What's New in Healthwise® Patient Instructions

Summer 2017 Release (11.4)

Healthwise Patient Instructions are patient discharge and take-home summaries that provide patients with in-depth educational health information immediately following care. This release of Healthwise Patient Instructions includes new and updated Patient Instructions topics.

All information has been verified for medical accuracy, and new medical information has been added, where appropriate. All content has also been updated in the Spanish and Multilanguage Patient Instructions. Healthwise internal and external reviewers include specialists, associate medical directors, medical content specialists, medical editors, medical writers, and associate editors.

New Patient Instructions

This release includes these new Healthwise Patient Instructions:

- **Amblyopia: Pediatric | General Info** [Learning About Amblyopia in Children] (abs2875)
- **Anal Dysplasia | General Info** [Learning About Anal Dysplasia] (abs1421)
- **Apheresis | General Info** [Learning About Apheresis] (abs2246)
- **ARDS | General Info** [Learning About Acute Respiratory Distress Syndrome] (abs2060)
- **Atrial Flutter** [Atrial Flutter: Care Instructions] (abs1806)
- **Atrial Flutter | General Info** [Learning About Atrial Flutter] (abs1800)
- **Barrett's Esophagus: Endoscopic Ablation | General Info** [Learning About Treatments for Barrett's Esophagus With Dysplasia] (abs1900)
- **Body Lice | Pediatric** [Body Lice in Children: Care Instructions] (abr9725)
- **Bursa Injection: Trochanteric | General Info** [Learning About a Hip Bursa Injection] (abs3068)
- **Cartilage Restoration: Articular | General Info** [Learning About Surgery to Restore Joint Cartilage] (abs1203)
- **Childhood Apraxia of Speech: Pediatric | General Info** [Learning About Childhood Apraxia of Speech] (abs2505)
- **Contraception: Postpartum | General Info** [Learning About Birth Control After Childbirth] (abs7386)
- **Contusion: Facial** [Bruised Face: Care Instructions] (aby3466)
- **Contusion: Nasal** [Bruised Nose: Care Instructions] (aby3446)
- **Duodenitis** [Duodenitis: Care Instructions] (abs3010)
- **Dysarthria | General Info** [Learning About Dysarthria] (abs2511)
- **Early Stage of Labor at Home** [Early Stage of Labor at Home: Care Instructions] (abs2382)
● **Speech Sound Disorders: Pediatric | General Info** [Learning About Speech Sound Disorders] (aby1904)
● **Strabismus: Pediatric | General Info** [Learning About Strabismus in Children] (abs2881)
● **Stress | Pediatric: General Info** [Learning About Stress in Children] (abs2571)
● **Stress: Guided Imagery | General Info** [Learning About Guided Imagery for Stress] (abs1981)
● **Stress: Mindfulness | General Info** [Learning About Mindfulness for Stress] (abs2092)
● **Stress: Progressive Muscle Relaxation | General Info** [Learning About Progressive Muscle Relaxation for Stress] (abs2086)
● **Stroke: Endovascular Thrombectomy | General Info** [Learning About Thrombectomy for Stroke] (abs2466)
● **Tongue Injury** [Tongue Injury: Care Instructions] (aby3895)
● **Tongue Injury | Pediatric** [Tongue Injury in Children: Care Instructions] (aby4038)
● **Trigger Point Injections | General Info** [Learning About Trigger Point Injections] (abs2746)
● **Tuberculin Skin Test | Pediatric** [Tuberculin Skin Test in Children: Care Instructions] (abs2444)
● **Ureteral Stent Removal | Post-Procedure** [Ureteral Stent Removal: What to Expect at Home] (abs2499)
● **Ureteral Stents | General Info** [Learning About Ureteral Stents] (abs2493)
● **Uvulitis** [Uvulitis: Care Instructions] (abs2673)
● **Viral Load and CD4 Count | General Info** [Learning About Post-Diagnosis HIV Tests] (abs2129)
● **Wounds: Gunshot** [Gunshot Wound: Care Instructions] (abs7007)

**CDC Vaccine Information Statements**

Healthwise Patient Instructions include CDC Vaccine Information Statements (VIS). We update each CDC VIS as it becomes available.

There are no new or updated Vaccine Information Statements (VIS) for the Summer 2017 Release.

The CDC no longer updates flu vaccine information statements (VIS) every year. The last CDC update for the flu VIS was on 8/7/15 and is valid for the 2017–2018 season.

**Patient Instructions With Medical Revisions**

We continually monitor changes in health care to ensure our Patient Instructions are accurate and up-to-date. In the following documents we made medically significant revisions, added new medical information, or removed outdated medical information. While medically significant changes are listed here, documents that have minor revisions, such as editorial or consistency changes, are not listed. Refer to Tech Docs for the complete list of updated documents.

- **Alcohol Intoxication: Acute** [Acute Alcohol Intoxication: Care Instructions] (uf7527): We added language about not drinking and driving.
- **Aortobifemoral Bypass Surgery for PAD | General Info** [Learning About Aortobifemoral Bypass Surgery for Peripheral Arterial Disease] (abk2309): We added that this surgery can relieve symptoms of PAD.
● **Atrial Septal Defect** [Atrial Septal Defect: Care Instructions] (uh3419): We revised the exercise recommendations to include advice to ask the doctor about what level of exercise is safe.

● **Bradycardia** [Bradycardia: Care Instructions] (ut2764): We revised the exercise recommendations to include advice to ask the doctor about what level of exercise is safe.

● **Cardiac Arrhythmia** [Cardiac Arrhythmia: Care Instructions] (ut2768): We revised the exercise recommendations to include advice to ask the doctor about what level of exercise is safe.

● **Deciding About Using Medicines To Quit Smoking** [Smoking: Anti-Smoking Medication | Deciding About] (av2667): We removed the varenicline and bupropion FDA boxed warning language, which has been rescinded.

● **Dental Care: Pre-Dental Work Precautions | General Info** [Learning About Dental Care and Your Health Problem] (abk2047): We added repaired heart valves as a reason that someone may take antibiotics before a procedure.

● **Diabetes: Type 2: Metformin | General Info** [Learning About Metformin for Type 2 Diabetes] (ad1895): We added information about monitoring blood levels of B12 in people who take this medicine for more than a few years.

● **Dilated Retinal Exam: About This Test** [Dilated Retinal Exam] (ug5568): We updated the advice about driving after a dilated retinal exam to leave room for the doctor to set guidelines for the consumer.

● **Endocarditis | General Info** [Learning About Endocarditis] (ug5707): We added repaired heart valves as a reason that someone may take antibiotics before a procedure.

● **Femoropopliteal Bypass Surgery: PAD | General Info** [Learning About Femoropopliteal Bypass Surgery for Peripheral Arterial Disease] (abk2323): We added that this surgery can relieve symptoms of PAD.

● **Gestational Diabetes** [Gestational Diabetes: Care Instructions] (uf7823): We now say that women with gestational diabetes may have a follow-up glucose tolerance test 4 to 12 weeks after the baby is born or after she stops breastfeeding to check for diabetes.

● **Hammer Toe: Surgery | Post-op** [Surgery for Hammer Toe: What to Expect at Home] (zu2053): We clarified that pins or other devices to keep the toe straight may be temporary.

● **Hammer Toe: Surgery | Pre-op** [Surgery for Hammer Toe: Before Your Surgery] (zu2048): We clarified that pins or other devices to keep the toe straight may be temporary.

● **Head Lice | Adults** [Head Lice: Care Instructions] (uh3261): We revised this document to focus on head lice in adults.

● **Head Lice | Pediatric** [Head Lice in Children: Care Instructions] (uh4021): We revised this document to focus on head lice in children.

● **Heart Blocks** [Heart Blocks: Care Instructions] (zc1479): We added exercise recommendations to include advice to ask the doctor about what level of exercise is safe.

● **Oral Anticoagulants: Non-Vitamin K Antagonist** [Taking Blood Thinners Other Than Warfarin: Care Instructions] (abo9742): We added an instruction to wear medical alert jewelry.

● **PAD (Peripheral Arterial Disease): Leg** [Peripheral Arterial Disease Leg: Care Instructions] (uf8392): We revised symptom description to include weak legs or difficulty walking or balancing. We also revised symptoms of critical limb ischemia to include numbness, sores that are slow to heal, and pain at rest. We added structured exercise programs to the treatment options.
● **PAD (Peripheral Arterial Disease): Legs | General Info** [Learning About Peripheral Arterial Disease of the Legs] (abk2303): We revised symptom description to include weak legs or difficulty walking or balancing. We added structured exercise programs to the treatment options. We also revised symptoms of critical limb ischemia to include numbness, sores that are slow to heal, and pain at rest.

● **Port: Implanted | Post-op** [Implanted Port: What to Expect at Home] (ug6118): We added information about flushing the port to keep it open. We also added some self-care information about getting dressed and driving when you have a port.

● **Pregnancy | Teen** [Healthy Pregnancy in Teens: Care Instructions] (av2961): We updated the fish-consumption recommendations for pregnant and breastfeeding women.

● **Pregnancy: High Blood Pressure** [High Blood Pressure in Pregnancy: Care Instructions] (uf7884): We removed information on sodium restriction for high blood pressure during pregnancy.

● **Pregnancy: Toxin Exposure** [Exposure to Toxins During Pregnancy: Care Instructions] (ut2220): We updated the fish-consumption recommendations for pregnant and breastfeeding women.

● **Transcatheter Aortic Valve Replacement (TAVR) | General Info** [Learning About Transcatheter Aortic Valve Replacement (TAVR)] (abp7874): We added that the patient's preference is important to the decision about having TAVR.

Heart failure: In certain topics related to heart failure, we revised the range of sudden weight gain that patients should watch for. We now say to watch for a sudden weight gain of more than 2 to 3 pounds in a day or 5 pounds in a week. And we say that your doctor may suggest a different range of weight gain.

Opioids update: We revised our content related to opioids. We added example questions a patient might ask when considering an opioid prescription, updated language about the risk of addiction, and revised our language about opioid use for chronic pain.

When to Call a Doctor section: We reviewed the When to Call a Doctor section in our Patient Instructions to ensure consistent language and triage levels across all Patient Instructions. You will see these changes in this release.

Patient Instruction Title Changes and Replacements

Title changes


- Organ Donation | General Info [Learning About Organ Donation] is now titled **Organ Donation | General Info** [Learning About Living Organ Donation] (abn0646).

- Parenting: TV—How to Cut Back | Pediatric [TV - How to Cut Back on Your Child's TV Time] is now titled **Parenting: Screen Time | Cutting Back: Pediatric** [Cutting Back on Your Child's Screen Time: Care Instructions] (uh4084).

Patient Instruction Enhancements

These Patient Instructions have been enhanced to improve language clarity and to achieve consistency with other Healthwise content.

- **C. difficile: Inpatient | General Info** [Learning About Clostridium Difficile Infection] (abq5222)
- **Metatarsal Fracture | Pediatric** [Metatarsal Fracture in Children: Care Instructions] (ug5448)
- **Parenting: Screen Time | Considering Less: Pediatric** [Considering Less Screen Time for Your Child: Care Instructions] (uh4076)
- **Parenting: Screen Time | Cutting Back: Pediatric** [Cutting Back on Your Child's Screen Time: Care Instructions] (uh4084)

* For Healthwise hosted clients, this document is a summary of the content updates you received during the last quarter.