

My Progress Tracker

Your health-care team will help you get moving throughout your stay in hospital. You can use this table to track your progress. Recovery is different for each person.

Day 0 (Day of TAVI)	
You will be in Coronary Intensive Care Unit (CICU) or Short Stay Unit (SSU). A nurse will be with you at all times. You need to remain in bed for at least 4 hours. Your nurse will then help you with the activities below over the next 8 hours.	
Sit at the edge of your bed and hang your feet at your bedside.	<input checked="" type="checkbox"/>
Day 1	
Your health-care team will help you with the activities. You should be wearing closed-toe, rubber-sole slippers to keep you safe when walking. You may be able to go home today.	
Sit at the edge of your bed and walk to your chair for all three meals.	<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"/>
Walk for 3- to- 5 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"/>
Get dressed if going home.	<input type="checkbox"/>
Day 2	
You will be going home today. Your driver should arrive by 11:00 a.m. If your driver is late, you will be moved to the patient lounge.	
Walk for 3- to- 5 minutes alone or with help, as directed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sit up in your chair for meals.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Get dressed to go home as directed.	<input type="checkbox"/>
Continue with your walking and ankle pumps until you are discharged.	