

Helpful Tips for Avoiding Hospital Stays & Emergency Room Visits

1. ESTABLISH A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN

The Emergency Room is designed to deal with life-threatening medical issues. However, it is often first line of treatment for patients that do not have a primary care provider. Establishing yourself with a primary care physician, as well as their staff, provides you with a first line of defense when a situation arises. Maintaining regular annual physicals with your physician also helps you maintain optimal health and avoid expensive ER visits.

Always be sure to keep your scheduled appointments with your primary care provider, your specialists and your behavioral health specialists.

2. SELF-CARE & PREVENTION

Be proactive with your care by:

- Washing your hands often
- Getting plenty of sleep
- Drinking plenty of non-caffeinated fluids
- Refraining from smoking
- Limiting your alcohol consumption
- Avoiding illegal drugs
- Maintaining a healthy weight
- Getting your Flu & Pneumonia Vaccine
- Making sure you have active smoke detectors in your home

3. AVOID FALLS

Falling is a common reason for a visit to the ER. Avoid falls by using your assistive devices. Remove rugs, cords, tubing or other trip hazards.

4. UNDERSTAND YOUR MEDICATIONS

- Talk with your provider if you don't understand your medications.
- Do not miss medication doses.
- Keep a current medication list with you at all times.
- If possible, use one pharmacy. They can keep track of potential medication interactions.
- Do not stop your medications without discussing it with your provider.
- If you can't afford your medication, notify your provider.

Visit our Urgent Care: Monday-Friday, 7 a.m.-7 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1 p.m.-5 p.m.

WHERE SHOULD I GO FOR CARE?

WHERE SHOULD I TAKE
MY CHILD OR PARENT?

PRIMARY CARE PROVIDER

**"I need medical care
and feel safe to wait a day."**

Your doctor's office is the best place to get treatment for conditions that are not immediately dangerous. Your doctor knows your health history and can best take care of the following:

- Allergies
- Annual wellness exam
- Chronic back pain
- Bronchitis
- Chronic disease management
- Colds
- Cuts (minor), scrapes, bruises
- Diarrhea
- Ear infection
- Fever
- Flu
- Flu shots
- Headache, migraine
- Immunizations/Vaccinations
- Insect Bites
- Nausea, Vomiting
- Pink eye, eye infection
- Rashes
- Routine screenings: blood pressure, diabetes, TB skin test, Flu test, strep, urinalysis
- Sore throat
- Sports physicals
- Sprains, strains
- Urinary tract infection

Find your Primary Care Provider

on our directory at
stillwatermedical.com

URGENT CARE

**"I need medical care today
and feel safe to wait a few hours."**

Go to Urgent Care when your condition is not life threatening but needs attention promptly. Urgent Care is a good option when your doctor is not available, including evenings, weekends and holidays, or if you don't have a primary care provider. Urgent Care is available without an appointment for the following non-life threatening conditions:

- Allergies
- Asthma attack (minor)
- Abdominal pain
- Acute back pain
- Bronchitis
- Burns (minor)
- Colds
- Cuts (minor), scrapes, bruises
- Dehydration
- Diarrhea
- Ear infection, Sinus Pain
- Fever
- Flu
- Fractures
- Headache, migraine
- Insect Bites
- Puncture wounds (minor)
- Nausea, Vomiting
- Pediatric illness, asthma
- Pink eye, eye infection
- Rashes
- Sore throat
- Sports physicals
- STD's
- Sprains, strains
- Urinary tract infection

There is an urgent care clinic

near you. Find your clinic's location
at stillwatermedical.com

EMERGENCY DEPT OR CALL 911

**"I need medical care now
and do not feel safe to wait."**

Go to the Emergency Dept. or call 911 for life threatening illnesses and injuries.

- Abdominal pain (severe)
- Allergic reaction (severe)
- Auto accident
- Breathing difficulty, shortness of breath
- Broken bones protruding from skin
- Burns (severe)
- Chest pain or discomfort
- Coughing up blood
- Head injury
- If you feel you are a danger to yourself or others
- Loss of consciousness
- Pneumonia
- Poisoning
- Puncture wounds
- Trauma
- Seizures/convulsions
- Spinal Injuries
- Sudden severe headache, dizziness or weakness on one side of your body,
- Sudden confusion, trouble with vision or speech
- Swallowing of foreign object
- Uncontrolled bleeding

If you experience the above symptoms go to the **Emergency Department** or call **9-1-1**.

The Emergency Department is open
24 hours, 7 days a week.

Stillwater **Medical Center**

24-hour physician-staffed
Emergency Department

CALL 911 FOR EMERGENCY SERVICES
1323 WEST 6TH AVE. • STILLWATER • 405.372.1480

My Plan to Identify Infection and/or Sepsis

Name _____

Date _____

Green Zone: No Signs of Infection

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ Any wound or IV site I have is healing well.



Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Continue to take my medicine as ordered, especially if I'm recovering from an infection or illness.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions if I'm caring for a wound or IV site.
- ✓ Wash my hands and avoid anyone who is ill.

Yellow Zone: Caution

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I'm coughing.
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head is "fuzzy."
- ✓ I don't feel well—I'm too tired to do things.
- ✓ I haven't urinated in 5 hours or it's painful or burning when I do.
- ✓ Any wound or IV site I have looks different.



Yellow Means I Should:

- ✓ Contact my doctor, especially if I've recently been ill or had surgery.
- ✓ Ask if I might have an infection or sepsis.

Physician Contact:

Doctor: _____

Phone: _____

Red Zone: Medical Alert!

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ My fingernails are pale or blue.
- ✓ People say I'm not making sense.
- ✓ My wound or IV site is painful, red, smells, or has pus.



Red Means I Must:

- ✓ **Act fast ... Sepsis is serious!**
- ✓ **Call 9-1-1** and say, "I need to be evaluated immediately. I'm concerned about sepsis."

Journal of the American Medical Association (JAMA) Network, JAMA Patient Page. Sepsis. October 2010. Available at: <https://jamanetwork.com/journals/jama/fullarticle/196795>. Accessed on June 8, 2018.
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This material was prepared by Health Services Advisory Group, Inc., the Quality Improvement Organization for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. QN-11SOW-C-3-09082018-01

Signs of Infection and Sepsis at Home

I recently had an infection: _____.

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

 <p>Green Zone</p>	<ul style="list-style-type: none"> • My heartbeat is as usual. Breathing is normal for me • I have not had a fever in the past 24 hours and I am not taking medicine for a fever • I do not feel chilled • My energy level is as usual • My thinking is clear • I feel well • I have taken my antibiotics as prescribed • I have a wound or IV site, it is not painful, red, draining pus or smelling bad 	<p>Doing Great!</p> <p>No action is needed.</p>
 <p>Yellow Zone</p>	<ul style="list-style-type: none"> • My heartbeat is faster than usual • My breathing is a bit more difficult and faster than usual • I have a fever between 100°F to 101.4°F • I feel chilled and cannot get warm. I am shivering or my teeth are chattering • I am too tired to do most of my usual activities • I feel confused or not thinking clearly • I do not feel well • I have a bad cough or my cough has changed • How often I urinate has changed. When I do urinate, it burns, is cloudy or smells bad • My wound or IV site has changed 	<p>Take action today!</p> <p>Call your home health nurse:</p> <p>_____</p> <p>(Phone number)</p> <p>or call your doctor:</p> <p>_____</p> <p>(Phone number)</p>
 <p>Red Zone</p>	<ul style="list-style-type: none"> • My heartbeat is very fast • My breathing is very fast and more difficult • My temperature is below 96.8°F. My skin or fingernails are pale or blue • My fever is 101.5°F or more • I have not urinated for 5 or more hours • I am very tired. I cannot do any of my usual activities • My caregivers tell me I am not making sense • I feel sick • My cough is much worse • My wound or IV site is painful, red, smells bad or has pus 	<p>Take action NOW!</p> <p>Call your home health nurse:</p> <p>_____</p> <p>(Phone number)</p> <p>Or call your doctor:</p> <p>_____</p> <p>(Phone number)</p> <p>Call your home health nurse before going to the Hospital Emergency Department</p>

Sources: Sepsis Alliance, sepsis.org; Centers for Disease Control and Prevention (CDC), cdc.gov; and atom Alliance, atomalliance.org



Contact Us:
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This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11S0W-GPQIN-NE-SEPS-02/1217