

Caregiver Checklist

Caregivers play an important role in supporting recovery after aortic or cardiac surgery. Small acts of support can make a meaningful difference in a patient's physical, emotional, and long-term recovery.

Medication Reminders

- Help ensure medications are taken as prescribed.
 - Maintain an up-to-date medication list.
 - Be aware of medication schedules and dosage changes.
 - Monitor for potential side effects and discuss concerns with the healthcare team.
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Monitor Symptoms

- Be aware of any new or worsening symptoms.
 - Encourage the patient to report concerns openly.
 - Monitor changes in energy levels, breathing, pain, or overall wellbeing.
 - Seek medical advice if symptoms appear unusual or concerning.
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Encourage Walking & Activity

- Encourage regular walking as advised by the healthcare team.
 - Support gradual increases in activity levels.
 - Help the patient balance activity with adequate rest.
 - Celebrate small milestones and progress during recovery.
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Support Healthy Meals

- Encourage a balanced and nutritious diet.
 - Help prepare heart-healthy meals when needed.
 - Ensure adequate hydration unless otherwise advised.
 - Support healthy eating habits that promote long-term cardiovascular health.
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Attend Appointments

- Accompany the patient to appointments whenever possible.
 - Help remember questions and concerns before the visit.
 - Take notes during consultations.
 - Assist with understanding follow-up instructions and treatment plans.
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Emotional Support

- Listen with patience and understanding.
 - Encourage open communication about fears and concerns.
 - Provide reassurance during periods of anxiety or uncertainty.
 - Recognize that emotional recovery is an important part of healing.
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Help Maintain Records

- Keep medical reports, discharge summaries, and scan results organized.
 - Maintain a list of medications and dosages.
 - Track blood pressure readings if recommended.
 - Keep a record of appointments, tests, and follow-up schedules.
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Encourage Follow-Up Care

- Support attendance at follow-up appointments.
 - Encourage adherence to medication and treatment plans.
 - Help ensure recommended scans and investigations are completed.
 - Promote long-term healthy lifestyle habits and ongoing medical care.
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Remember

Caregiving is not about doing everything for the patient. It is about providing encouragement, support, and reassurance while helping them regain confidence and independence throughout their recovery journey.