

<p>Patient #1 Diagnosis/Chief Complaint</p> <p><b>Tibia Fracture</b></p>	<p>Patient #1 Teaching</p> <ol style="list-style-type: none"> <li>1. Take pain medication as directed.</li> <li>2. Do not push down or lean on the cast. Do not put sharp or pointed objects inside the cast to scratch an itch.</li> <li>3. Do not let your cast get wet. Before bathing, cover the cast to seal out water.</li> </ol> <p>Discharge planning/Community Resources</p> <ol style="list-style-type: none"> <li>1. Follow up appointment &amp; X-ray to see how well the bone is healing.</li> <li>2. Offer physical therapy consultations.</li> <li>3. Provide crutches or a walker.</li> </ol>
<p>Patient #2 Diagnosis/Chief Complaint</p> <p><b>Suicidal Ideation</b></p>	<p>Patient #2 Teaching</p> <ol style="list-style-type: none"> <li>1. Consult healthcare provider about an antidepressant medication.</li> <li>2. Inform caregivers to remove objects that can be used to cause harm.</li> <li>3. Educate patient on warning signs/ talk about triggers.</li> </ol> <p>Discharge Planning/Community Resources</p> <ol style="list-style-type: none"> <li>1. Provide national suicide hotline.</li> <li>2. Offer support groups of people in similar situations.</li> <li>3. If religious, contact a minister, spiritual leader, or someone in the faith community.</li> </ol>
<p>Patient #3 Diagnosis/Chief Complaint</p> <p><b>Appendicitis/Appendectomy</b></p>	<p>Patient #3 Teaching</p> <ol style="list-style-type: none"> <li>1. Wear loose fitting clothes. This will help patient be more comfortable and cause less irritation around incision.</li> <li>2. Do not bathe or soak in a tub until</li> </ol>

	<p>incision is healed.</p> <ol style="list-style-type: none"><li>3. Take antibiotics as directed. Prevents infection and fights off bacteria.</li></ol> <p>Discharge Planning/Community Resources</p> <ol style="list-style-type: none"><li>1. Limit sports/ activities for 4-5 weeks after surgery.</li><li>2. Recommend a nutritionist. May need to eat a bland low-fat diet.</li><li>3. Follow up appointment to check incision site.</li></ol>
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