

Patient Guide to THORACIC SURGERY



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Thoracic Surgery at MountainView Hospital

The Thoracic Surgery Team at MountainView consists of surgeons, nurses, rehabilitation therapists, case managers and ancillary staff members who have dedicated their careers to the care and treatment of heart patients. Once your physician identifies your need to have surgery, your journey begins with the Thoracic Surgery Program at MountainView. This journey continues during your stay with us, your discharge home and throughout the recovery process.

There are a number of people who play a major role in your care, including our clinical coordinator, your surgeon and your physician. Once your surgery has been scheduled at MountainView, you and your family have the opportunity to tour the facility and meet the nurses in the intensive and progressive care units who will be caring for you. We also offer extensive education prior to your surgery so that you know what to expect and feel comfortable and confident in the process. At MountainView, we believe that you are the key component to a successful recovery, and will actively involve you in your care.

The care we provide in surgery and immediately afterwards is geared toward improving your quality of life. Our educational program, led by the clinical coordinator, is designed to equip you with the skills necessary to maintain your health. We monitor your progress closely and coach you on how to balance exercise and rest, pain management and healthy lifestyle choices to support your new lease on life.





Dr. Michael Wood

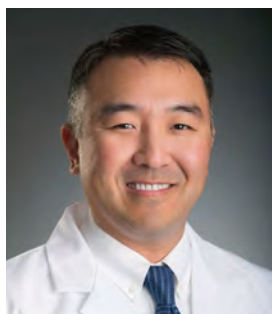
MountainView Cardiovascular & Thoracic Surgery Associate

Our Medical Director, Dr. Michael G. Wood is board-certified in surgery and thoracic surgery. Dr. Wood focuses on adult cardiac surgery, valvular heart disease, coronary artery disease, surgery of the thoracic aorta, minimally invasive cardiac surgery and off-pump coronary artery bypass surgery.

A New York native, Dr. Wood earned his Bachelor of Science in Biochemistry from Lafayette College in 1991 and received his medical degree from New York Medical College in 1995. While attending New York Medical College, Dr. Wood was accepted into the Alpha Omega Alpha Honor Medical Society, a professional medical organization, which recognizes and advocates for excellence in scholarship and the highest ideals in the profession of medicine. After completing his general surgery residency at the University of Southern California in 2002, Dr. Wood completed a fellowship in cardiac and thoracic surgery at New York University in 2004. While training at New York University under the direction of cardiac surgeon Dr. Stephen Colvin, Dr. Wood developed and refined advanced techniques in mitral valve repair and minimally invasive heart valve surgery.

Following the completion of his training, Dr. Wood moved to Las Vegas. In November 2012, Dr. Wood began a new group for cardiovascular surgery based at MountainView Hospital. Since 2004, Dr. Wood has been a pioneer of bringing innovative cardiac surgery skills to Southern Nevada. Currently, Dr. Wood is one of only two cardiac surgeons in the Las Vegas Valley to routinely employ minimally invasive surgical techniques for heart valve surgery. Dr. Wood is passionate about providing our community and patients with world-renown cardiac care right here in Southern Nevada.

Michael G. Wood, M.D.
Medical Director, Cardiac Surgery
at MountainView Hospital



Dr. Arnold Chung

MountainView Cardiovascular & Thoracic Surgery Associate

Dr. Arnold D. Chung is a board-certified cardiothoracic surgeon originally from Seven Hills, Ohio. He completed a seven-year combined Bachelor of Arts and Doctor of Medicine program at Boston University and the Boston University School of Medicine, graduating in 2002. He then underwent training in general surgery at Fletcher Allen Health Care in Burlington, Vermont. His interest in cardiothoracic surgery was piqued during this period, and he furthered his surgical education at the University of North Carolina, a fully accredited three-year program in cardiothoracic surgery. Realizing the increasing patient demand for greater access to minimally invasive techniques when dealing with lung cancer, Dr. Chung undertook a one-year fellowship at Cedars-Sinai Medical Center. Under the supervision of Drs. Robert McKenna, Clark Fuller, Ali Mahtabifard and Harmik Soukiasian, Dr. Chung developed the skills necessary to surgically treat the most challenging thoracic pathologies. He is grateful for the opportunity to bring his expertise and experience to Southern Nevada.

Dr. Arnold Chung
MountainView Cardiovascular
and Thoracic Surgery
Associates



Dr. James D. Daugharthy

MountainView Cardiovascular & Thoracic Surgery Associate

James D. Daugharthy is a board certified cardio-thoracic surgeon. Dr. Daugharthy went to medical school at Loma Linda University, with his internship at Riverside Community Hospital in California. Dr. Daugharthy completed his residency training at the Kaiser Foundation Hospital, with a fellowship at Loma Linda University.

Dr. James D. Daugharthy
MountainView Cardiovascular
and Thoracic Surgery
Associates

MountainView Cardiovascular & Thoracic Surgery Associates



Tim Foley, APN-BC



Julie Carabjal, APN-BC



Suzy Elnager, APRN-BC



Henry Van Vleet, PA-C

Clinical Coordinator

Aside from our expert trained surgeons and staff, the cardiovascular and thoracic surgery program at MountainView Hospital provides dedicated clinical coordination. Consisting of two advanced practice nurses (APN) and a physician assistant (PA), the clinical coordinators perform patient, family and staff education, and offers direct patient care throughout all phases of the cardiovascular and thoracic surgery experience.

This registered nurse with advanced certifications and training is an integral part of assisting patients and their families through the surgery process. The clinical coordinator works closely with patients, physicians, and hospital staff to ensure the highest quality of care is consistently delivered. In addition, the clinical coordinator works with case management, social services and home health agencies to identify patient and family needs prior to discharge in order to make the transition from hospital to home as seamless and comfortable as possible.

The clinical coordinator arranges appropriate physician follow-up appointments, provides patient-specific home care instructions, and is available for consult with patients by telephone after discharge. At MountainView Hospital, we are dedicated to providing a personalized experience for our cardiovascular and thoracic surgery patients!

Your Care Team

Pre-Admit

Pre-admit is a department in the hospital that initiates the hospital experience for many of our patients. Pre-admit is responsible for the preoperative screening and testing that almost all of our thoracic surgery patients require. In addition, the pre-admit staff completes the initial health history, reviews preoperative instructions and orders, and ensures that patients are ready to begin their journey through our facility.

Thoracic Operating Room Team

The thoracic surgery team consists of highly skilled registered nurses, surgical technicians and anesthesiology technicians who work in concert during surgery to provide a safe and comfortable operating room experience for patients while providing the surgeon and anesthesiologist with all of the support and assistance required during complex thoracic surgeries.

SICU

SICU is the intensive care unit where all thoracic surgery patients who require intense monitoring are cared for. The registered nurses in this unit are some of the most highly trained and skilled nurses in the facility. Having received additional training and certifications, the nurses in SICU recover patients from cardiac bypass graft (CABG), valve, lung, and vascular surgeries. In this unit, patients begin their path to recovery.



Progressive Care Unit (PCU)

PCU is an intermediate care unit that complements SICU and continues to provide highly skilled and comprehensive care to our thoracic surgery patients. The nurses in this unit have also received additional training in cardiac, lung and thoracic surgical nursing. These nurses ensure that the transition from the intensive care unit is seamless and that patients continue to receive the highest quality of care possible.

Case Management

Case Management is an important part of every patient's hospitalization. It is a process that ensures that care is appropriate, timely, cost effective and that the patient is achieving the best possible care. Patients and

direct caregivers are assisted through the healing process to discharge by a team of healthcare professionals using a coordinated, collaborative approach.

The Case Management Team consists of a skilled registered nurse (Case Manager), a clinical social worker and a utilization review nurse. These healthcare workers emphasize a team approach for quality patient care. They work with the doctors, the bedside nurses,

dietitians and therapists to facilitate a holistic approach in achieving optimal care for you, the patient and for your family. If you have questions about this resource, please contact the Director of Case Management at (702) 962-7680.



Planning for Discharge

You may be surprised to learn that planning for your discharge begins at admission. The MountainView Hospital Case Management Department is made up of dedicated registered nurses to assist you, your family and your physician in developing your discharge plan. If your physician orders home care services or equipment, please ask your nurse to contact Case Management.

Pre-Registration

Pre-Registration will save you time and help us expedite your admission into the hospital.

Please go to our website to pre-register: www.mountainview-hospital.com or call our pre-registration phone number at (702) 304-3150.

Important Phone Numbers

For Physician Referrals/Consult-A-Nurse	(702) 962-5021
MountainView Hospital Main Number	(702) 962-5000
Pre-Registration	(702) 304-3150
Admitting	(702) 962-9060
Financial Counselor	(702) 962-9064

My Important Phone Numbers:

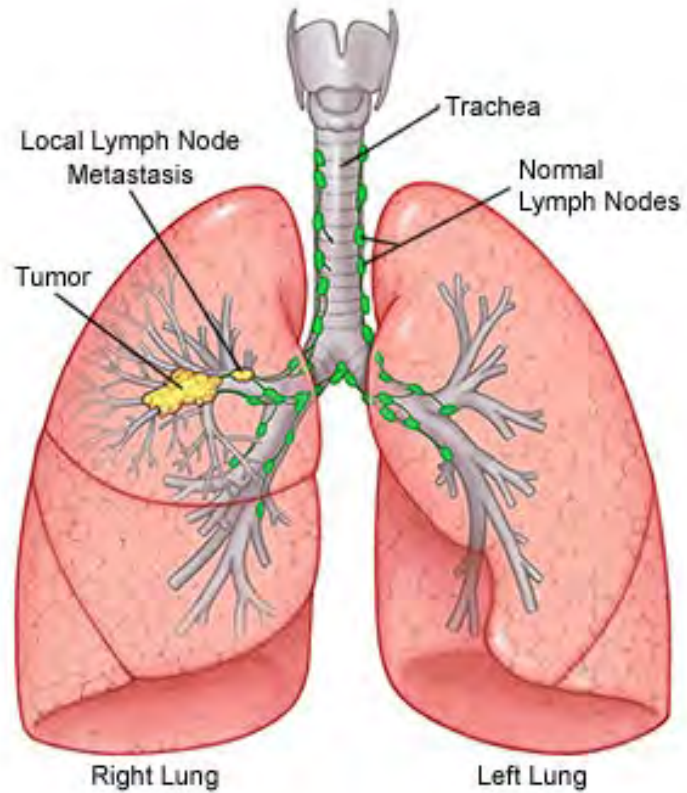
Physician: _____

Pharmacy: _____

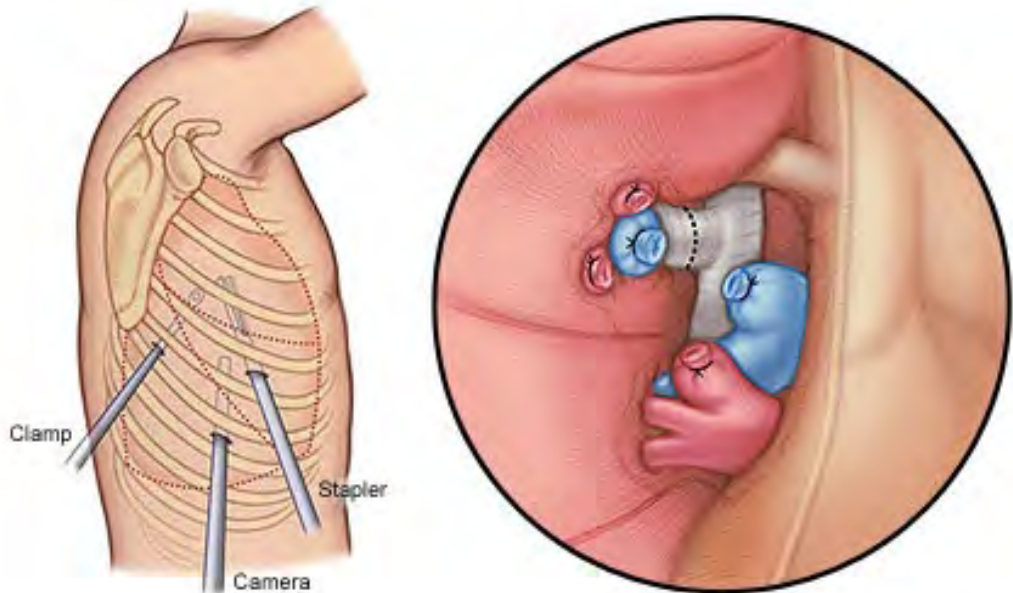
Support Person: _____

Video-assisted Thoracoscopic Surgery, Wedge Resection

Video-assisted thoracoscopic surgery (VATS) is a type of thoracic surgery performed using three to four very small incisions and a small video camera to view the inside of the chest cavity. It allows surgeons to remove masses close to the outside edges of the lung.



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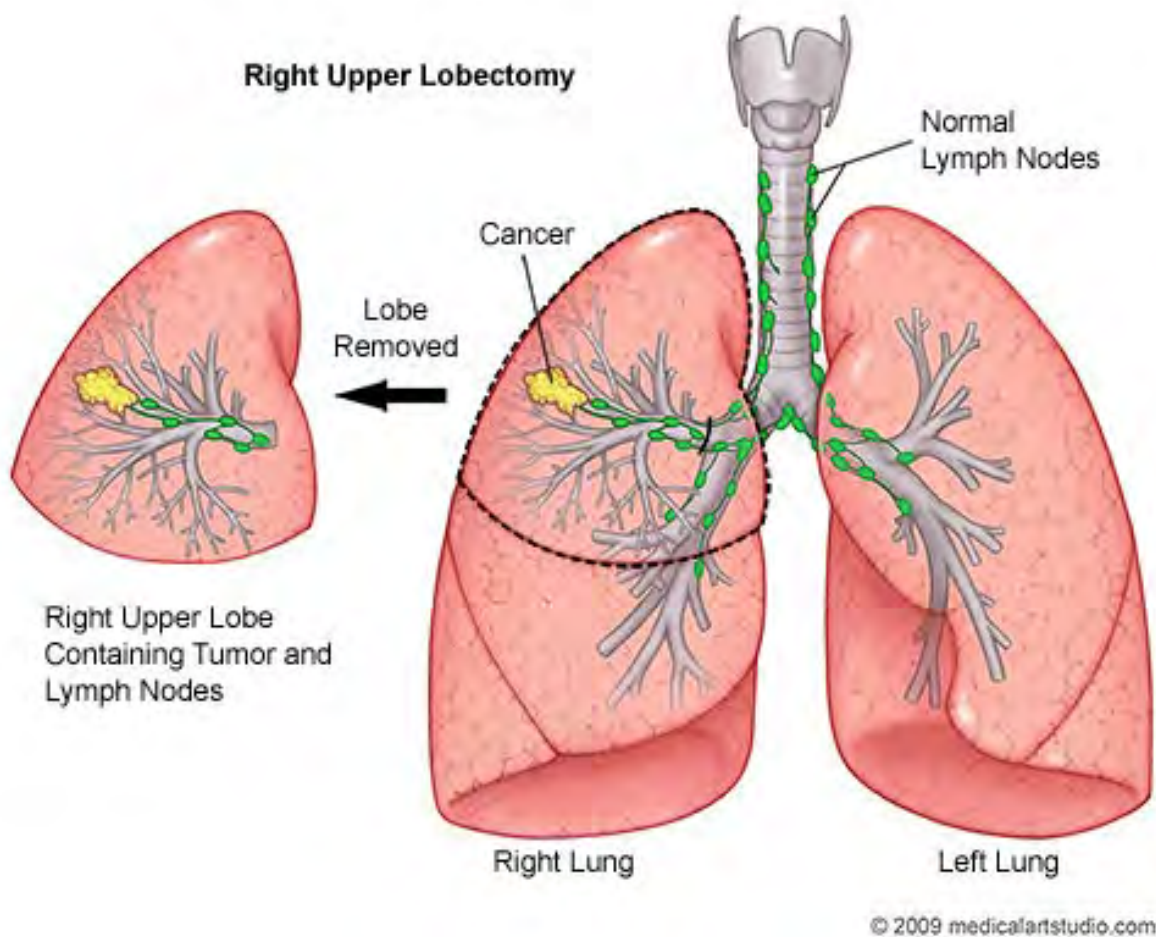
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Lobectomy

A lobectomy is a type of lung cancer surgery in which one lobe of a lung is removed. The right lung has three lobes, and the left lung has two lobes. A lobectomy can also be used for other conditions, such as tuberculosis, severe COPD, or trauma that interrupts major blood vessels near the lungs.

There are two types of lobectomies:

- Open lobectomy: In an open lobectomy, a lobe of the lungs is removed through a long incision on the side of the chest, known as a thoracotomy.
- VATS lobectomy: In this procedure, a lobe of the lung is removed through three to four small incisions in the chest. The surgeon uses instruments and a small video camera during the surgery.



DISCHARGE INSTRUCTIONS for Chest and Lung Surgery

Recovery from Thoracic Surgery is very similar to Cardiac Surgery with a few notable exceptions. Please be reminded that each patient's situation is different and you should always refer questions to your physician or care provider if you are unsure of how to proceed.

It is very common to:

- Have some drainage from your incision sites. The incision will heal within days to weeks. If the incision continues to drain, discuss it with your care provider.
- Feel pain in your chest on the side of surgery for a prolonged period of time. Although we take great care to avoid the sensitive nerves in your chest, some patients will feel pain at their incision sites for a longer period of time than usual. Continue taking your pain medications and discuss it with your physician over the phone or in clinic.
- Feel tired and short of breath, particularly with physical activity. Your lungs and body have experienced a life-changing event, so it's normal to feel winded during even light exercise. This will likely pass with time. A good way to focus your recovery is to keep an exercise journal where you record your daily exercise activities as well as your goals for the next day. Think about going just a little further on your walk or on the treadmill.
- Experience a chronic cough. A minority of patients undergoing surgery in their chest will have a cough that may last a few weeks. Even fewer people will have a cough that can last months. If this is the case, there are several medications that can be used to treat this. Additionally, your pulmonary physician may have remedies that can be effective.
- Require home oxygen therapy after surgery. Depending on your pulmonary function prior to surgery, your lungs may take a while to get back to normal. In the meantime, using home oxygen is an effective way to remain at home, be safe and feel comfortable. The chances that you will need home oxygen for a long time are very low.

Things to remember:

- Please remember to get 30 minutes of light to moderate exercise every day. Taking a walk in your neighborhood in the early morning or in the cool of evening is a great way to feel better and recover faster.
- Take all of the medications prescribed by your physicians upon discharge. Never stop a medication without being instructed to do so by your physician.
- Please call our clinical offices to schedule a follow-up appointment with our group. Plan on attending those appointments as they are very important in your on-going care.
- If you have questions or concerns, please contact your surgeon or care provider at any time.

Care of your chest incisions:

- Simple daily bathing with soap and water is adequate for daily care. Avoid scrubbing your incision too vigorously within the first 6 weeks of your operation.
- Inspect the incision daily to check for any of the following warning signs:
 - Redness and swelling
 - Purulent (foul-appearing) drainage from the wound
 - Painful to the touch
- If any of the above applies to you, please call our offices immediately for instructions.

Conditions requiring immediate medical attention:

- Severe shortness of breath
- Angry looking incision with foul-appearing drainage
- Fever greater than 100.5
- Shaking chills
- Elevated heart rate faster than 150 beats per minute
- Coughing up bright red blood
- Fainting or loss of consciousness

Activity after your surgery

- Stop any activity immediately and rest if you develop:
 - Severe shortness of breath
 - Notice irregular heart beats
 - Feel faint or dizzy
 - Develop chest pain
- If any of the above applies to you, contact your physician immediately
- Gradually increase your daily activity and consider keeping an exercise journal to track your daily progress. You'll be amazed at what you can achieve with a steady attitude and discipline!
- Be mindful of the outside temperature. If its greater than 80 degrees outside, it may be wiser to use a treadmill or go to the indoor mall for your walk.

Driving and Airline Travel

- We do not recommend driving or operating any heavy machinery while taking narcotic pain medication. You must obey the laws concerning driving under the influence of these medications.
- Generally, waiting a period of 2-4 weeks is sufficient prior to driving. Again, no narcotic medications are allowed while driving.
- Airline travel is generally considered safe 4-6 weeks after thoracic surgery. Please arrange your travel plans accordingly.
- On longer flights or road trips, take an opportunity to get up and stretch every 2 hours. This helps promote proper circulation to and from your legs.

Relevant Websites

For more information, visit:

MountainView Cardiovascular & Thoracic Surgery Associates:
www.heartandlungnv.com

American Lung Association: www.Lung.org

The Society of Thoracic Surgeons: www.STS.org

American Diabetes Association: www.Diabetes.org

Nevada Tobacco Prevention Coalition: www.tobaccofreenv.org

MountainView Hospital: www.mountainview-hospital.com



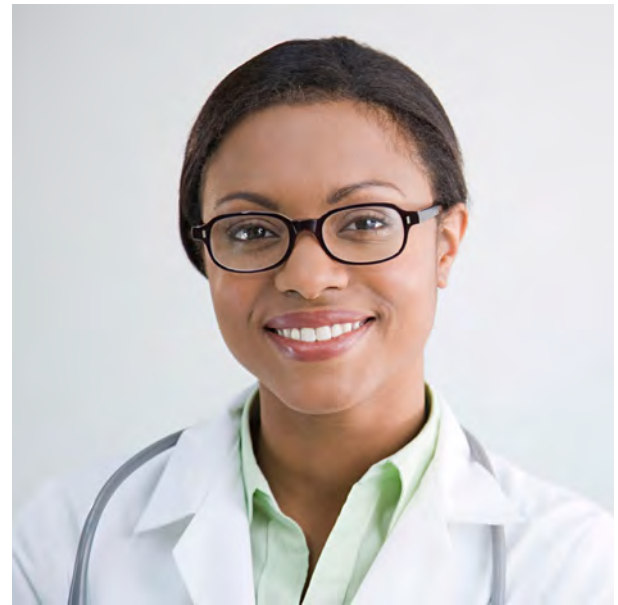
702-962-5021

Consult-a-Nurse®

Have a health question? Need a physician? The MountainView Consult-A-Nurse® program is a free hotline answered by registered nurses 24 hours a day, seven days a week. While the nurses can't provide a diagnosis over the phone, they can answer your health questions and help you find a physician specific to your needs. Call 702-962-5021.

Find a Physician

Finding a physician just got easier! Visit www.MountainView-Hospital.com/physicians to find a physician who meets your needs. You also can call 702-962-5021 for physician referrals, advice from nurses and program registration.



Diabetes Classes

We offer free diabetes classes to the public, including an overview and medication class, and a nutrition class. Call 702-962-5021 to register.



H2U

Living a healthier lifestyle is easier when you have the support of like-minded people. At H2U, that's exactly what you'll find-active, engaged members who never take good health for granted. Become part of this special group that enjoys a variety of health and wellness classes and events. Go online to www.MountainView-Hospital.com or call 1-800-771-0428 to join.



MyHealthOne

MyHealthOne makes your most important health information available online 24 hours a day from your desktop computer, laptop, tablet or smartphone. Here's a few of the many features offered by MyHealthOne:



Manage the Health of a Loved One



Classes & Events



Bill Pay*



Lab Results



Pre-Registration



Health Information



Find a Doctor



Reports

Create a MyHealthOne account

1. Visit mountainview-hospital.com/MyHealthOne and click "Start managing your health today."
2. Pick a username, password and enter your email address.
3. Have your Social Security number (SSN) available if you'd like to link your health records today.

If you don't have your SSN, or have questions about MyHealthOne, call (855) 422-6625.

**Bill Pay excludes anesthesia or emergency physician bills, which are billed separately. Note that some medical records may only be available through our hospital Medical Records office.*

Important Follow-Up Appointments

MountainView Cardiovascular & Thoracic Surgery Associates

Dr. Arnold Chung Dr. James D. Daugharthy Dr. Michael Wood

At the following office location:

3150 N. Tenaya Way, Suite 440 • Las Vegas, NV 89128

Phone: (702) 962-5920 • Fax: (702) 240-9984

At the time of discharge you will be provided with a prescription for a chest X-ray. You are to obtain a chest X-ray on the day prior to your appointment. You will be given your films by the diagnostic center to bring with you to the office.

Date _____ Time _____

PULMONARY PHYSICIAN

INTERNAL MEDICINE / FAMILY PRACTICE

Dr. _____

Date _____ Time _____

Address _____

Phone _____

OTHER

Dr. _____ Specialty _____

Date _____ Time _____

Address _____

Phone _____