

Living Well

GREATER HAPPINESS AND DEEPER PEACE

Learn to...

- Find peace of mind, love and forgiveness
- Prevent future hospitalizations

Healing, Hope and Hospitals

"You know, I think we've got two issues going here," said Bernice. "There're the medical problems. God knows we've each got enough of those. And then - ever since we both got sick - there's been all this bickering."

She paused, meeting his eye. "Joe, we never used to be like this."

"So then we need two plans?" Cindy said, looking hopefully at her mother. "One to keep you out of the hospital? And another to keep your love going?"

"I don't know," said Joe.

"Yes, you do," said Bernice, reaching for his hand.



From: "What I Wish I Knew" p. 26

Work closely with your doctor and the rest of your medical team. Good communication is essential, whether you are in a hospital or a medical office.

Discuss the tips you'll find on the back of this sheet to reduce the risk of future hospitalizations. They are based on well-researched strategies.*

Medicine can work wonders. But medicine only looks at the physical piece of the wellness puzzle. Each piece is important for you to be totally well. Which pieces are important to you? ...and your loved ones?

Hope and Healing

What should you hope for when you are ill. Certainly, physical healing is a central hope for most patients ...but isn't "wellness" more than just a good medical report?

What if you also hoped for peace of mind? ...or forgiveness? ...or Love?

Physical healing isn't always possible. But love and forgiveness can bring lasting peace. And peace of mind can always grow no matter how sick or how old you are. Deep peace can heal your mind and spirit ...and help your loved ones, too.

Try using the *Satisfaction Skills* as steps to find more love, peace and forgiveness.. (*Awareness* lets you focus on whatever is most helpful; *Affirmations* remind you to focus on the good; *Assertiveness* encourages you to share your thoughts, needs and feelings; and *Acceptance* helps you to relax and forgive.)



Communication Prevents Problems

Approximately 80 percent of medical mistakes involve miscommunication between caregivers when patients are transferred or handed-off.** Thus, patients and their families need to actively “connect their care” because studies*** have shown that:

- **When patients left the hospital, fewer than half of their doctors received discharge plans** or information about new medications.
- When doctors referred children to specialists, **only 48% of pediatricians sent any medical information to the specialist.**

You can reduce the chance of future hospitalization if you answer “yes” to each of the following question.

Please discuss each “not sure” or “no” answer with the members of your care team.

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|--|-----|----------|----|
| • I know my “red flags” (when I should get immediate medical help) | Yes | Not Sure | No |
| • For doctor visits and emergencies, I keep my medication list in my purse or wallet. | Yes | Not Sure | No |
| • I get all my prescriptions filled at my “pharmacy home” (to make sure that my medications will work well each other) | Yes | Not Sure | No |
| • I’ve learned what each medication does and how to take it | Yes | Not Sure | No |
| • I share my medical record, medication list and action plan with all of my doctors | Yes | Not Sure | No |
| • I always have a follow-up visit with my doctor immediately after any hospitalization. | Yes | Not Sure | No |

Always have someone with you for note-taking and questions when discussing a serious health issue with your care team.

For more information and help contact:

- *NY Connects* (a service of the NYS Office for Aging) offer free unbiased information about any long-term care needs regardless of the patient’s age. www.nyconnects.ny.gov
- 2-1-1 is a free United Way telephone referral service that offers information about many needs including: health, counseling, financial and education.



* Coleman, E. et al. The Care Transitions Intervention *Arch Intern Med.* 2006;166:1822-1828

** Joint Commission on Healthcare Accreditation. *Transitions of Care: The need for a more effective approach to continuing patient care*

***Bodenheimer, T. “Coordinating Care—A Perilous Journey through the Health Care System” *New England Journal of Medicine* 358:10 1064-71 March 6, 2008