



## How to Assemble the Hospital Kit:

Gallon-size Zip Lock plastic bag

Notecards (9): To assemble—please print single-sided on thick paper or card stock. Fold along central line; staple or tape to create the note card.

- “Your Hospital Kit” notecard with blurbs on hydration, nutrition, mobility, sleep, and activities/orientation
- “My Orientation Card” notecard with information that you would find on the whiteboard of a patient’s room enrolled in HELP
- “What Should I Know About Sleep?” notecard with information on why we use non-pharm methods for sleep protocol instead of sleep meds
- “Relaxation Exercise” notecard with information on a relaxation exercise for sleep or calming stress
- Therapeutic Activities: 4 word searches and 1 crossword (3 notecards total)
- Range of motion, safe walking, and stress ball/exercise band instructions (2 notecards total)

Equipment to include:

- Adaptive equipment, if available, such as magnifying glass and/or flashlight
- Exercise band
- Stress ball for squeezing
- Pencil/pen, notepad
- Ear plugs
- Eye mask
- Herbal tea bag (include in kit or make available at bedtime)

# Verbal De-Escalation Techniques: Instructions for Clinical Staff

Some patients may be confused or scared in response to the difficult circumstances, unfamiliar environment, and aggravated by personal protective equipment (masks, glasses, protective clothing, etc.) that healthcare providers are using to keep themselves safe during the pandemic. Verbal de-escalation is an important tool for de-escalation in delirious agitated patients (from the ADEPT Tool, <https://www.acep.org/patient-care/adept/>). You can distribute the following 3x5 pocket card to nurses working with agitated patients:

## **VERBAL DE-ESCALATION FOR AGITATION**

- Respect personal space
- Avoid negative language (“No! You can’t go there!”)
- Use positive language (“I’d like to help you by...”)
- Establish verbal contact
- Be calm, be reassuring, be comforting
- Be concise and use simple language
- Identify the patient’s wants and feelings
- Listen closely to what the patient is saying. Remember they are likely fearful
- Debrief the patient, family, and staff



# SPRING



M P N E S T A I H W F D  
 B U K Q A P N D R A I N  
 I Z D L H E W R E R C B  
 R G T X E F R O G M J U  
 D N F R B A S P R I N G  
 S A G D W Y F J H B O S  
 T E L K O B U D S M P C  
 N V E S R H G I X A B W  
 Y G T D M O L P F Y E I  
 S R V A S J K I T E C N  
 A O M E L T H B R S W D  
 C W U P I D F T M Q A R



BUDS	GREEN	MELT	SPRING
BUGS	GROW	MUD	TREE
BIRDS	KITE	NEST	WARM
DROP	LEAF	RAIN	WIND
FROG	MAY	SEEDS	WORM



Tree Valley Academy

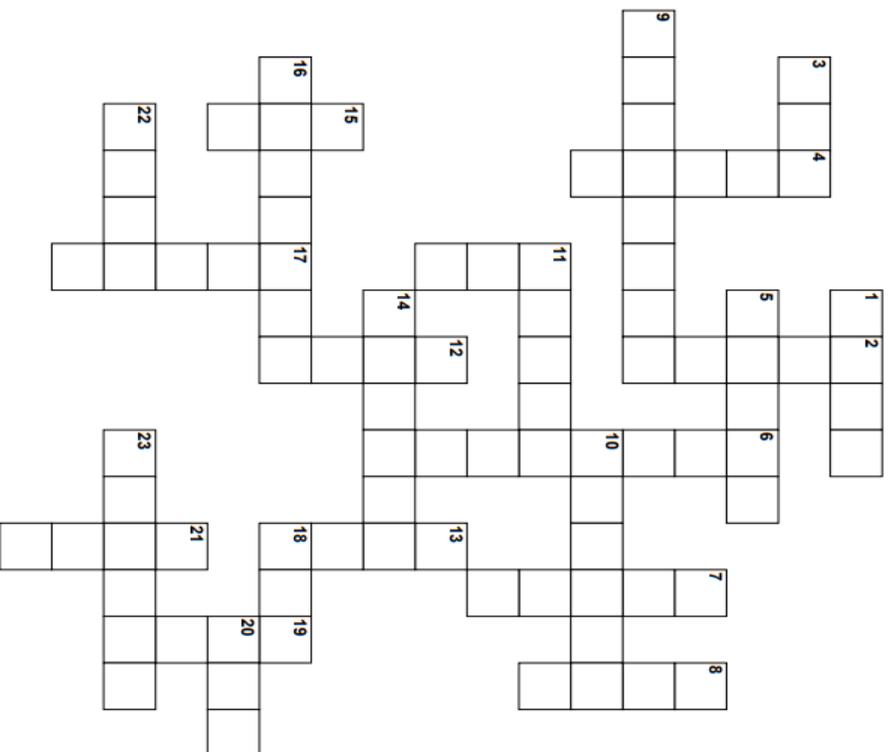
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

S H C R A M W I N D Y M E  
 A L R C H R E W O H S M M  
 Y I E S S Y A F I D T R I  
 O D C E L Z G T O O M A T  
 E I D L T E N N E G L W G  
 I K I U E E I A L W G G N  
 I H W O M R W N A G N Y I  
 C N O D G B A O U I S R R  
 O U B S F T H S T U E L P  
 I K N R E T L N T A L S  
 A M I O E Y E N A B X M W  
 D M A W S M Y W R A I N Y  
 C X R Y H C L O U D Y D L

By Evelyn Johnson - [www.qe1s.com](http://www.qe1s.com)

- |        |         |            |
|--------|---------|------------|
| Breezy | Melting | Springtime |
| Chilly | Muddy   | Sunny      |
| Cloudy | Rainbow | Thawing    |
| Foggy  | Rainy   | Warm       |
| Fresh  | Shower  | Water      |
| Gusty  | Sleet   | Wet        |
| March  | Snowy   | Windy      |

## SPRING



## SPRING

### ACROSS

### DOWN

- |  |   |
|--|---|
| <p><b>1</b> Water vapor that condenses and falls from the sky</p> <p><b>3</b> Thin-shelled ovum of a bird or reptile</p> <p><b>5</b> Green plant with narrow flat leaves</p> <p><b>9</b> Game played with a bat and ball</p> <p><b>10</b> Start to grow as a shoot or bud</p> <p><b>11</b> Month spring begins this year</p> <p><b>14</b> Light or gentle wind</p> <p><b>16</b> Arc in the sky containing the colors of the visible spectrum</p> <p><b>18</b> Water droplets that collect at night on cool surfaces</p> <p><b>20</b> Water in a frozen state</p> <p><b>22</b> Change from a solid to liquid state</p> <p><b>23</b> Visible body of water droplets high in the earth's atmosphere</p> | <p><b>2</b> Fourth month of the Gregorian calendar year</p> <p><b>4</b> Color lying between yellow and blue on the spectrum</p> <p><b>6</b> Bright light of the sun</p> <p><b>7</b> Produce flowers</p> <p><b>8</b> Toy consisting of light frame covered in paper</p> <p><b>11</b> Earth that has turned soft by wetting</p> <p><b>12</b> Become larger by the process of natural development to be flown in the air</p> <p><b>13</b> Part of plant capable of growing into a new plant</p> <p><b>15</b> Fifth month of the year</p> <p><b>17</b> Process or fact of being born</p> <p><b>19</b> Movement of air over the surface of the earth</p> <p><b>21</b> Neither warm nor very cold</p> |
|--|---|

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

G R O W R A I N B O W N D  
 B U T T E R F L Y B O H A  
 W I N D N T E R L L G T Y  
 A S N E S W T S F O N R L  
 O I S R E G A V E S I I I  
 W T R N O S G H P S R B G  
 S D U O L C R E T O P I H  
 R T N I A R S B N M S G T  
 E U S H K S R I B D P S I  
 W O T S A E T U U I R N K  
 O R F R E T V B F R R L P  
 L P G Z V Y C B P N K D T  
 F S E K E N I H S N U S S

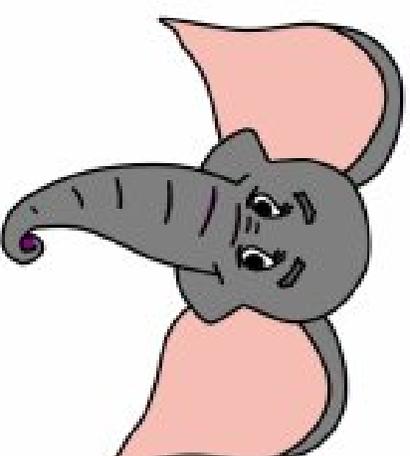
By Evelyn Johnson - [www.gets.com](http://www.gets.com)

- |           |          |          |
|-----------|----------|----------|
| Birds     | Daylight | Rain     |
| Birth     | Eggs     | Rainbow  |
| Blossom   | Flowers  | Spring   |
| Breeze    | Grass    | Sprout   |
| Buds      | Grow     | Sunshine |
| Butterfly | Hatch    | Thaw     |
| Clouds    | Nest     | Wind     |

## Elephants Word Search

c d r o t d s i s k t f  
 s u t r f t r q f b b a  
 z r u s k s u t y e s m  
 u n a e l e p h a n t i  
 k z w e r b w h r e g l  
 g g j c y u d v g z l y

- elephant
- trunk
- family
- tusks
- gray
- ears



## Your Hospital Kit

We understand that this can be a stressful time in the hospital, and you may have to spend time alone during your stay. The following tips and guidelines are to help you stay mentally and physically fit while you are here.

### Activities and Staying Oriented

- Check out the games and activities to keep your mind active in the hospital.
- Check out the “Orientation Page” to keep you aware of your schedule and staff in the

### Eat and drink well

Try to eat 3 meals and drink six 8-ounce cups of water or fluids each day  
(if OK with doctors).

### Time to Sleep!

- We know that sleeping can be difficult in the hospital, but sleep meds can have harmful effects.
- Try instead: No caffeine after 2pm; warm drink (no caffeine) at bedtime, relaxation exercises, eye mask and ear plugs

### Let's Get Moving!

- Walk in your room if nurse says OK.
- Look in your “Hospital Kit” for “Range of Motion” exercises you can do from your bed or chair.
- Your Hospital Kit also includes stress balls or exercise bands that you can use to stay strong.

Having trouble hearing or reading while you are here? Ask your nurse or another staff member if there is any adaptive equipment you can use, such as a large-button telephone or magnifying glass.

## Relaxation Exercise

Trouble sleeping? Feeling anxious? Try this relaxation exercise to help you wind down. Get into a comfortable position and start thinking about a relaxing setting in your mind, such as the beach, your comfy bed at home, a beautiful mountain, or anything else that brings you peace.

Establish a steady breathing pattern:

- Breathe in through your nose slowly, hold for 3 counts
- Breathe out through your nose completely, repeat multiple times

Visualize the stress floating away as you concentrate on each body section. Contract and release, repeating 3 to 5 times each:

- Your toes
- Your ankles
- Knees – imagine the stress draining from your knees
  - Buttocks
  - Spine – arch and straighten
  - Shoulders – shrug and release
- Slide over to your neck. Drop your chin to chest. Lift it to the ceiling.

Relaxation Exercise (continued)

Think again about the relaxing setting that you brought up earlier. All of the stress has left your body. You are feeling calmed and relaxed. Now visualize yourself in your relaxing setting, and feel free to sit for a few minutes in peace thinking of this place.

Now that you are calm and relaxed, slowly wake your body back up:

- Wiggle your toes
- Turn your ankles
- Shake your legs
- Wiggle your buttocks
- Stretch your back
- Shrug your shoulders to wake them up
- Move your head from side to side to wake it up
- Take one more deep, cleansing breath

## My Orientation Card

I am a patient at \_\_\_\_\_ in Room \_\_\_\_\_

We are located in (city/state): \_\_\_\_\_, \_\_\_\_\_

My doctor is \_\_\_\_\_

My nurse and aide(s) are \_\_\_\_\_

During the COVID-19 pandemic, you will see nurses and other hospital staff wearing  
"Personal Protective Equipment" or PPE. This can mean gowns, glasses, face masks, or other  
equipment that will protect them from being exposed to the COVID-19 virus. We  
understand that it can be alarming or scary to see your healthcare providers in this way, but  
this is a method to best protect you, healthcare staff, and other patients in the hospital.

March/April/May \_\_\_\_\_, 2020

Mon      Tues      Wed      Thurs      Fri      Sat      Sun

**Today is (circle and write-in):**

Tests and procedures scheduled for me: \_\_\_\_\_

My meals are at (indicate time): \_\_\_\_\_

## What Should I Know About Sleep?

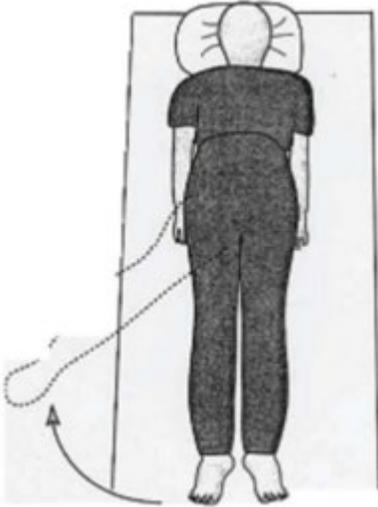
Try to go to bed each night at your usual bedtime. Avoid caffeinated beverages after 2 pm, and reduce fluid intake after 6 pm. Do calming activities before sleep.

While sleeping medication may sound like a good idea, these pills can actually harm your sleep health and put you at risk for certain medical conditions, such as delirium. Older adults ages 65 and older should try to sleep without medications. We recommend a glass of warm milk or herbal tea, relaxation exercises, and using a sleep mask or earplugs to avoid distractions.

The most important part of sleep is our REM cycle, or "Rapid Eye Movement" cycle. This is when our body "recharges" and helps you wake up feeling rested. Most sleep medicines do not help you get more REM sleep, instead making you less rested when you wake up.

**Bottom line? Medications are a "NO," but relaxation, a warm drink, sleep mask, and earplugs are a "GO!"**

We encourage you to, as much as you SAFELY can, stay active and mobile while you are here. We recommend taking short laps around your room to stretch your legs, safely moving from bed to chair, and doing “Range of Motion” exercises. If at any point, should you feel dizzy, light-headed, or unsteady, STOP participating and let your nurse know.



**Ankle and Hip Exercises:**

Complete 8-10 cycles each

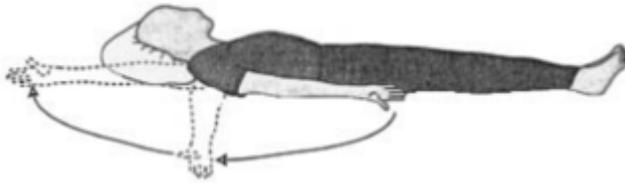
**Walking Around Your Room (after receiving nurse's permission!)**

- If your nurse says OK, you can walk around your room to get exercise and stretch your legs
- If available, put on non-skid slippers or shoes
- Slide or scoot to the edge of the bed
- Put feet flat on the floor, directly under your knees
- Take a moment to gain balance once you have stood up before you start walking
- When you are finished, stand with the back of your legs against the side of the bed
- Bend waist, hips, and knees to lower slowly back to a sitting position

**Using Stress Balls and/or Exercise Bands**

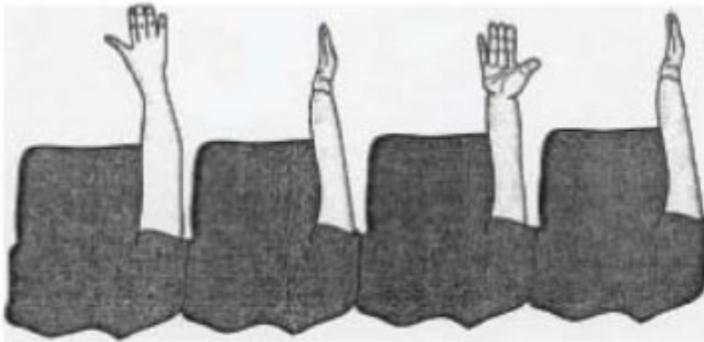
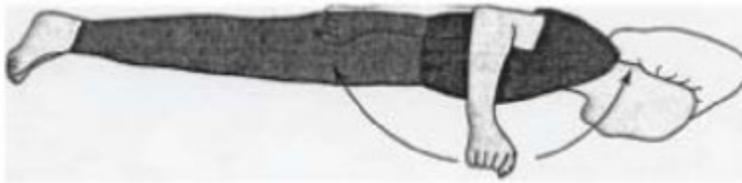
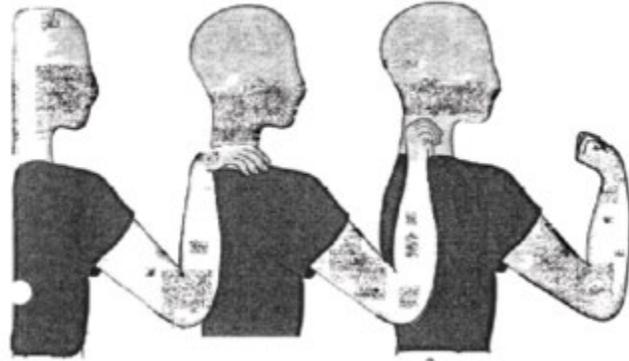
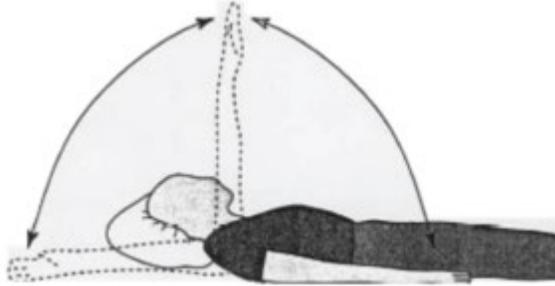
- Your Hospital Kit includes stress balls and/or exercise bands
  - With your stress ball, hold in your palm and squeeze your fingers around it, making a fist
  - Un-squeeze your fist, stretching your fingers back out
  - Repeat 5-10 times
  - With your exercise bands, try holding one for resistance while you complete the shoulder and wrist exercises located on your Range of Motion cards

We encourage you to, as much as you SAFELY can, stay active and mobile while you are here. We recommend taking short laps around your room to stretch your legs, safely moving from bed to chair, and doing "Range of Motion" exercises. If at any point, should you feel dizzy, light-headed, or unsteady, STOP participating and let your nurse know.



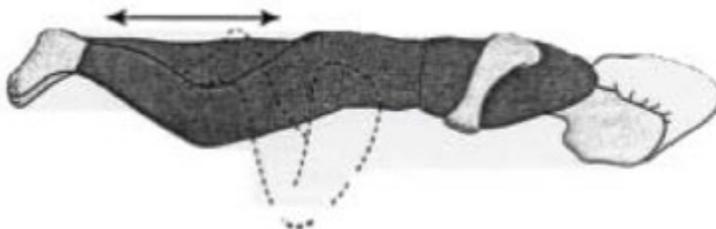
**Shoulder and Wrist Exercises:**

Repeat 8-10 cycles each



Bend one knee and hip, sliding foot up the bed as close to the buttocks as comfortable. Repeat 8-10 cycles each

**Knee Exercises:**



Repeat 8-10 cycles each

**Elbow and Wrist Exercises:**