



Lakeside Women's Hospital

INTEGRIS
HEALTH

Patient and Visitor Guide

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Welcome



Thank you for trusting us with your care.

As the patient, you are at the center of your health care team. We urge you and your loved ones to take an active role in your care so that we may best meet your physical, emotional and psychological needs.

This patient and visitor guide was designed by INTEGRIS Health caregivers and our Patient & Family Advisory Council to help anticipate your questions. We encourage you to use this guide to help you throughout your stay. If you have any questions about your care or experience with us, please do not hesitate to ask one of your caregivers.

Again, thank you for letting us help heal you. We look forward to partnering with you in your health care journey.

Sincerely,

Your Health Care Team

About Us

Our Mission, Vision and Values

At INTEGRIS Health, our Mission, Vision and Values reflect our commitment to partnering to achieve healthier outcomes for our patients and communities.

Vision and Values statements do three things: say why we exist (Mission), express what we aspire to do and be (Vision) and show how we will shape our behavior (Values). INTEGRIS Health's Mission, Vision and Values do just that.

Mission

Partnering with people to live healthier lives

Vision

The Most Trusted Partner for Health

Values

iCare

▶ **Integrity.**

We are honest and consistently adhere to the highest standards of ethical and professional behavior.

▶ **Compassion.**

We are kind and suspend judgment to appreciate other's perspectives and situations.

▶ **Accountability.**

We take ownership for our actions and outcomes.

▶ **Respect.**

We embrace diversity and inclusion, and value others.

▶ **Excellence.**

We seek to continuously improve, leading to exceptional outcomes.



Engaging in Your Care

You are at the center of your health care team. Let this guide help you get the best results from your hospital stay.



Speak Up!












If you have questions or concerns, you have the right to ask and get a response from your care team members that makes sense to you. We encourage you and your loved ones to become active partners on your health care team. Use the steps below to help guide your conversations.

- ▶ Speak up if you have questions. If you don't understand, ask until you understand.
- ▶ Pay attention to the care you are receiving. Always make sure you are getting the right treatment and medicines.
- ▶ Educate yourself so you fully understand your diagnosis and treatment. We don't expect you to understand medical jargon but it is our language. Please remind us to use common language if something is unclear to you.
- ▶ Ask a trusted family member or friend to be your support person.
- ▶ Know what medicines you take and why you take them.
- ▶ Use an accredited health care facility, like INTEGRIS Health, which has completed rigorous surveys to ensure safe, high-quality care.
- ▶ Participate in all discussions about your treatment plan.

Who's Taking Care of Me?

Your health care team consists of many health care professionals working together to make sure you receive the highest quality of care. This guide makes it easy to identify the hospital caregivers coming into your room, and their purpose.

Uniform Colors

Nurse - RN, LPN - Navy	
Dietitian - Black	
Nurse Assistant, Rehab Tech, HUC, Transporter - Grey	
Pharmacist - Royal Blue	
Rehab Therapist - Hunter Green	
Radiologic Technologist - Pewter	
Respiratory Therapist - Black	
Case Manager - Maroon	
Social Worker - Maroon	
Environmental Services - Burgundy Top, Black Pants	
Advanced Practice Nurse - Ceil Blue	

Other members of your care team may be wearing business attire with their name badge, such as providers, chaplains and child life specialists.

Guide to Your Visit

Important Phone Numbers

Main Hospital Number.....	405-936-1000
Business Office/Billing.....	405-252-8400
Toll Free.....	855-409-5458
Meal Service using in-room phone.....	405-936-1582
Retail Pharmacy.....	405-951-2345
Public Safety	405-949-3425
Spiritual Care & Chaplaincy.....	405-949-3195
Escort on Campus.....	405-949-3425

Bedside Technology

During your stay, you may see your doctors and nurses using computers or tablets. These tools help them care for you by providing around-the-clock monitoring and quick communication with the rest of your health care team. If you have any questions, ask your doctor or nurse.

Housekeeping Services

Someone from Housekeeping will visit your room daily to clean. If you are in your room, Housekeeping will try not to disturb you.

WIFI

We offer complimentary WIFI to our patients and visitors. Please use INTEGRIS Health Guest Network - if password is required, **"snowman."**

Language Services and Sign Language Interpretation

At INTEGRIS Health we provide a free qualified medical interpreter at any time of the day or night and at any point of contact at our facilities and through all stages of your stay. Our resources include Video-Remote Interpretation (VRI), Over the Phone Interpreter (OPI) and In-Person Interpreters. Please partner with your caregivers who can help provide this service for you.

Patient Meals

Nourishing and well-balanced meals are an important part of your treatment and recovery at INTEGRIS Health. We make every effort to provide nutritious meals prepared according to your physician's orders with the supervision of our executive chef and registered dietitians. A copy of the menu is in your room. Meals are served at the following times:

- ▶ Breakfast – 7:30 to 8:30 a.m.
- ▶ Lunch – 12 to 1 p.m.
- ▶ Dinner – 5:30 to 6:30 p.m.

Pastoral Care

We are honored to provide spiritual and emotional counseling and support 24 hours a day for patients, families and visitors. Our chaplains provide encouragement, spiritual guidance, grief support and prayer, and can assist you in accessing clergy from your faith tradition. If you would like to see a chaplain, please ask your nurse to call the on-call Chaplain.



Personal Belongings

We encourage you to leave your valuables at home or send them with a loved one. INTEGRIS Health is not responsible for any loss or damage of personal belongings while on hospital premises. Designated secure locations are available through Public Safety if you cannot send your valuables home.

Pharmacy

Have your new or current prescriptions filled at one of the INTEGRIS Health retail pharmacies on our campuses. Your prescription can also be delivered to your patient room before you are discharged. Please let your caregiver know if you would like to utilize this service. Pharmacy services include patient counseling, over-the-counter medications, health and beauty aids and a variety of gift items. Most insurance plans are accepted. Senior citizen discounts are available on cash prescription purchases. For more information, please contact either pharmacy.

► Pharmacy

Monday through Friday • 8 a.m. to 8 p.m.

Saturday through Sunday • 9 a.m. to 5 p.m.

3300 NW Expressway, Suite 1D1191 • Oklahoma City, OK 73112
405-951-2345

Parking

Parking is located on the west side of the hospital by the main entrance.

See campus map for reference.



TV Channels

- | | | | | | |
|----|-----------------|----|-------------------------|----|---------------------------|
| 2 | TBN | 34 | USA | 60 | Golf Network |
| 3 | Cox Channel | 35 | FX | 61 | History |
| 4 | NBC | 36 | Freeform | 62 | TBS |
| 5 | Telemundo | 37 | FOX Sports Oklahoma | 63 | TCM |
| 6 | QVC | 38 | Disney Channel | 64 | E! |
| 7 | Me TV | 39 | CMT | 65 | Bravo |
| 8 | ABC | 40 | TLC | 66 | Weather |
| 10 | CBS | 41 | CNBC | 67 | Fox Sports 1 |
| 11 | CW | 42 | MSNBC | 68 | FOX Sports Plus |
| 12 | FOX | 43 | CNN | 69 | Fox Sports 2 |
| 14 | PBS | 44 | FOX News | 70 | POP |
| 15 | Freedom 43 KAUT | 45 | Spike | 71 | NBC Sports |
| 17 | ION | 46 | VH1 | 72 | National Geographic |
| 18 | Azteca | 47 | HLN | 73 | Fox Business |
| 21 | Univision | 48 | TruTV | 74 | FXX |
| 22 | EWTN | 49 | SyFy | 75 | Unimas HD |
| 23 | HGTV | 50 | BET | 76 | Velocity |
| 24 | Food Network | 51 | Travel | 83 | Patient Education |
| 25 | Lifetime | 52 | Cartoon Network | 84 | Patient Education |
| 26 | Nickelodeon | 53 | GSN | 85 | Newborn Channel (English) |
| 27 | A&E | 54 | TV Land | 86 | Newborn Channel (Spanish) |
| 28 | ESPN2 | 55 | WGN | | |
| 29 | ESPN | 56 | Comedy Central | | |
| 30 | MTV | 57 | Investigation Discovery | | |
| 31 | TNT | 58 | Hallmark | | |
| 32 | Discovery | 59 | Animal Planet | | |
| 33 | AMC | | | | |

To access Closed Captioning, select



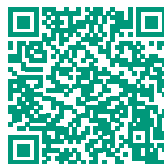
on the remote.

Show Gratitude to Your Caregivers



Daisy Award

The DAISY Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. Please say thank you by sharing your story of how a nurse made a difference you will never forget! Please visit integrishhealth.org/DAISY to nominate your nurse.



INTEGRIS Health Foundation

Patients who receive exceptional care at INTEGRIS Health often ask how they can say “thank you” to the people who made a difference – whether it be a doctor, nurse, therapist, volunteer or entire department. By acknowledging and contributing to the individuals that have played a pivotal role in your journey, you become a catalyst for meaningful transformations in the lives of those around you.



We hope that your experience at INTEGRIS Health has inspired you to pay it forward. Our INTEGRIS Health Foundation team would love to help you or your family find the best way to show your gratitude and make a difference in the lives of the patients we serve. Visit integrisgiving.org/grateful-patients to share your story, make a gift, or connect with a member of our Grateful Patient program team. Thank you for recognizing our caregivers who have made a difference in your healthcare journey.

Escalating Patient Concerns

If you have concerns or questions:

- ▶ Please contact your nurse, provider or any member of the health care team so that we can immediately address any concerns you may have.
- ▶ If you are not comfortable speaking to a member of your care team, ask to speak to the unit nurse leader or house supervisor.

Condition H

INTEGRIS Health participates in a National Safety Initiative called Condition H. Condition H will alert a supervisor to come to the patient's room.

When to Call a Condition H

- ▶ If after speaking with a member of the health care team (i.e., nurses, providers) you continue to have serious concerns about how care is being given, managed or planned.
- ▶ If in an emergency situation, there is a noted change in the patient's condition that is not being recognized by the caregiver, or the patient does not receive attention deemed appropriate by family.

The process for calling a Condition H is:

- ▶ **Dial 405-949-3411**
- ▶ Tell the operator: **"I am calling a Condition H. The patient is at INTEGRIS Health Baptist in room ____."**
- ▶ A supervisor will come to the patient's room to offer assistance.

Scan the QR code for more information on when you should call a Condition H.



Prevent Falls



While you are here, you may feel dizzy or weak. Illness, procedures, medicines or even just lying down for too long can make you less steady on your feet. To keep yourself safe:

- ▶ Use the nurse call button for help getting out of bed.
- ▶ Ask for help going to the bathroom or walking around (use hospital handrails when they're available.)
- ▶ Do not have your family or visitors assist you with getting out of bed. The caregiver team is trained to assist you and is here to ensure your safety.
- ▶ Wear nonslip socks or footwear.
- ▶ Keep often-used items within easy reach (glasses, phone, remote, etc.)
- ▶ Make sure your wheelchair or walker is locked when getting up or down. Never step on the footrest of your wheelchair.

How to Prevent Infection



- ▶ Wash your hands with warm soapy water for at least 20 seconds or use alcohol hand sanitizer.
 - ▶ Before and after eating.
 - ▶ After using the restroom, coughing, sneezing or blowing your nose.
 - ▶ When visibly soiled.
- ▶ Remind others to clean their hands too.
- ▶ Cover your mouth by coughing or sneezing into your arm or use a tissue. Then promptly wash your hands.
- ▶ Do not touch your bandages, IV sites, drains, tubes or wounds. Please tell a care team member if the dressing becomes soiled, loose or wet.
- ▶ Watch for signs of infection like redness, swelling, drainage or increased pain or heat. Alert a care team member if you notice any of these symptoms.
- ▶ Keep your vaccinations up to date.
- ▶ Encourage family and friends who are sick not to visit you in the hospital until they are well.
- ▶ During your care, caregivers may wear a mask or gown for the protection of you and others.

Checklist for Discharge

After Visit Summary (AVS)

When you are discharged, you will be given an After Visit Summary (AVS), which includes who cared for you, your procedures and medicines.

Medicine List

This includes all of your new and former prescriptions, over-the-counter medicines, vitamins and supplements. Ask if there are any medicines you can stop taking or that are not good to take together. Also make sure you know why, how and when to take each one. It is important to find out exactly when to take your medicine for the first time at home, after you're discharged. Make sure to write it down. Also, make sure your primary care doctor is informed of any changes or new medicines.

Use this checklist to help prepare yourself for discharge.

I understand about the help I will need when I leave the hospital.

I understand what symptoms to watch for and when and who to call should I experience them.

I understand the discharge medications, where to get them, how to take them, when the next dose is due and potential side effects of the medications.

I understand all diet recommendations and activity limitations.

Someone close to me knows I'm being discharged and what I will need when I get home.

I understand the date and time of my follow-up appointments.

I understand how to care for my incision (if applicable).

I understand how to use home medical equipment (if applicable).

Home Health arrangements have been confirmed (if applicable).

INTEGRIS Health & Me

INTEGRIS Health is proud to welcome you to personalized health care that's all about you.

INTEGRIS Health & Me is our patient portal that provides an ever-growing suite of intuitive and secure tools to manage your health care in the way that only you can, whenever and wherever it suits you.

By signing up for INTEGRIS Health & Me, you'll have the ability to:

- ▶ Send a message directly to your medical team and get a discreet, secure response within two business days.
- ▶ Manage your appointments.
- ▶ Preregister online.
- ▶ Request dates and times that work best for you, and get a response from your physician's office withing two business days.
- ▶ Pay your bills online.
- ▶ Manage your medical information.
- ▶ View past appointments, check test results.
- ▶ Find the doctor for you.
- ▶ Video chat with a health care provider.
- ▶ Renew INTEGRIS Health Pharmacy prescriptions.

Activate your account

To access all INTEGRIS Health & ME features, you'll need your 15 character activation code. You can get this one of four ways:

- ▶ Look for it on your visit summary after a doctor visit.
- ▶ Look for it on your billing statement.
- ▶ Contact your physician's office.
- ▶ Call 844-843-1500.

Self-sign up online at: integrishealthandme.com/MyChart/Signup

Register or sign in at integrishealthandme.com.

Financial Information



Visit [integrisok.visitpay.com](https://www.intgrisok.visitpay.com)
to get started!

INTEGRIS Bill Pay

INTEGRIS Health recognizes that some patients just need the opportunity to pay their balances over time. While some services may require a deposit up front, we also provide our patients with an easy and convenient way to manage their medical bills, including the ability to set up a flexible personalized payment plans. Patients can view their bills, clearly see what they owe – including what their insurance plan paid – pay balances, or set up payment plans all at their own convenience. Notifications of balances and planned payments can be tailored to be received in a way that best suits your life.

Billing notification can be sent through email and/or by text. In addition to the ability to manage your bills online, you can opt in to text to pay. Text to pay allows you to save a credit card online and once you receive a text notification of a new balance you can authorize that payment with a simple text reply. You can even set up a short-term payment plan all with a simple text reply to your text notification. In addition to these great online billing options, you can communicate with our Patient Financial Services office.

Open Notes



Our INTEGRIS Health mission is to partner with people to live healthier lives. One of the ways we live out that mission is to make sure you have up-to-date information about your health and wellness. You can now view your Provider's daily progress notes and your laboratory, radiology and pathology results as soon as results are available through the INTEGRIS Health & Me patient portal. The goal is that this information will help you have meaningful discussions with your care team about your health and plan of care.

How do I access my test results and Provider's notes?

- ▶ If you already have an INTEGRISHealth&Me patient portal account, you can log into your account to view your test results at <https://www.integrisandme.com/MyChart/>.
- ▶ If you do not have an INTEGRISHealth&Me patient portal account, sign up online at <https://www.integrisandme.com/MyChart/> or call 844-843-1500 for assistance. If you have a personal email address on file, the activation code will be emailed to you upon admission to the facility.

What do I do if I have questions about my test results?

We release all notes and results immediately to you. Therefore, you may see some results even before we do.

If you or your loved one are currently a patient in our hospital and have questions about your test results, please ask your nurse to write your questions on the patient communication board in your room. When your Provider comes to visit you, she or he will go over those questions with you and address your concerns.

Can I give my loved ones permission to view my test results?

Patients can allow loved ones, called Proxies, to view notes and other portions of the medical record in their INTEGRISHealth&Me portal.

Adult Patients

Adult patients may control who can access your information using the Share My Record>-Friends and Family Access feature in INTEGRISHealth&Me or by submitting a proxy request to the Health Information Management (HIM) department or your provider's office. Additionally, proxy access may be requested by and granted to another adult with legal authority to access the patient's health information. Documentation such as a health care power of attorney or legal guardianship must be provided.

Minor Patients

Parents and legal representatives of minor patients less than 17 years of age will need to request Proxy access to access their child's information.



Access Your Child or Loved One's Health Information

We believe it's important for family members, parents and guardians to have easy and quick access to their loved one's or child's health information. Our INTEGRIS Health & Me patient portal allows real-time access to most clinical notes and results.

Access Your Minor Child's Record



integrishealth.org/child-proxy

- ▶ Scan the QR code to complete or ask a caregiver for the minor child proxy form.
- ▶ Submit the form in one of three ways:
 - ▶ Email the form to Healthinfomanagement@integrishealth.org
 - ▶ Fax to INTEGRIS Health Information Management at 405-552-8773.
 - ▶ Mail to
3433 NW 56th Street
Bldg. B • Suite C50
Oklahoma City, OK 73112
- ▶ When the form is submitted, we create your INTEGRIS Health & Me account to give you access to your child's information.
- ▶ Please note more than one person can access an INTEGRIS Health & Me account.
- ▶ For minor patients, proxy access expires when the child turns 18.

Request Access for Your Adult Loved One's Record



integrishealth.org/adult-proxy

- ▶ Scan the QR code to complete or ask a caregiver for the adult proxy access form.
- ▶ Submit the form in one of three ways:
 - ▶ Email the form to Healthinfomanagement@integrishealth.org
 - ▶ Fax to INTEGRIS Health Information Management at 405-552-8773.
 - ▶ Mail to
3433 NW 56th Street
Bldg. B • Suite C50
Oklahoma City, OK 73112
- ▶ When the form is submitted, we create your INTEGRIS Health & Me account to give you access to your loved one's information.
- ▶ Please note more than one person can access an INTEGRIS Health & Me account.
- ▶ If your dependent child is 18 or older, use the adult proxy form.

If you have questions or want to learn more, please call Health Information Management at 877-778-7211.



How do I revoke my Proxy's access to my portal?

You may revoke proxy access by navigating to Friends and Family Access within their INTEGRISHealth&Me portal.

OR

Complete and submit the Request to Revoke Proxy Access Form. The completed form may be emailed to HealthInfoManagement@integrisok.com, faxed to 405-552-8773 or mailed to 3366 NW Expressway, Bldg. D Ste. C-20, Oklahoma City, OK 73112.

Amendment Requests

If you feel that information within your medical record is inaccurate, incorrect or missing, you may submit a request for an amendment to your health record. You may contact our Health Information Management Department and they will be happy to assist you with that process.

Please note: A request does not result in an automatic approval of the amendment. The approval of an amendment request is up to the discretion of the medical staff who provided care and treatment during your encounter(s). The document needed to initiate the amendment request can be found here: integrishealth.org/patient-information/release-medical-records.

E-mail: HealthInfoManagement@integrisok.com

Phone: 877-778-7211.



Located at the NE corner of Lake Hefner in the Hefner Pointe office complex.

Take the Hefner Road Exit from Lake Hefner Parkway, go west on Hefner Road, then turn right on Hefner Pointe Drive.

HEFNER POINTE MEDICAL CAMPUS

- A: Lakeside Women's Hospital**
11200 N. Portland Ave.
405-936-1500
2nd Floor: **Crista MacAllister, M.D.**
Sarah Mashburn, M.D.
Mitchell D. West, M.D.
- B: Urogynecology offices**
- C: INTEGRIS Health Medical Group
Hefner Pointe**
11101 Hefner Pointe Drive, Suite 204
405-936-1000
Offices of: **Robert Stepp, M.D.**
John Parmelee, PA-C
- C: Hefner Pointe Medical Center**
11101 Hefner Pointe Drive, Suite 105
405-751-5555
Offices of: **Aaron Armstrong, D.O.**
Teresa Folger, M.D.
- D: Urology Associates**

- E: Children's Eye Care**
- F: Varicose Vein Care of Oklahoma**
- G: Reflections Dental Care**
- H: Water Oak**
10914 Hefner Pointe Drive, Suite 202
INTEGRIS Health Medical Group LakePointe
405-815-6840
Offices of: **Joey Fowler, M.D.**
Phillip McGhee, M.D.
- J: North Shore Building**
10900 Hefner Pointe Drive, Suite 505
405-552-0400
Offices of: **Nicole Sharp Cottrell, M.D., FACS**
Mary Lindemuth, M.D., FACS
Omar Qutob, M.D.
- Lakeside Women's Imaging, Suite 501**
405-951-2603

