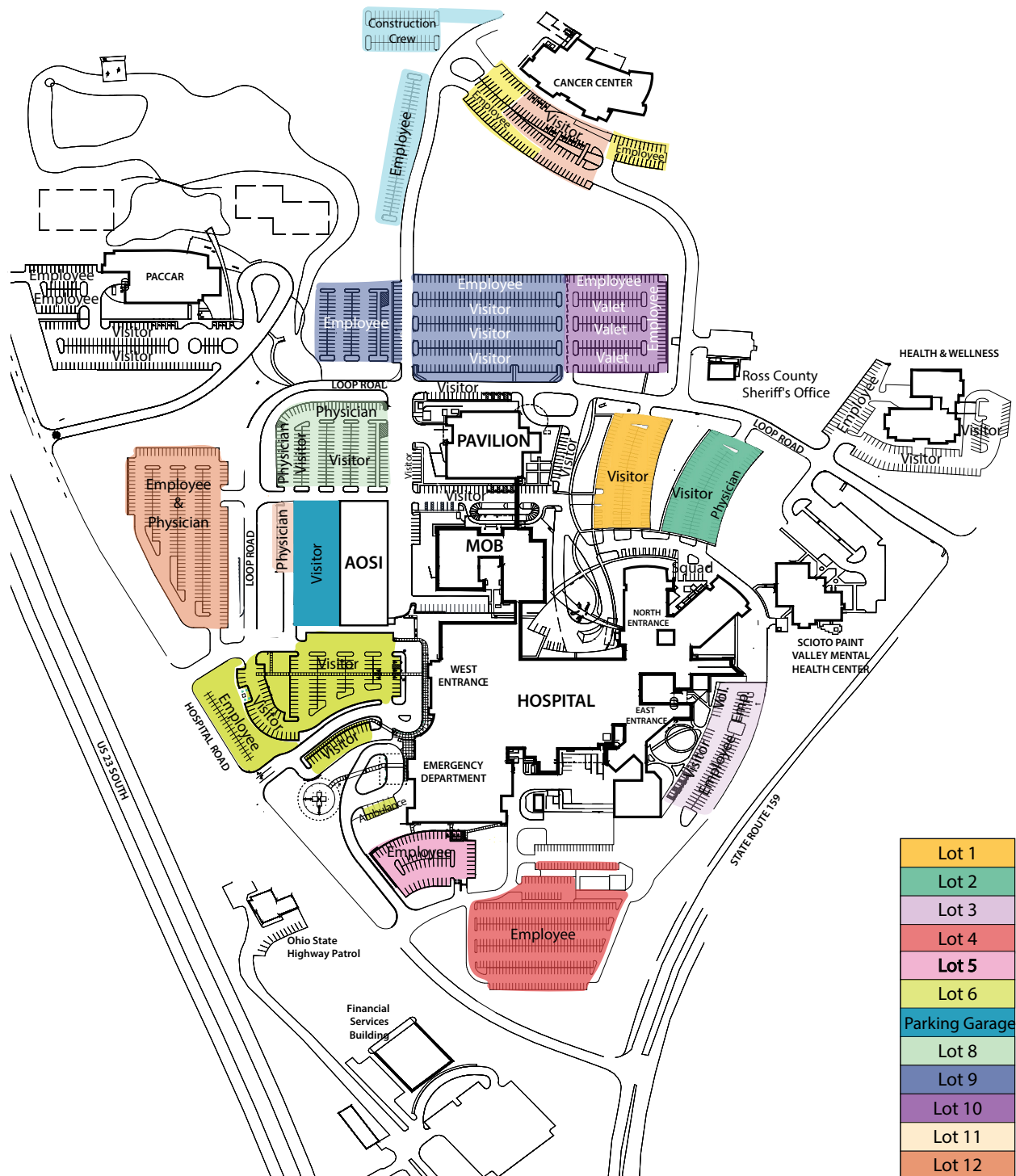
Use these pages to write down questions you have for the doctors and nurses. Often when someone comes into the room, it's hard to remember everything you wanted to ask.

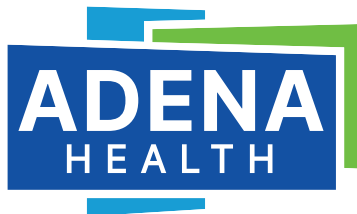
A series of horizontal dotted lines for writing notes.



A series of 20 horizontal dotted lines spanning the width of the page, providing a template for handwritten text.

Adena Regional Medical Center Parking Map





Adena Heart and Vascular Institute

272 Hospital Rd.
Chillicothe, OH 45601
740-779-7500