For additional hospital information please contact the Barrow ResourceLink at (800) 227-7691 or (602) 406-6281.

To make changes to this brochure, please contact:
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www.thebarrow.com
Welcome to the Barrow Neurological Institute.

We have created this brochure to provide you with information about your surgical treatment. The information is intended to address many of the questions, concerns, and expectations that you may have while in the hospital. We hope that this information helps reduce any anxieties that you may be feeling. The Barrow team prides itself on its family-focused approach and believes that it is essential for you and your family to actively participate in your care. Along with the surgeons and nurses, you are an integral part of the decision-making team. We appreciate your confidence in our team and thank you for choosing to have your treatment at Barrow.

—Robert F. Spetzler, MD
Food and liquids are introduced slowly, beginning with ice chips and advancing to more substantial foods as tolerated. At this point, you may need treatment to assist with your recovery such as speech, occupational, and physical therapy; these services may continue throughout your hospital stay and after hospital discharge in an outpatient setting. Social work, case management, and pastoral services are available on request.

Tubes that drain fluid from the surgical site may remain in place for as long as 4 days and are removed at the discretion of your surgical team. Tests such as radiographic studies (MRI, CT) and laboratory tests may be performed in the days after your surgery.

General Nursing Units

Once close monitoring is no longer required, you will be transferred to the general nursing floor. Private and double rooms are available in these areas. On general nursing floors, your activity will be increased to avoid muscle weakness and other complications of immobility. Some patients are out of bed the same day as surgery. Services such as physical therapy, speech therapy, and rehabilitation may be provided. As your level of activity increases, your discomfort may also increase. At this point, medication is usually taken orally rather than through an intravenous line. Diet is advanced as tolerated. Small, frequent, balanced meals will help you heal faster and regain your normal energy level.

Discharge

Your physician will let you know the day you are expected to be discharged from the hospital. It is important that you pick up your prescriptions filled right away, but it is important that your medications be available if the need arises. Discuss the possible interactions between various medications that you are taking with your physicians. Avoid drinking alcohol, driving, and operating heavy machinery while taking medication for pain.

Honor your physical limitations. Allow sufficient time to recover before you resume normal daily activities. Ask your surgeon for specific limitations on lifting weight based on the procedure that you had. Exercise gradually with activities such as walking rather than aggressive gym activities. Discuss this process with your surgeon.

Baths and swimming are discouraged until your incision is healed, typically 7 to 14 days after surgery. Wound care is prescribed by your surgeon.

Small frequent meals, including foods rich in protein, are encouraged to promote healing. Smoking inhibits the healing process by hindering blood flow to your organs and tissues and should be avoided.

The hospital’s case management department and social workers are available to help you identify needs that you may have after discharge from the hospital. These needs may range from renting wheelchairs to arranging home health care and outpatient therapies. Please ask to speak to one of these individuals before the day of discharge.

Remember to take all of your belongings with you and to tell your friends and family that you have been discharged from the hospital.

Follow up with your surgeon

Call your surgeon’s office after you return home to schedule a follow-up appointment 7 to 10 days after surgery. This visit is an opportunity for your surgeon to examine your surgical site and to assess your recovery. Before the appointment write down any questions you may have to ensure that all of your concerns are addressed. Special accommodations can be made for patients traveling from out of state. Write down any instructions that your physician gives you such as the need for an annual check-up, future x-rays, or other time-sensitive tests.

Please remember:

- Tell your surgeon what medication you are currently taking before surgery. This includes over the counter medications and natural herbs.
- Confirm the time to stop eating and drinking before surgery with your surgeon.
- Bring your insurance card, identification, living will, and method of payment to the hospital.
- Leave all jewelry and valuables at home.
- Arrange transportation to and from hospital ahead of time.
- Identify a companion to care for you once discharged from the hospital (meals, prescriptions, errands, transportation to office visits).
- Make sure you have all of the prescriptions you need prior to leaving hospital.

In just five decades, Barrow Neurological Institute at St. Joseph’s Hospital and Medical Center has grown from a community neurological center to a worldwide leader in the neurosciences. Consistently recognized by U.S. News & World Report as being one of the top 10 centers for the quality of its neurological and neurosurgical care, Barrow reaches milestones that impact not only its’ patients but also the way healthcare is practiced around the world. In its quest to unlock the mysteries of the brain, Barrow has done much to advance the neurosciences. Scientists have made groundbreaking discoveries in areas such as neurogenetics, neuroradiology and neurobiology, and neurosurgeons have pioneered techniques now used throughout the world – techniques that include hypothermic cardiac arrest, thoracoscopic spine surgery, craniofacial and skull base surgery. Barrow attracts patients, students and medical staff from more than 100 countries.

One of the strongest attributes of Barrow is the caliber and experience of our staff who are specialized in the care of neuroscience patients. The physicians, nurses, specialists, and support staff who practice at our institution are among the brightest in the business. Barrow attracts talented professionals devoted to improving the quality of life for patients with complex neurological disorders.

To target the treatment of difficult neurological conditions, Barrow has created several specialized programs and centers. For example, Barrow is home to the leading hypothalamic hamartoma treatment and research center. Barrow is one of the few places where individuals can receive comprehensive treatment, including surgical intervention, stereotactic radiotherapy, endocrine and neuropsychological evaluations as well as seizure management, for this life-altering tumor and benefit from ongoing research. Barrow offers other team-approach programs for people with craniofacial abnormalities, skull base disorders such as acoustic neuromas as well as various other diseases. The Normal Pressure Hydrocephalus Center is composed of a team of practitioners who specialize in offering care to patients afflicted with this disease. All of our subspecialty centers are staffed, full-time, by experts and specialists who focus on providing patients cutting-edge treatments coupled with compassionate care.

Innovation is a way of life at Barrow. Led by Dr. Robert Spetzler, Director at Barrow since 1986, the Institute continues to unlock the mysteries of the brain and spine through innovative clinical care, intensive postgraduate medical education, and pioneering research. Maintaining a healthy balance among clinical care, teaching, and research is a tradition that the organization has held sacrosanct since its founding. The resulting synergies have produced some of the most amazing advances in the field. Barrow has become a leading neurological super subspecialty hospital and is well known around the globe. We also have acclaimed centers in more familiar neurological conditions such as stroke, brain tumors, epilepsy, spine disorders, Parkinson’s and pituitary disease. Likewise, our capabilities and outcomes in research, rehabilitation, neuroimaging, and cerebrovascular and endovascular surgical techniques continue to advance. Our power-packed combination of talent, expertise, inquisitiveness, compassion, and technology integrates our vision of excellence with a problem-solving approach intended to ensure that patients receive the best patient care that we can provide.

Barrow Neurological Institute

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Getting Around

The Barrow neuroscience inpatient tower is located on 3rd Avenue, just north of Thomas road in Phoenix. It is about a 20-minute cab ride from Sky Harbor Airport and about a 30-minute drive from Scottsdale’s private airport. In the event of a prolonged visit, air-conditioned Valley Metro buses make it easy for patients and families to travel around town. Most outpatient services, including the Barrow physician offices, are located in buildings adjacent to the patient Neuroscience Tower. Campus maps and directions to the most common locations on the hospital campus can be downloaded from the website thebarrow.com. Visitors can park in the 3rd Avenue Garage or the 6th Avenue Garage, both located just a block north of Thomas Road and an easy walking distance from most inpatient and outpatient services. Trolleys and wheelchairs are available to patients and visitors who need help moving about the hospital campus.

Visiting Guidelines and Hours

St. Joseph’s is dedicated to providing excellent care in a safe, patient- and family-friendly environment utilizing an open visitation policy on all patient units. This means that the patient decides who and when others may visit. The hours of 10 p.m. to 6 a.m. are considered “quiet hours” for all units. Visitors are not restricted during this time; however it is expected that all staff, patients and visitors will maintain a quiet environment.

The nurses monitor your neurological status and vital signs. You will be asked to state your name and to answer other questions to assess your mental status. You will be connected to a cardiac monitor, pulse oximetry machine (measures the oxygen in your blood), temperature gauge, and oxygen mask. Pain medication is available to you as ordered by your surgeon. Our team is strongly committed to pain management. Please notify your nurse if your pain is not adequately addressed. Because many patients feel nauseated after a surgical procedure, medications are given in the recovery room to help prevent this unpleasant side effect. You may have a variety of intravenous and arterial lines, which may remain in place for a few days or until hospital discharge. Flexible catheters may be used to drain surgical sites, the bladder, and brain fluid called cerebrospinal fluid (this tubing may be located in your lower back or top of your head). These drains may remain in place for as long as 4 days and are removed at the discretion of your surgical team.

Becoming a Patient / Making a Referral

Most patients are referred to Barrow by their physician. Physicians can reach Barrow directly by calling the ResourceLink Information and Referrals line at 1-877-264-4362 or resourcelink@bhw.edu. When a patient is referred to one of our neurology or neurosurgery subspecialists, the patient’s pertinent medical history and radiological films typically are first sent to the team for review. If multiple specialties are involved in the treatment planning, as in the case of patients with complex skull base tumors, cranial facial disorders, or brain tumors, referred cases are reviewed at monthly case conferences. These conferences give the entire team of specialists an opportunity to recommend appropriate treatment plans based on the specific needs of each patient.

Some patients may decide to contact a physician directly to seek a second opinion or to find a specialist. In such cases, patients can dial 1-800-BARROW-1 (1-800-227-7691) or (602) 406-6281. The ResourceLink staff will recommend the appropriate specialist based on the patient’s diagnosis. International patients will find St Joseph's and Barrow a welcoming environment. Translators are available to help the medical team understand a patient’s specific symptoms and conditions. Special arrangements can be made to provide patients with ethnic foods and culturally appropriate religious support as necessary.

The ResourceLink staff can connect patients who are coming to Barrow with the hospital’s concierge service. This service helps patients and their families with travel arrangements and hotel accommodations during their stay in Phoenix.

Insurance

Although the hospital and the Barrow physicians accept most insurance, patients are advised to check with their insurance company before their visit to determine which hospital and professional diagnostic and treatment services will be covered. The ResourceLink staff can check the insurance information of a Barrow physician to determine if the specialist accepts a particular insurance. However, patients are advised to check with their treating physician’s office to verify insurance coverage. Patients who plan elective services but who lack health insurance must make payment arrangements with the hospital and physician before treatment is provided. The physician’s billing office provides the necessary forms and hospital contact information.

Contacting Patients in the Hospital

Family and friends can call the hospital 24 hours a day at (602) 406-3000 to reach a patient who has been admitted. Because of governmental regulations, information about a patient’s condition can be shared with no one but those individuals legally designated by the patient. Patients can contact friends and family by phone from their room or via the Care Pages e-mail system provided by the hospital. Care Pages is a virtual “gathering place” that provides emotional support, patient updates, pictures and messages using a personal and secure program that is web-based. Many patients choose to identify a contact person who can provide family and friends with updates about the patient’s condition. Several locations in the hospital have wireless internet access for family members and visitors to use.

Tobacco-Free Campus

For the health and well being of its patients, visitors, and employees, St. Joseph’s Hospital and Medical Center is proud to announce that it is a tobacco-free campus. As a national healthcare leader, St. Joseph’s believes that it is important for the hospital to promote good healthcare practices. A tobacco-free environment follows the hospital’s mission of delivering high-quality services while protecting patients, staff, and visitors from exposure to second-hand smoke. Tobacco use is not allowed in the hospital’s buildings, grounds (including outdoor areas), parking areas, or walkways.

The nurses monitor your neurological status and vital signs. You will be asked to state your name and to answer other questions to assess your mental status. You will be connected to a cardiac monitor, pulse oximetry machine (measures the oxygen in your blood), temperature gauge, and oxygen mask. Pain medication is available to you as ordered by your surgeon. Our team is strongly committed to pain management. Please notify your nurse if your pain is not adequately addressed. Because many patients feel nauseated after a surgical procedure, medications are given in the recovery room to help prevent this unpleasant side effect. You may have a variety of intravenous and arterial lines, which may remain in place for a few days or until hospital discharge. Flexible catheters may be used to drain surgical sites, the bladder, and brain fluid called cerebrospinal fluid (this tubing may be located in your lower back or top of your head). These drains may remain in place for as long as 4 days and are removed at the discretion of your surgical team.

Medication may be ordered to control your pain and to assist in your recovery process. Please ask for this medication when you feel uncomfortable, especially during the first few days after surgery. If you wait until the pain is extraordinarily strong, the medication ordered by your doctor may not be able to control your pain. If you are concerned about becoming dependent on narcotics, please discuss this fear with your surgeon before surgery. Non-narcotic medication is available and is often sufficient to control pain.

Intensive Care Units (ICU)

The hospital has many different ICU’s. You will be assigned to a specific ICU when you enter the recovery room. ICU’s are available to patients who require monitoring such as those recovering from a surgical procedure or who are critically ill. In this department there is usually one nurse for every two patients. Visiting hours vary among the different ICUs. Flowers and live plants are not permitted in these areas. Please check with your unit for specific policies.

In the ICU you will be encouraged to increase your activity level as tolerated to help avoid complications associated with temporary immobility such as gas pains, bed sores, decreased lung capacity, and blood clots. You will be asked to reposition your body by turning over or moving your arms and legs, to take deep breaths, and to use an incentive spirometer to flush anesthetic agents from your lungs. Showers are permitted after your surgery provides a written order. Your nurse assesses your neurological status at predetermined times to ensure that you recover as expected. Your assessment includes being asked various questions to test your alertness. You also may be asked to move specific parts of your body.
MRI or magnetic resonance imaging is a state-of-the-art technique that allows doctors to see inside the human body in remarkable detail without using x-rays. MRIs are produced by a powerful magnetic field, radio waves, and a sophisticated computer system. Most examinations take 45 to 60 minutes to complete.

Q: Why does the MRI scanner make the knocking sound during the examination?
A: The tapping or knocking noise heard during the MRI examination occurs when "gradient coils" are switched on and off to measure the MR signal reflecting from the patient’s body. Depending on the type of study being performed, the knocking may be loud enough that you need to wear earplugs. Please discuss this issue with the technologist before your examination.

Q: Why do I have to have my body in the scanner if I only need my head scanned?
A: The part of the scanner that takes the pictures is located in the center of the scanner. Therefore, to obtain images of your head, most of your body also must slide into the scanner. The same is true for studies of the spine and upper extremities.

Q: Do I need an injection of contrast for my MRI examination?
A: Not everyone receives an injection of contrast for MRI. When an injection is needed, you will be administered a pharmaceutical contrast agent called gadodiamine. This agent is only given when the radiologist or referring physician determines that it is needed for diagnostic purposes. Gadodiamine contrast is used to make specific organs, blood vessels or tissue types "stand out" on an image to better show the presence of disease or injury. The decision to use gadodiamine is based on the need for specific diagnostic information and the body part being examined.

Q: When will I get my results? Who will give them to me?
A: Our radiologist will interpret your MRI scan. The radiologist studies the images, and the results are shared with your physician who will then discuss them with you.

Concierge Services
We’ve all wished for more hours in a day. Now, St. Joseph's Hospital and Medical Center offers employees, visitors and patients the next best thing, a personal concierge service.

St. Joseph’s is the first hospital in the Phoenix area to offer a full range of concierge services. Available for business and personal use, the concierge provides services that range from gift recommendations or notary services to coordinating travel or planning parties.

Use of the concierge is free; however, the user is responsible for the cost of products or services purchased. For example, while there is no cost for customized gift recommendations, the customer must pay for the gift itself.

Wireless internet is available in most areas of the hospital. To access the wireless network please contact the Concierges at 602-406-4949 for a voucher.

The concierge is located at the information desk just inside the main hospital entrance. The desk is staffed Monday through Friday 7 a.m. until 5 p.m.

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The International Patient Program is committed to making your treatment at St. Joseph’s Hospital and Medical Center and Barrow Neurological Institute® as easy and stress-free as possible. The international team will serve as your personal guide to St. Joseph’s world-class medicine. During your stay at St. Joseph’s, we will seamlessly blend your medical needs, individual preferences and cultural, linguistic and religious expectations into a tailored experience that makes St. Joseph’s feel as close to home as possible. Our team is here to help you before, during and after your treatment.

Our team can help you:
• Schedule clinic appointments and diagnostic tests
• Make hotel or lodging arrangements
• Assist with hospital admission and insurance verification
• Assist with financial estimates and payments
• Communicate with hospital physicians and staff before and after your stay
• Find a local worship/religious center

For more information about our International Patient Program, please visit: http://www.stjosephs-phx.org/Patients_And_Visitors/International_Patient_Program/index.htm or call +1 602-406-6281 and ask for the International Patient Program.

Patient Relations
We want our patients to be highly satisfied during their stay at St. Joseph’s. If you have any concerns regarding your care, please speak with the nurse manager. If you feel that your concerns have not been addressed please contact Patient Relations at (602) 406-6200.

Barrow Patient Resource Guide
The Patient Resource Guide, an organizational tool located on our website, thebarrow.com, is designed to help you as follows:
• Take an active role in your care
• Keep your medical information organized in one centralized location
• Communicate your healthcare information to your healthcare providers clearly, efficiently, and accurately
• Make the most of your doctor’s appointments

This tool consists of various documents intended to help you organize your medical records for YOUR OWN USE. It is not a data collection system; rather, it is a template for you to download and print at home. Completing the pages in the Patient Resource Guide initially takes some time. In the long run, however, it will save you time because all of your medical information will be available in one centralized location. If you do not have all of your health information,
start with what you have. Simply print the pages from the Internet and place in a binder. Take your binder with you to all appointments, procedures, and hospital visits. The more information you can provide for your doctors during your appointment, the better your doctors can understand your healthcare needs. In turn, they are likely to be able to provide you with useful information.

**Hospital Registration**

Registration can be completed the morning of surgery or in advance by phone or Internet:
- Online at sjso-ps.org. Select Admitting & Registration from the drop-down menu
- Phone (800) 643-1219

**Preparation**

Day/evening before procedure
- Remove nail polish, jewelry, and body-piercing jewelry.
- Your surgeon may request that you take a shower with Chlorohexidine the night before and morning of surgery, from the neck down, giving special attention to the area of surgery. If you are scheduled for head or neck surgery, you may also be asked to shampoo your hair with your shampoo of choice when you shower as instructed above. Do not use hair spray, other styling products, lotions, or perfumes. Underarm deodorant may be used unless you are undergoing a thoracoscopic procedure for hyperhidrosis.

Traditionally, patients are advised not to eat or drink at least eight hours prior to their surgical procedure. Please consult your surgeon for the restrictions that apply to your specific case. Specific guidelines are given to children based on their age, body weight, and time of surgery. Always remember to consult your surgeon for specific instructions.

**Medications**

Notify your surgeon if you are currently taking the following medications: hypoglycemics (insulin or oral agents); anti-coagulants/anti-platelets such as Aspirin, Excedrin, Coumadin, Plavix, Heparin, Lovenox, etc.; anticonvulsants (Depakote); anti-inflammatory drugs including Anaprox, Dolobid, Feldene, Motrin, Ibuprofen, Naprosyn, Toradol, Vioxx, Alvey, Advil, etc.; natural supplements such as Vitamin E; and herbal medications such as gingko and St. John’s wort. Your surgeon may ask you to discontinue some medications before surgery because many of these substances contain ingredients that interfere with normal body functions and can increase the risks of complications during surgery.

**Planning**

Plan your discharge ahead of time.
- Identify a companion to help you if you are asleep in the operative suite. The amount of hair to be shaved is determined by the type of procedure and by your surgeon’s preference. For most cranial (head) surgeries, a small “strip” is shaved over the surgical site, rather than a full head shave.
- Always remember to consult your surgeon orders while you are in the hospital.

**Arrival**

The morning of surgery you will arrive in the Preoperative Center at 5:00 a.m. (unless directed otherwise by your surgeon). This department is located on the 2nd Floor of the Neuroscience Tower.

**Do not** bring the following items to the hospital:
- Unnecessary valuables or jewelry
- Medications from home. The hospital policy prohibits patients from receiving medication from outside the hospital for safety precautions.

Do bring the following to the hospital:
- Complete list of medications that you take at home, including dosages and frequency
- Insurance card and means to pay hospital co-payment

**Identification**

- Living wills and advance directives
- Test results:
  - If you have had a chest x-ray within the last year, notify your surgeon to avoid unnecessary testing the morning of surgery.
  - Also tell your physician if you have had an EKG (electrocardiogram) test completed within the last month. Your surgical team will want to see the results of this test. Give these documents to your surgeon’s office before surgery or bring them with you the morning of surgery.

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**Preoperative Center Services**

Once you are admitted to this department, various tests and examinations are performed. Blood is drawn unless you have been pretested or have copies of results from an outside laboratory. A nurse checks your vital signs (blood pressure, pulse, temperature). Procedures may be cancelled if you have a fever and other symptoms of illness. Please notify your surgeon’s office if your temperature is higher than normal or if you have other symptoms of illness before the day of surgery. You may undergo x-rays, CT or MRI studies before your procedure on the day of surgery or in the days leading up to it.

Before surgery you will change into a hospital gown. Your clothes will be given to those individuals designated by the patient. An identification bracelet will be placed on your arm. You will wear the bracelet until you are discharged from the hospital. You will be asked to sign registration and consent forms for your surgical procedure and for any tests, examinations, or consultations that your surgeon orders while you are in the hospital.

You may be examined by a physician to assess your general health and to diagnose any unexpected illnesses. You will be asked to remove your eye glasses, contact lenses, and dentures. Your dentures may be placed back into your mouth in the recovery room when you are awake and alert. You will be asked to remove all jewelry. Hearing aids will not be removed until you have arrived at the operating room to ensure that you can communicate with the surgical team until you drift off to sleep.

After your examinations and laboratory tests are completed, you and your family will be welcomed by your anesthesia team and registered nurse from the operating room. You will have an opportunity to ask questions about the procedure and recovery process. An intravenous catheter may be placed in your arm to administer medication to relax you before you are taken to the operating room.

The surgical site will be shaved if necessary once you are asleep in the operative suite. The amount of hair to be shaved is determined by the type of procedure and by your surgeon’s preference. For most cranial (head) surgeries, a small “strip” is shaved over the surgical site, rather than a full head shave.

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