

## Visiting hours

Sunday - Saturday: 11:00 a.m. - 8:00 p.m.  
For the quiet and safety of patients, no more than two visitors allowed at one time.

## Insurance

We accept most insurance plans. The hospital will bill your insurance company for the care you receive in the Clinical Decision Unit. A co-payment may be required. If you have questions about your coverage, please call your insurance company.

## When you go home

Follow up and make an appointment with your doctor. Take a copy of your discharge instructions and medications to the appointment.

- › Do not smoke.
- › Eat the right foods. Ask your nurse/dietician if you have questions.
- › Exercise and control your weight.
- › Take your medications as prescribed.
- › Ask your doctor or nurse questions about your care and how to stay healthy.

### Notes:

Your comfort and dignity are important to us. If you have questions or concerns while in the Clinical Decision Unit, please ask to speak with your nurse, or call the Critical Decision Unit at (586) 493-8285.



1000 Harrington Blvd., Mount Clemens, MI 48043  
(586) 493-8000 | [mclaren.org/macomb](http://mclaren.org/macomb)

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# Clinical Decision Unit (CDU)

## About the Clinical Decision Unit

The Clinical Decision Unit (CDU) at McLaren Macomb provides evaluation and care of patients whose medical needs can most often be taken care of within a 24-hour time frame.

A clinical decision can be expected within 18-24 hours on whether you will be discharged or admitted into the hospital for further care and treatment. During this time we strive to deliver the best care in a healing environment. You are not admitted to the hospital; however, you need more testing, monitoring or short-term treatment. Examples of conditions treated in the Clinical Decision Unit include: chest pain, asthma, abdominal pain and dehydration.

## What to expect

A patient in the CDU receives monitoring, diagnostic testing, therapy, and assessment of symptoms to determine whether further inpatient treatment is required, or if they can be discharged.

- › Your condition may require us to monitor your heart, and for you to wear a heart monitor.
- › Your vital signs (blood pressure, heart rate, temperature, blood sugar [if you're diabetic], oxygen level, and weight) will be checked.
- › You may have blood drawn, EKG or other testing.
- › You will be asked questions about your health, allergies and medications. For your safety, we may ask you the same questions more than once in order to assess your needs.
- › Your medications may be changed or given at different times while in the hospital.
- › You will be informed of the tests and consults that are part of your plan of care. Once available results will be shared with you by a physician

# What you need to know while being treated in the CDU

## Care and medical treatment

Patients in the Clinical Decision Unit are cared for by highly skilled professionals who determine the best course of treatment. Although staff may not be in your room at all times, we continuously monitor your care.

## Caregivers include:

- A Hospitalist physician who has overall responsibility for a patient's care. Every patient is seen by a physician. They talk with the nurses, evaluate the patient, review any test results, and confer with other doctors as necessary to determine a course of treatment.
- A registered nurse will assess and monitor a patient's physical condition, give medication, maintain an IV and keep family and/or friends informed of any tests and procedures.
- Nurse practitioners, critical care technicians, and case managers also actively participate in a patient's care.

## Eating or Drinking

Patients assigned to the CDU should not eat or drink anything while waiting to see the physician. Doing so may interfere with the examination, testing, diagnosis, or treatment. You are encouraged to be mindful of the following:

- Many treatments require an empty stomach. NPO means nothing to eat or drink. This is necessary for certain testing and conditions. You will be informed as soon as possible when you are able to eat and drink.
- This unit is caffeine free: No coffee, tea, soda pop or chocolate. Exceptions can be made.
- Water, juice and crackers are available on the unit. A menu and phone number will be provided when you are able to order a meal.

## Smoking

Smoking is not allowed on hospital property. Nicotine patches are available per physician order. Please ask your nurse or doctor if you feel you need a nicotine patch.

## Patient Safety

For safety and security, patients should remain in the CDU until discharged by a nurse.

# Patient Discharge

## Discharge Plan

If you are deemed medically stable, you may be discharged from the CDU at anytime during the day or evening. Prior to your discharge, nurses will provide you with important discharge information.

A family member or care giver should be notified that you are in the Clinical Decision Unit when making arrangements for a ride home upon discharge.

## Discharge Prescription Program

The McLaren Pharmacy provides convenient prescription fulfillment, easing the transition from the hospital to home. The Discharge Prescription Program delivers patients their discharge medication(s) directly to their bedside prior to discharge.

The pharmacy is located in the main hospital atrium.

Hours: M-F 7 a.m. - 7 p.m., closed weekends.  
Phone: (586) 493-2800.

