

# EMERGENCY DEPARTMENT (ED) PLAN

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There may be a time when the SCAD Survivor needs emergency medical care. Talk to members of the healthcare team in advance about what to do in emergency situations.

The following signs and/or symptoms may require a 911 call and/or trip to the emergency department:

- ♥ Chest pressure, tightness or fullness
- ♥ Squeezing pain or discomfort in the center of the chest that last for minutes and sometimes radiates to the shoulders, neck, arms or jaw
- ♥ Chest pain that increases in intensity or that's not relieved by rest
- ♥ Chest pain that occurs while sweating
- ♥ Pain in upper back between shoulder blades
- ♥ Fainting or dizziness
- ♥ Shortness of breath
- ♥ Unexplained weakness or fatigue
- ♥ Cool, clammy skin
- ♥ Paleness
- ♥ Abnormal chest, stomach, or abdominal pain
- ♥ Unexplained anxiety, weakness, or fatigue

Ask members of the healthcare team: What signs and/or symptoms require a visit to the emergency department (ED)? Either list them below or highlight/cross-out as applicable from the above list.

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Ask members of your healthcare team: Are there any emergency medications that I should take when I exhibit any of these symptoms? For what symptoms and how should I take the medication? Do I call the doctor and/or call 911/go to the emergency department (ED) after taking the medication?

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## Emergency Contact Person on the Healthcare Team

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

## After-Hours Contact

Phone Number(s): \_\_\_\_\_

## Nearest Emergency Department (ED) From Home

Where is the closest emergency department (ED)? In an emergency cardiac situation, time to care matters so you may need the closest ED. The ED associated with the SCAD Survivor's cardiologist may not be the nearest one. Pinning or saving your ED location(s) in your phone's GPS maps can be helpful.

Hospital Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Directions From Home: \_\_\_\_\_

## Nearest Emergency Department (ED) From Work

Hospital Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Directions From Work: \_\_\_\_\_

## Childcare

Have an emergency childcare plan in place for trips to the emergency department (ED) and share it with your family and childcare providers. Consider both an immediate and a longer-term plan such as a neighbor until a family member arrives. Research a quality babysitter or caregiver referral service to use in the event your regular childcare team is unavailable.

Immediate Care Provider Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

Longer-term Care Provide Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

School (1) Name: \_\_\_\_\_

School (1) Phone: \_\_\_\_\_

School (2) Name: \_\_\_\_\_

School (2) Phone: \_\_\_\_\_

School (3) Name: \_\_\_\_\_

School (3) Phone: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

## Pet Care

Remember, your pets need care during an emergency. You may want a neighbor, friend or family to check in or care for them during an emergency situation. Give a trusted person a spare key in advance in case you are in the emergency department or hospital more than a few hours.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

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## Designated Contact

Have a family member or friend that can be contacted for further information should you be unavailable during the emergency situation.

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

## Emergency Bag

These are the items you will need at the emergency department (ED) to register as a patient and to navigate the wait during evaluation. Keep the bag ready in a convenient location with copies of records so that you can throw your other essential items in and leave for the ED immediately.

- ♥ Copies of necessary medical records
- ♥ Insurance cards
- ♥ List of all current medications with dosages
- ♥ Phone charger
- ♥ Wallet
- ♥ Keys
- ♥ Caregiver's medications, if accompanying
- ♥ Caregiver's wallet, if accompanying
- ♥ Caregiver's keys, if accompanying
- ♥ Caregiver's phone charger, if accompanying
- ♥ Other \_\_\_\_\_