

Welcome Guide



Swing Bed Program



Hospital-based Post-Acute Rehabilitation & Nursing

Thank you for choosing Snoqualmie Valley Hospital (SVH). The Swing Bed Program uniquely provides post-acute rehabilitation and nursing services with all the capabilities of an acute care hospital.

Your Care Team

Your team includes you, the hospitalist, nursing staff, a social worker, pharmacists, rehabilitation therapists, and our dietician. Different colored uniforms are worn to identify your team members.

Uniform Colors

- Hospitalist or Pharmacist- White Coats
- Nurse - Wine Burgundy
- Certified Nursing Assistant - Navy Blue
- Rehabilitation Therapist - Gray
- Health Unit Coordinator - Navy Blue
- Housekeeping - Green
- Medical Imaging - Light Blue
- Lab Services - Royal Blue
- Dietary Services - Black
- Volunteer Services - Maroon Vests



Hospitalists

Board-certified physicians (hospitalists) review each Swing Bed patient's progress daily and see the patient at least weekly, or more often as needed. The hospitalists may also request consultations with other specialists.

Nursing Staff



Nursing staff provide daily care for each patient in the Swing Bed Program.

Daily Wellness Checks

Nursing staff will check on you frequently during the day and night to evaluate your vital signs such as blood pressure.

Day and Night Shift Changes

Shift changes occur at 7 am and 7 pm every day. Your healthcare information will be shared with the incoming staff at your bedside to ensure continuity of quality care.

Call For Assistance

Please press the bedside call button if you need assistance or have questions. Staff will quickly respond.

Isolation

If you are being treated for an infection you may be placed on isolation with modified out-of-room procedures. Nursing staff will let you know if you have any restrictions due to isolation status. These procedures are in place to protect other staff, visitors, and patients.

Pharmacists



Clinical pharmacists monitor your medications and are available to answer your questions and provide education.

Medication Safety

The pharmacists work closely with the hospitalists and nursing staff to ensure medication safety. Prior to receiving each medication, you will be asked your name and birthdate. Your ID band will then be scanned using a bar-code reader followed by your

barcoded medication. This ensures that you are receiving the right medication at the right time.

Please Note

Staff will ask you to state your name and birthdate often. This is a hospital best practice that ensures quality care and safety.

Dietitians

Licensed dietitians will complete an evaluation to determine your nutritional needs. The dietitian also monitors your progress, makes dietary recommendations and provides nutrition education.

Meals

Snoqualmie Valley Hospital employs a Culinary Institute of America trained chef who designs menus in collaboration with the hospital's dietitians. You will receive a menu for making your meal choices. If you wish, you may take your meals in the Day Room.

Meal Times:

Breakfast - 8:30 am

Lunch - 12:30 pm

Dinner - 5:30 pm



The Vista Café

Family and friends are welcome to dine in the cafe, which is located on the main level of the hospital.

The Vista Café is open to the public everyday:

- Weekdays 7:30 am to 5:00 pm
- Weekends 7:30 am to 3:30 pm

Food Gifts

Please check with a nurse before consuming food or drink that may be brought to you by family or friends in order to ensure that it does not conflict with your medications and dietary plan.

Rehabilitation Therapists

Depending on your needs, you may be evaluated by different therapists over the first few days of your stay. Your schedule is recorded



on the large scheduling board between the Rehabilitation Gym and the Day Room. You will receive a

written copy of your schedule daily. Your therapies will take place between the hours of 7:30am and 4:00pm.

Occupational Therapy

Goals to increase your independence with self care activities will be established with your therapist. These may include bathing, dressing and grooming as well as other meaningful tasks. Your home environment may be assessed for safety and modifications, as recommended, to help you transition with confidence.

Physical Therapy

You will gain strength and endurance to increase your safety and independence with mobility through a variety of activities, including core and lower extremity strengthening, balance training and manual therapy for pain relief.

Recreational Therapy

Your therapist will establish goals with you to assist you in returning to previous levels of function. This may include trips into the community to practice your skills as you gain strength.

A 4-hour pass to practice additional skills with family and/or friends outside the hospital may be offered to you.

Speech Therapy

If you have experienced changes in your thinking, speaking or swallowing abilities, Speech and Language Pathologists will work with you to develop strategies for daily

activities. These may include daily tasks such as managing your medications successfully.

Restorative Program

After meeting your rehabilitation goals, a Rehabilitation Aide is available to help you maintain your skills while you continue to recover until your discharge from the hospital.

Social Workers

Upon your arrival, you will be assigned a social worker who will meet with you and your family throughout your stay. Social workers provide support and work with you and your family to develop a discharge plan that allows a safe transition back into the community. Your social worker may coordinate a patient and family conference with members of your treatment team to discuss your progress and to help anticipate your needs upon discharge.

Transportation

Transportation to our hospital is arranged by the discharging hospital and the SVH Swing Bed intake team. If you have referrals to doctors and specialists outside the hospital, SVH provides complimentary transportation and staff to accompany you.

(A family member or friend may join too.)

Visitors

Your family and friends will check in and out at the front reception desk and receive a Visitor Badge. Visiting hours are 8 am to 8 pm everyday.

(Special visiting times may be arranged with the nursing staff.)

Parking

Free parking is available for all visitors and guests.

Items to Bring

- Clothing: 3-4 outfits plus sleepwear. Please have your family or friends launder your clothing on a regular basis.

- A sturdy pair of shoes for exercises as well as slippers or other lounging footwear.
- SVH provides needed hygiene items. You may bring personal items for your convenience.

Special Programs



Animal Assisted Therapy

Using animals as a form of patient treatment offers benefits beyond traditional therapies and allows therapists to use the animal to help target your goals.

Pet Visitation

Your dog may be eligible to visit you. Please present current vaccination records to the registration desk, have your dog on a leash at all times, and ensure that your pet is well-behaved.

Please Note

As you progress toward recovery, you may have the opportunity to move about outside the hospital building. For your safety, you may be requested to do so only with an escort until you are strong enough to move independently.

Activity Program

You will have the opportunity to participate in various social activities offered during your stay. We welcome your suggestions for activities you might enjoy.

Your Experience Matters

You will receive a post-discharge phone call HealthStream® to confirm a smooth transition home and to do a Medicare mandated satisfaction survey. The HealthStream® survey caller ID is 615.846.8410. Please participate in the survey. Medicare uses patient feedback to give hospital ratings and SVH uses it to recognize success and see opportunities for improvement.

Referrals & Tours

Kathi Pettit, RN, BSN

Swing Bed Intake Specialist

t 425.831.3401 f 425.831.2369

kathip@snoqualmiehospital.org

Top Referral Indicators:

- ✓ Recent Surgery
- ✓ Hemodialysis (extended night-time)
- ✓ Respiratory Infections
- ✓ High Flow Oxygen
- ✓ BiPAP or CPAP
- ✓ Complex Wounds and Grafts
- ✓ Wound Vac Management
- ✓ Blood Administration
- ✓ Central Lines Placement & Management
- ✓ TPN, PEG and NG Feeding

Ways The SVH Swing Bed Program Differs From Most Skilled Nursing Facilities

- Physicians in the hospital 24/7
- All the benefits of a hospital including Lab, Medical Imaging and Pharmacy
- Specialists available for consultation including Physical Medicine and Rehabilitation, GI, Cardiology, and Behavioral Health
- Licensed master-level social workers assigned to every patient
- One nurse for every six patients on average
- Complex wound care with certified wound care nurse
- Physical, occupational, speech and recreational therapy offered, without therapy time limitation, in order to speed patient recovery
- Transportation to and from medical appointments outside the hospital accompanied by clinical staff
- SVH does not provide long-term care; our success is your safe discharge home