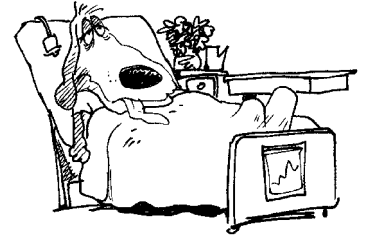




HEALTH FOR LIFE

Ways to Combat Boredom When in the Hospital for an Extended Stay

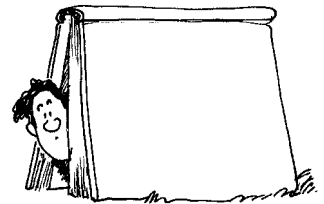
Nobody likes to be in the hospital. It is especially difficult if you have to be hospitalized for a long time. Following are some ideas on how to keep yourself from becoming bored, depressed or lonely if you have a long hospital stay.



☞ Preparing for a Long Hospital Stay

- **What to Bring:**

- ▶ Nightgown / pajamas / robe
- ▶ Slippers
- ▶ Socks, underwear (bras)
- ▶ Favorite pillows in colorful pillowcases
- ▶ Books and magazines
- ▶ Address book with phone numbers, appointment book
- ▶ Stationary, note cards, calendar
- ▶ Needlework and crafts that can be done in bed
- ▶ Deck of cards
- ▶ Cassette or disc player
- ▶ Videotapes
- ▶ Snacks
- ▶ Ear plugs
- ▶ Family photos
- ▶ Suitcase with personal items
- ▶ Small amount of money (leave valuables at home)

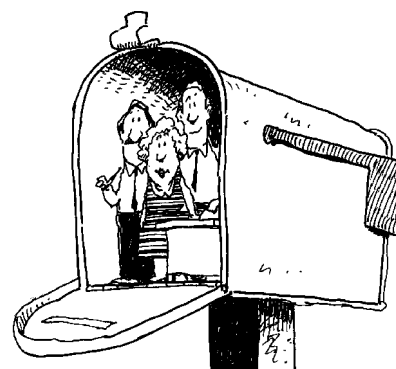


- **Questions to Ask:**

- ▶ What are the hospital's visiting hours?
- ▶ When are meals served? Are there some snacks available?
- ▶ What parking arrangements are available for patients and family members?
- ▶ Who else will be involved in my care?
- ▶ Can I personalize my room?
- ▶ Will I have a private or semi-private room?
- ▶ What is the policy on overnight visitors?
- ▶ What will my daily routine be like?
- ▶ What will my activity level be in the hospital? What will I be allowed to do?

Keep A Journal

- Create a calendar
- Write letters to family and friends and keep communication open
- Make a collage of your feelings



Do Diversional Activities

- Keep a daily schedule
- Schedule T.V. watching and use T.V. for diversion not background noise
- Do activities such as needle point, sewing, knitting, cross word puzzles, games, models etc.
- Rearrange your photo album
- Listen to a radio with earphones, so as not to disturb your roommate
- Talk with other patients. If confined to your room, ask for the phone number of another patient
- Join in group activities
- Attend scheduled activities and group sessions
- Women, pamper yourself! Paint your toenails and fingernails, use scented lotions, soaps. Experiment with new makeup or hair clips and ribbons
- Take a shower (if your doctor approves)
- Follow your same routine as much as possible
- Do non-strenuous exercises if approved by your doctor



Continue Your Education

- Read a book (Book Cart available)
- Do puzzles, word games (Located on Book Cart)
- Learn a foreign language
- Visit the **Center for Health Information**, our patient education library, on the first floor of Doan Hall if your doctor approves

Ask for Help from Family and Friends

- Schedule an extended visit
- Get people involved who offer to help
- Provide a shopping list, for home, or supplies for activities
- Ask for food, fresh fruit, flavored sparkling water, or something different, that is not served in the hospital. Make sure you are still within your dietary guidelines

Establish a Homey Environment

- Wear your own clothes
- Put on make-up
- Hang up your children's artwork
- Post as many reminders of home in your room, as possible, for example, photos, or a favorite pillow
- Have a small, quiet dinner party - create a social life

Strategies for Expectant Mothers

- Watch the Newborn Channel 35 on Patient Education TV (BuckEYE on Health).
- Attend Childbirth Education Classes. Chart your baby's development
- Write letters to your baby
- Create your own birth announcements



- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191. For more written information, please call (614) 293-3707.