

Look inside this card for tips on how to use your PatientPod™



### Cover your TV remote with sleeve:

- 1 Insert remote into cover, with control buttons facing toward flap.
- 2 Split flap along perforation, peel off adhesive strips.
- 3 Seal flaps on either side of tether (wire), leaving a little room to manipulate dials on side of remote.



The Patient Pod includes a remote control sleeve, pen & notepad, hand sanitizer, and disposable anti-bacterial wipes.



*"Having a Patient Pod made me feel more secure, self sufficient, comfortable and safe."*  
Hali B. | Hospital Patient

The information presented within The Patient Pod or in its literature and web sites is not intended to take the place of your personal physician's advice, and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or health-care provider to determine what is right for you. The information contained in The Patient Pod™ amenity system is presented in summary form only and intended to provide broad consumer understanding and knowledge. The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider.

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**THIS PRODUCT NOT INTENDED FOR CHILDREN UNDER 4 YEARS OLD.**  
Learn more at [www.thepatientpod.com](http://www.thepatientpod.com)  
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[www.ThePatientPod.com](http://www.ThePatientPod.com)

The PATIENT POD is a bedside amenity system that puts the things you need most at your fingertips during your stay in the hospital or long-term care setting. It's uniquely designed to provide you with control, comfort and convenience. Use it in good health!

### To optimize your PatientPod™

- Always handle with clean hands.
- Write on the name card what you'd like others to call you.
- Fill in the card below, or choose a favorite 4 X 6 photo, and insert in the front of your Patient Pod.
- Place your (clean) personal items inside the Patient Pod and seal remote control in cover provided.
- Attach the Patient Pod to your bedrail, bedside table, walker or wheelchair...it travels with you!
- Read the 6 Steps to a Better Patient Experience, below.



## The PatientPod™

- 1 While hospitalized, appoint a companion if possible.**  
Having a friend or relative with you can be important the first night after surgery and at times you are too sick to speak for yourself. If the companion can perform simple tasks - like tidy the bed - it will free up the nurses for more sophisticated patient care. When you call on your nurses, they'll know it's important and you'll find them appreciative.
- 2 Insist on cleanliness.**  
It can feel awkward to ask your visitor, doctor or nurse to wash their hands before touching you, but good hand hygiene is the best way to avoid infection in the hospital. The best approach is a combination of routine hand washing and sanitizing gels. Use your knuckles to press elevator buttons.
- 3 In the hospital setting it is especially important to wash your hands before eating, and to avoid touching your mouth, eyes, nose or wounds with unclean hands.**  
Clostridium Difficile or "C-diff" is a bacteria carried by some of us in our digestive systems. C-diff (along with certain other infectious germs) can also gain access into our body when we touch an object (a table or bedrail for example) that was not thoroughly cleaned, and then touch our mouth, nose or eyes. C-diff often won't cause problems until you begin to take antibiotics for another illness. At that point the C-diff organism can grow out of control, making you very ill. (Hand-washing has proved more effective than alcohol gels in eliminating C-diff). Keep purses, briefcases and backpacks (whose bottoms carry large amounts of bacteria) off beds and tables. If something falls on the floor, never put it back on the bed, bed table or chair.
- 4 Be alert for how infections are transmitted.**  
Germs, such as MRSA, enter the skin through surgical wounds or intravenous (IV) lines inserted into your body to deliver drugs, fluids or nutrition. Any break in the skin is a potential "port of entry" for infection. If the skin around a surgical wound, intravenous line or catheter should become red, swollen, hot or painful, or if you develop chills or feel feverish, alert hospital staff immediately.
- 5 Write down developments:**  
Medications administered, names of procedures, instructions given, and dates and times of the above. Also jot down any questions as they occur to you, so you won't forget them when the caregiver enters your room. You can put a reminder in the pear-shaped message clip on your Patient Pod. Keep notes, handouts and discharge information handy and safe inside your Patient Pod.
- 6 Be polite but assertive when necessary.**  
Complaining too often or too aggressively about minor inconveniences can alienate the multi-tasking staff. But you should expect reasonable and timely responses to reasonable requests and questions. If you're being neglected, ask to speak to the hospital's patient advocate or social-service worker.

### Please help us get to know you better.

Display a favorite photo – or the answers to the questions below. You choose!

- 1 Tell us about a person or thing that makes you smile.
- 2 What's the first thing you want to do when you get home?
- 3 What is your favorite movie or TV show?
- 4 What is your dream vacation?

