



Banner Gateway Medical Center



Heart Care Services in a Healing Environment

In a quest for medical excellence and innovation, Banner Gateway provides compassionate heart care services. Our next-generation medical center offers highly specialized, state-of-the-art Progressive Care and Intensive Care Units that guarantee a safe and comfortable healing environment for those recovering from heart ailments and procedures. Additionally, our remote monitoring and *iCare* capabilities ensure excellent care for patients with a history of cardiac concerns or conditions.

Diagnosis

An accurate diagnosis is the first step in treating any heart abnormality or disease. We offer several methods to diagnose an array of heart ailments.

Some of the most common methods used include:

- **Echocardiography** An echocardiogram, also called an echo, uses a painless technique to send sound waves into a patient's chest. This produces a moving picture of the heart and heart valves.
- **Electrocardiography (ECG)** Also called EKG, an electrocardiogram measures the electrical activity in a heartbeat. Patients can be hooked to electrodes or wear a heart monitor (a small box that weighs less than one pound). The monitoring devices send signals to technicians who observe the heart rate and rhythm.
- **Nuclear Imaging** Nuclear medicine is a unique type of medical imaging that uses very

small and safe amounts of radioactive materials in conjunction with a specialized camera to diagnose and treat diseases. Heart scans are most often used to image blood flow to, and the function of, the heart.

- **Treadmill Stress Testing** Stress/exercise testing involves studying the heart while under maximum cardiac stress. It allows technicians to measure the heart's efficiency when subjected to predetermined exercise or cardiac medications. Patients may walk on a treadmill or lie still under a camera depending on how the physician chooses to view their heart function.

There are several approaches for each diagnostic method listed above. Please speak with your physician to determine which test is right for you.

Progressive Care

The Progressive Care unit at Banner Gateway helps ease a patient's transition from Intensive Care or surgery to recovery. When a patient is admitted to the unit, his/her physician and other caregivers have decided he/she is ready to move to the next level of care.

The patient requires less supplemental oxygen, is eating and is able to increase his/her activity level. Continuous bedside monitoring and one-on-one nursing is no longer required; a sign the patient is doing well.

During continuous cardiac monitoring on the Progressive Care unit, patients typically wear a heart monitor that sends signals to a monitor technician who observes the heart rate and rhythm. Nurses monitor vital signs, weight measurements and fluid levels to provide the best standard of care.

The increased level of monitoring that happens in the unit means patients may be attached to machines not found in typical hospital suites. Progressive Care nurses strive to make each patient as comfortable as possible during their stay. Progressive Care nurses have chosen to specialize in the treatment of heart patients. They receive ongoing education in this specialty area.

Intensive Care

Life can be challenging when a family member is critically ill. The intensive care specialists at Banner Gateway focus on providing the most advanced and compassionate care during these difficult times.

The Intensive Care Unit (ICU) is furnished with state-of-the-art equipment, including additional ICU monitoring devices and capabilities through a program known as *iCare*, to ensure close observation of each patient's status. A specially trained team of nurses and respiratory care practitioners collaborate to oversee patients' care and treatment, and to keep family members informed.

Rest is key to the recovery of critically ill patients. For this reason we ask that patients have no more than three visitors at a time. Please check with your loved one's nurse to plan visits around the patient's needs. For the safety of all ICU patients, flowers are not permitted in ICU patient rooms.

iCare Intensive Care Monitoring

Linked to Banner Gateway's ICU rooms via telemedicine, the *eICU*®, or *iCare* system, pairs audiovisual and information technologies with intensivists (medical doctors who specialize in intensive care medicine) to continuously monitor patients remotely.

Vital signs, patient information, laboratory data and X-rays from existing patient bedside monitoring devices are transmitted to an off-site *iCare* facility in near real-time. To further enhance monitoring and communication, there also are video cameras and microphones in patient rooms allowing the *iCare* team to see and speak directly to patients.

Patients or their representatives are informed about *iCare* prior to admission and may choose to opt out of *eICU*® monitoring, but most are in favor of the additional care.

Remote Monitoring

As an extension of Banner Gateway's heart care services, we offer remote monitoring for many patients. Through advanced technology, patients with a cardiac history may receive heart monitoring while hospitalized for an unrelated condition.

For instance, if a patient with a cardiac history is admitted for a knee replacement or other orthopedic procedure, he or she may receive post-operative remote monitoring to ensure normal heart rhythm and activity. In such cases, patients are admitted to the orthopedic surgery floor where they can receive orthopedic-specific care, but their heart may still be monitored.

Patient Rooms Promote Healing

Banner Gateway Medical Center offers large patient rooms designed to support patient healing and family involvement. A family zone includes a couch that converts to a twin bed for a family member to spend the night, an internet port and telephone. Patient education videos, games, music, movies and internet access are available for patients on the interactive television system. Patients are served their meals via our room service program which allows for mealtimes and menu selections based on individual preferences.