

# Clinician RESOURCES

Greet the new year by tapping into some new resources.

## Free app for patients with Crohn's Disease

**GI Buddy** is a free tool from the Crohn's & Colitis Foundation of America that patients can use to stay on top of managing their Crohn's Disease or ulcerative colitis symptoms. Patients can record what they eat, track their treatment and well-being, and access detailed reports. Patients also can access a video of tips for using GI Buddy, which is available online and as an iPhone app.



## Toolkit on diabetes and coronary artery disease

People with diabetes have heart disease death rates about two to four times higher than those without diabetes. Use the “**Diabetes and Coronary Artery Disease ‘Make the Link’ Toolkit**,” from the American Diabetes Association, to help your patients understand the connection between diabetes and coronary artery disease (CAD).

Patient education information is available on the following topics:

- Diabetes and CAD
- Understanding CAD
- CAD symptoms, diagnosis, and treatment
- Taking care of type 2 diabetes
- Taking care of your heart
- Getting the very best care for your diabetes
- Know the warning signs of a heart attack
- Protect your heart: Make smart food choices

- Learning how to change habits.

You can download each PDF or the entire toolkit.

## Pressure ulcer posters

The National Pressure Ulcer Advisory Panel has created **four posters** that cover Best Practices for Prevention of Medical Device-Related Pressure Ulcers. In addition to the general poster, you can download versions for long-term care, critical care, and pediatric populations.

**Best Practices for Prevention of Medical Device-Related Pressure Ulcers**

- ✓ **Choose** the correct size of medical device(s) to fit the individual
- ✓ **Cushion** and protect the skin with dressings in high risk areas (e.g., nasal bridge)
- ✓ **Remove** or move the device daily to assess skin
- ✓ **Avoid** placement of device(s) over sites of prior, or existing pressure ulceration
- ✓ **Educate** staff on correct use of devices and prevention of skin breakdown
- ✓ **Be aware** of edema under device(s) and potential for skin breakdown
- ✓ **Confirm** that devices are not placed directly under an individual who is bedridden or immobile

ET Tube, Tracheostomy, Retention Sutures, NG Tube, O<sub>2</sub> Saturation Probe, Oxygen Tubing, CPAP Mask, Bedpan, Arterial Line, Wound Splint

## Discharge toolkit

The Agency for Healthcare Research and Quality is seeing red, but in a good way. Its “**Re-Engineered Discharge (RED) Toolkit**” is designed to help hospitals develop effective processes for discharging patients.

RED consists of 12 mutually reinforcing actions, including expediting transmission of the discharge summary to clinicians accepting care of the patient and providing telephone reinforcement of the discharge plan.

In addition to a **training program** to help with implementation, the toolkit includes “**Taking Care of Myself: A Guide for When I Leave the Hospital**,” a PDF booklet for patients. ■