

My Inpatient Progress Tracker

Your health-care team will help you get moving throughout your stay in the CVICU and inpatient unit. You can use this table to track your progress. The progress tracker follows our expected pathway to recovery, but recovery is different for each person. Please do not be discouraged if your progress isn't exactly as shown.

Day 0 (Day of Surgery)	
You will be in the CVICU. One nurse will be with you at all times. Your breathing tube will be removed about 6 hours after surgery. Your nurse will then help you with the activities below over the next 8 hours.	
Sit on the side of your bed.	<input checked="" type="checkbox"/>
Day 1	
Your chest tube will be removed. Your care team will help you with the activities below. By the end of the day, you will move to the D3 inpatient unit. On the inpatient unit, you should be wearing closed-toe, rubber-sole slippers. Women should also be wearing a comfortable bra.	
Sit in a chair for all three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 2	
You will stay on the D3 inpatient unit. Your urine catheter will be removed and you will be expected to walk to the bathroom with help.	
Walk for 3-4 minutes with help.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in a chair for three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Day 3

You will stay on the D3 inpatient unit. Your pacing wires will be removed. If you haven't had a bowel movement, you may be given medication to help. You will be going home tomorrow. Have your family bring you clothes if they haven't already.

Walk for 3-4 minutes alone or with help, as directed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in a chair for three meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Deep breathing and coughing.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ankle pumps.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Shower with help after your pacing wires are removed.	<input type="checkbox"/>

Day 4

You will be going home today. Your dressings over your incision will be removed. Your driver should arrive at 11:00 a.m. and pick you up on D3. If your driver is late, you will be moved to the patient lounge to wait.

Sit up in your chair for breakfast.	<input type="checkbox"/>
Get dressed to go home.	<input type="checkbox"/>
Continue with your walking and ankle pumps until you are discharged.	



Did you attend the discharge class?

We recommend that you and your caregiver(s) attend one of our discharge classes to help you prepare for your transition home.

Discharge classes are scheduled every Monday, Wednesday and Friday at 10:30 a.m. in the patient lounge on our cardiac inpatient unit, D-Wing, third floor.