

Just the thought of facing a hospital stay can create stress for many people.

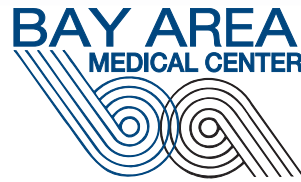
This brochure will help you prepare for your hospital stay, and will answer some of the questions you may have about your upcoming visit.

BAMC Mission

We are your Medical Center, striving to exceed your expectations by providing compassionate, cost-effective quality healthcare to all.

BAMC Vision

*We will be a great local hospital – through high-quality, cost-effective service that exceeds your expectations.
Our community will have no reason to go anywhere else for their healthcare.*

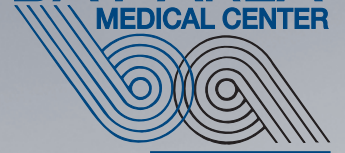


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Welcome to

**BAY AREA
MEDICAL CENTER**



**100
SOLUCIENT
TOP HOSPITALS**

***What to
expect
during your
hospital
stay...***

Pre-Admission or Day of Admission

- Always feel free to ask your physicians or nurse your questions and discuss your concerns with them.
- If you would like a private room, it's important that you realize that private rooms are limited and assigned on a first come, first served basis. If one is not available, we can put your name on a waiting list and we will accommodate you as soon as we are able.
- You may be asked questions that you have been asked before. This is done to ensure that proper information is obtained.
- Any medication you bring in with you will either be sent home with family members or placed in our pharmacy until you are discharged.
- You will be weighed when you are being admitted.
- Medication to relieve your pain will be available throughout your hospital stay. Please request medication for pain and if you do not receive a response within 10 minutes, call your nurse again.
- We will be taking your blood pressure, pulse, respirations and temperature frequently, as often as every two hours. We need to do this during the night, although we will try to organize your care so that we minimize any disruption to your sleep.

Daily Routine

- You will see a physician every day you are hospitalized. Your physician will come and see you during the time he/she is on rounds seeing their patients. Due to schedule changes, we can't guarantee a specific time your physician will be in.
- A sample of your blood may be taken for testing. This is usually done in the early morning, around 5 a.m. so the results will be available for the doctor when they come in.
- Many lab tests may require you not to eat for a period of time prior to the test being taken.
- If you need to be weighed daily, we need to do this in the early morning to get the most accurate reading. This will be done between 5 a.m. and 6 a.m.
- If you are experiencing pain, please ask for medication.
- Activity will be according to physician order. Remember that increasing activity is needed to obtain the best possible outcome.



We are proud to offer you educational videos which can be viewed directly from your room. Please ask for a listing of available videos and information on how to order and view them.

Discharge Planning

- If you receive a visit from someone from the case management department, their role is to begin discharge planning as soon as possible.
- As soon as your doctor discharges you, the nurses need to prepare paperwork, as well as instructions for your home care. Please allow a minimum of one hour for the completion of your discharge.
- You and your healthcare team will discuss your recovery, dismissal needs, follow-up plans and symptoms to watch for and report to your physician.
- A follow-up appointment will be arranged if you need one.
- You may receive prescriptions and will also receive instructions on how to use them at home.
- About one week after you have been discharged, you will receive a patient satisfaction survey in the mail. Please complete and return it – your response will help us in our efforts to continuously improve what we do.

If you have any concerns about your care at any time while you are at BAMC, please notify your nurse or ask to talk to the director of the department you are in, or the house supervisor. We would like to talk with you about your concerns at the time they are occurring.