

Hospital Life--The lessons I've learned

1. The hospital is a business & you are a customer!
You wouldn't accept poor customer service from your favorite store, don't accept it from the hospital.
2. Upon arriving, inspect your room before you unpack your belongings.
If it looks unclean, don't unpack. Let your nurse know and housekeeping is will be informed. They are pretty quick about getting to your room and getting it cleaned up.
3. Don't be shy to let the hospital staff know what you need or what is important to you.
This visit Rich & I were not shy about what we expected and wanted. The hospital staff said okay and it actually happened! I was quite impressed! The staff are not mind readers & if you don't let them know what you need, they won't be able to help you out with whatever it may be.
4. Always bring an extra stash of digestive enzymes and if you need it, insulin as well.
The hospital can never ever get the orders for the digestive enzymes or insulin correct the first time. It's always a problem, and always needs to be corrected. It can take as long as two days to get it corrected. This happens every single time, I assume it will never change, so it's always good to be over prepared than ill-prepared.
5. Get your parking validated.
Parking is free for the day of admission to the hospital, after that when your parking is validated, it will only cost \$2
6. Be your own advocate!!
It's your body, it's your responsibility! This is so important and I really can't stress this enough. You are the one that has to speak up for yourself, because no one else can do it. There is no point in being miserable, when all you have to do is express your concerns. This can be awkward on many different levels, but it's important to remember that you are in charge of your own body, and if you feel like something isn't right, you have to say something!
7. The nurses aren't always right.
Don't agree to a poor decision for you, just because the nurse says so. The hospital nurses are pretty awesome, but they are human and they don't live with CF. I am a firm believer in that experience can teach you more than a text book ever could!
8. Keep a written log or journal of everything that happens when you are in the hospital.
This is something new we are starting. It will make things easier for you when you are asked when things happened and when problems occurred.
9. Attitude is everything! Try to keep it positive.
10. You can request to for your CPT to be done only while you're awake.
11. You can request privacy.
We hang a "Do Not Disturb" sign on the door when we don't want to be bothered. Even if we just want to have an uninterrupted conversation, we hang the sign on the door. Just make sure the letters are big and bold enough to be seen.