

## Library: Wellness

### Relevant Standard: NPSG.03.06.01

Maintain and communicate accurate patient medication information.

#### Element of Performance: 5

Explain the importance of managing medication information to the patient when he or she is discharged from the hospital or at the end of an outpatient encounter.

Note: Examples include instructing the patient to give a list to his or her primary care physician; to update the information when medications are discontinued, doses are changed, or new medications (including over-the-counter products) are added; and to carry medication information at all times in the event of emergency situations. (For information on patient education on medications, refer to Standards MM.06.01.03, PC.02.03.01, and PC.04.01.05.)

#### Program Titles

Preparing for Doctor's Appointments  
Medication Management

Navigating Healthcare  
Wellness

### Relevant Standard: PC.02.03.01

The hospital provides patient education and training based on each patient's needs and abilities.

#### Element of Performance: 10

Based on the patient's condition and assessed needs, the education and training provided to the patient by the hospital include any of the following:

- An explanation of the plan for care, treatment, and services
- Basic health practices and safety
- Information on the safe and effective use of medications (See also MM.06.01.01, EP 9; MM.06.01.03, EPs 3–6)
- Nutrition interventions (for example, supplements) and modified diets
- Discussion of pain, the risk for pain, the importance of effective pain management, the pain assessment process, and methods for pain management
- Information on oral health
- Information on the safe and effective use of medical equipment or supplies provided by the hospital
- Habilitation or rehabilitation techniques to help the patient reach maximum independence
- Fall reduction strategies

#### Program Titles

Healthy Living for Seniors	Wellness
Aging, Loneliness and Your Health	Wellness
Exercise Safety Tips for Seniors	Wellness
Healthy Aging: Physical Changes and Health Screening for Men	Wellness
Healthy Aging: Working with Your Healthcare Team	Wellness
Healthy Aging	Wellness
Healthy Aging: Physical Changes in Women	Wellness
Healthy Aging: Important Health Screening for Women	Wellness
Immunizations over 50	Wellness
Positive Self Care Management	Wellness
Self-Care Strategies: Your Healthcare Team	Navigating Healthcare
Preparing for Doctor's Appointments	Navigating Healthcare
Medication Management	Wellness
Self-Care Strategies: Day to Day Management	Wellness
Self-Care Strategies: Goal Setting	Wellness
Self-Care Strategies: Staying Positive	Wellness

Strategies to be a Successful Caregiver	Wellness
Self-Care Strategies: Using Your Support Team	Wellness
Quit Tips	Wellness
How to Weigh Your Food	Wellness
Your Health Checklist: MyPlate	Wellness
MyPlate: Introducing MyPlate	Wellness
MyPlate: Grains	Wellness
MyPlate: Vegetables and Fruit	Wellness
MyPlate: Dairy	Wellness
MyPlate: Protein	Wellness
MyPlate: Oils and Fats	Wellness
MyPlate: Increasing Your Physical Activity	Wellness
Putting MyPlate Into Action	Wellness
How to Check Your Pulse	Wellness
Check Your Pulse Using Your Wrist	Wellness
How to Take Your Blood Pressure at Home	Wellness
Take Your Blood Pressure	Wellness
How to Take Your Temperature	Wellness
Take Your Temperature (Oral)	Wellness
Take Your Temperature (Ear)	Wellness
Take Your Temperature (Forehead)	Wellness
Check Your Pulse (Neck)	Wellness
Exercise - Discover the Importance of Warming Up Your Body Before Exercise	Wellness
Exercise and Leg Circulation	Wellness
Exercise and Nutrition – Find out about the best exercise to burn calories	Wellness
Low-Carb Diets: How Do They Work	Wellness
No Fat Veggies	Wellness
Salt Substitutes	Wellness
Addressing Your Habit and Behaviors	Wellness
Benefits to Staying Quit	Wellness
Coping with Emotional Triggers	Wellness
Coping with Nicotine Withdrawal	Wellness
Creating a Quit Tobacco Plan	Wellness
Discovering Your Triggers	Wellness
Identifying Your Reasons to Quit	Wellness
Keeping Motivated	Wellness
Preparing for Nicotine Withdrawal	Wellness
Preparing to Quit	Wellness
Products that Can Help with Withdrawal	Wellness
Setting Your Quit Date	Wellness
Social and Environmental Triggers	Wellness
The Need for Support	Wellness
Understanding Nicotine Pre-loading	Wellness
Understanding Slips and Relapses	Wellness
Using a Nicotine Inhaler	Wellness
Using a Nicotine Patch	Wellness
Using Combination Therapy for Tobacco Cessation	Wellness
Using Nicotine Gum	Wellness
Using Nicotine Lozenges	Wellness
Vaping Facts	Wellness
Why People Use Tobacco	Wellness

Healthy Aging: Reducing Stress	Wellness
Healthy Aging: The Importance of Sleep	Wellness
Medication Management for Seniors	Wellness
Preventing Falls at Home for Seniors	Wellness
Protecting Yourself in the Sun	Wellness
Exercises You Can do at Your Desk	Wellness
Be More Active at Work	Wellness
Secondhand Smoke	Wellness
Good Sources of Calcium	Wellness
Family History and Health Screenings	Navigating Healthcare
Menopause	Wellness
Creating a Better Sleep Environment	Wellness
10,000 Steps	Wellness
Mammogram	Wellness
The Challenges of Healthy Eating	Wellness
The Risks of Being Overweight	Wellness
A Closer Look at Mammograms	Wellness
The Do's and Don'ts of Medical Alert Bracelets	Wellness
Ask Questions During Healthcare Visits	Wellness
Be Comfortable Talking to Your Doctor	Wellness
Step-by-Step: Changing Bed Linens When a Person is in Bed	Wellness
Step-by-Step: Giving an Adult a Bath	Wellness
Step-by-Step: Washing an Adult's Hair	Wellness
Step-by-Step: Moving a Person from Bed to a Wheelchair	Wellness
Step-by-Step: Moving a Person from a Wheelchair to the Toilet	Wellness
Step-by-Step: Helping a Person Walk	Wellness
Step-by-Step: Helping a Person Move in Bed to Prevent Pressure Injuries	Wellness

**Relevant Standard: PC.04.01.05**

Before the hospital discharges or transfers a patient, it informs and educates the patient about his or her follow-up care, treatment, and services.

**Element of Performance: 7**

The hospital educates the patient, and also the patient's family when it is involved in decision making or ongoing care, about how to obtain any continuing care, treatment, and services that the patient will need.

**Program Titles**

Caring for Your Loved One	Wellness
Positive Self Care Management	Wellness
Self-Care Strategies: Your Healthcare Team	Navigating Healthcare
Preparing for Doctor's Appointments	Navigating Healthcare
Self-Care Strategies: Staying Positive	Wellness
Strategies to be a Successful Caregiver	Wellness
Self-Care Strategies: Using Your Support Team	Wellness