



Closer Care. Better by Far.



2026
PATIENT GUIDE
ScotlandHealth.org • 910.291.7000

Welcome

THANK YOU FOR TRUSTING US



Thank you for choosing Scotland Health to meet your health care needs.



Mission Statement

The mission of Scotland Health Care System is to work with our health care partners to create and operate a patient-centered, integrated system to provide safe, high-quality, compassionate and sustainable health care to the people we serve.

Thank you for choosing Scotland Health for your health care needs. We exist to serve our communities by providing safe, high-quality, and compassionate health care.

We know that hospitals can be confusing places, especially when you are concerned about your health or the health of a loved one. Our care for you includes a commitment to provide you with clear and timely information. As part of that effort, we have created this Patient Guide. It contains a wealth of information, but if you have any questions or concerns, you may ask any of our staff members. They are committed to treating you like a member of their own family.

On behalf of the entire team at Scotland Health, please accept my best wishes for your good health. We are proud of the care and service we provide and value your feedback. Please let us know what we can do to make your stay better.

I wish you a comfortable stay and a speedy recovery.

Sincerely,

A handwritten signature in black ink that reads 'David' followed by 'Pope'.

David Pope
President and CEO

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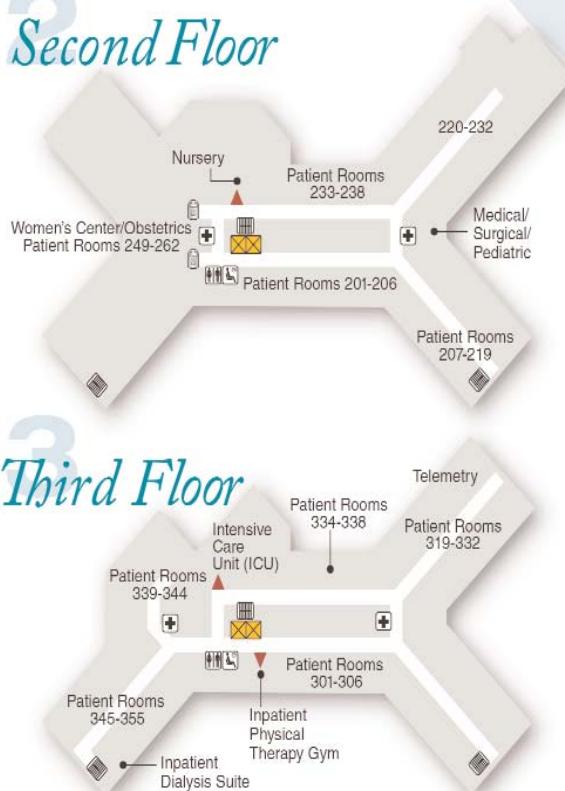
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First Floor



Second Floor



Third Floor

Destination	Floor
Board Room	First
Cafeteria	First
Cardiology/Echo/Neuro/RT	First
Cardiovascular Center	First
Cashier	First
Chapel	First
Emergency Registration	First
Endoscopy	First
Gift Shop	First
Health Information Management (Medical Records)	First
Imaging (X-ray)	First
Intensive Care Unit (ICU)	Third
Laboratory	First
Medical/Surgical/Pediatric	Second
Patient Rooms 201-238	Second
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About Us

WHY WE ARE THE RIGHT CHOICE FOR YOUR CARE

Our Vision

Scotland Health Care System will be recognized and chosen by patients and their families throughout our region for the quality and value of services we provide. This value will be demonstrated through the highest level of quality and service, along with the safest environment. We will lead efforts to improve the health and well-being of the citizens in our region.



Our Values

- ✚ We accept and are proud of our role as the safety net provider of essential services for our region.
- ✚ As a community-owned health care system, we believe in transparency and accountability to our community for the decisions we make. These decisions will be made collaboratively and with the utmost integrity.
- ✚ Our associates, physicians, other providers and volunteers are our most important assets. We treat each other, along with our patients and families, with care, compassion, dignity and respect at all times.
- ✚ We carry out all these principles in a financially prudent and sustainable manner to ensure we stay focused on our mission.



We Care About Your Care

Please speak up and tell us if we can do more. In fact, after your visit, we'll be reaching out to you to find out how we did. Please be honest and take a few moments to tell us what you think. Your responses to this patient satisfaction survey will help improve our services.

Contact Us

500 Lauchwood Dr.
Laurinburg, NC 28352
910-291-7000
ScotlandHealth.org



Phone Directory

KEY NUMBERS	
Main Hospital/Operator	910-291-7000
Customer Care	910-291-7909
Financial Counseling	910-291-7971
Gift Shop	910-291-7568
Nutritional Services	910-291-7665

Calling from inside the hospital?
Dial the **LAST FOUR DIGITS** only.

OTHER HOSPITAL SERVICES			
Admitting	910-291-7645	Scotland Cancer Treatment Center	910-291-7630
Case Management	910-291-7615	Scotland Memorial Foundation	910-291-7553
Central Scheduling	866-764-3926 (must dial full number)	Security	910-291-7555
Critical Care Unit	910-291-7855	Telemetry/Progressive Care Unit	910-291-7835
Medial/Surgical/Pediatric Unit	910-291-7875	Volunteer Services	910-291-7314
Patient Accounts	910-291-7171	Women's Services Unit	910-291-7815
Radiology/X-Ray	910-291-7729	Wound Healing Center	910-291-7711

Our Commitment to Care

PATIENT SATISFACTION MATTERS TO US



How's your stay? Are you getting the care you need? Are your doctors and nurses listening and responding to your questions or requests? Our goal is to provide the best quality care. To do so, we ask for feedback from patients like you.

During Your Stay

Please speak with your nurse or nursing supervisor if you have any questions or concerns about your care. If your issue still is not resolved, then contact our Customer Care Line at 910-291-7909.

How Are We Doing?

We want you to be satisfied with your care. To help, speak up if we can . . .

- ✚ Respond quicker to your needs
- ✚ Explain things more clearly
- ✚ Help keep your room clean or quiet
- ✚ Ease your pain
- ✚ Help you understand your treatment plan



Making a Difficult Health Care Decision?

Sometimes a health care choice can involve an ethical concern – such as a wish to refuse life-saving treatment or a disagreement over advance directives (see p. 28). Our Ethics Committee can help your team of support people make difficult decisions. For more information, please ask to speak with your doctor or charge nurse.

Our Commitment to Care continued



After Your Stay

Once you leave our care, we will continue to seek your feedback through the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. The HCAHPS survey is a tool to measure and report patient satisfaction. It's made up of simple questions on key care topics such as:

- ✚ doctor and nurse communication
- ✚ medicine and discharge information
- ✚ staff responsiveness
- ✚ overall quality of the hospital environment

If you're selected to receive this brief survey, please take the time to complete it. The results will help us know what we're doing right and where we can improve.

Want to Know How We Score?



You can review and compare the quality, care and safety ratings for different hospitals at:

- Medicare – Care Compare, uses HCAHPS results and other data: www.medicare.gov/care-compare

You also can find information on hospitals through these accrediting organizations:

- Healthcare Facilities Accreditation Program (HFAP): www.hfap.org
- DNV GL Healthcare: www.dnvglhealthcare.com
- The Joint Commission: www.qualitycheck.org

Code Care

SPECIAL SUPPORT

It is the policy of Scotland Memorial Hospital to have a process for staff, patients and families to request urgent additional assistance when they have a concern regarding a change or perception of a change in a patient's condition.

1. Why would I call Code Care?

For serious situations such as:

- ✚ Chest pain
- ✚ Difficulty breathing
- ✚ Bleeding
- ✚ Disoriented (unsure of what is wrong – just doesn't feel right)
- ✚ Uncontrolled pain after intervention

2. What will happen if I call Code Care?

- ✚ A nurse will immediately come to your room.
- ✚ He or she will make a quick assessment of your condition and concerns.
- ✚ Depending on the nurse's findings, necessary actions will be taken to provide needed care.

3. How do I activate Code Care?

- ✚ Call 888 and describe the help you need. Wait to hear "Help is on the way," then hang up the phone, or
- ✚ Use the emergency button at the head of the patient bed, or
- ✚ Use the emergency call light in the patient bathroom.

What Code Care is NOT for:

- ✚ Concerns with diet
- ✚ To request assistance to the bathroom
- ✚ Problems with the TV
- ✚ Request for pain medication
- ✚ Adjust room temperature
- ✚ When IV is beeping

Fast Facts About Your Stay

YOUR GUIDE TO THE MOST FREQUENTLY ASKED QUESTIONS

ATM

Located on the first floor next to the main lobby.



Cafeteria – Sinclair Dining Room

Location: First floor, just off of the main entrance

Hours:

Breakfast: 6:00 a.m. to 10:15 a.m. daily

Lunch: 11:00 a.m. to 2:00 p.m. Sunday through Friday; snacks available on Saturday

Soup, sandwiches and snacks: 2:45 p.m. to 6:00 p.m. daily

Cellphones

The use of cellphones, two-way radios and pagers are allowed but restricted to certain areas of the hospital. Cellphone use is approved on the first floor, in the cafeteria and in the administrative office areas.

Fire Safety

For your protection, Scotland Memorial Hospital regularly conducts fire and disaster drills. If a drill occurs while you are here, please remain in your room and do

not become alarmed. The hospital is a fire-resistant building, and our staff is trained in fire protection. If it becomes necessary to relocate patients, our staff will inform and assist you.

Flowers and Newspapers

Volunteers deliver flowers to your room. Please keep in mind that large plants and flowers are difficult to deliver and remove upon discharge.

A copy of *The Laurinburg Exchange* is provided for free upon request.

Food Service

Food service is provided by Morrison Healthcare's "Catering to You" Program. The Catering Associate assigned to your room will attend to your food service needs. On your first meal tray, you will receive a card with contact information and a diet information. Each meal is a spoken menu by your Catering Associate.

Meals are served at the following times:

Hot breakfast: 8:00 a.m. to 9:00 a.m.

Continental breakfast: 9:00 a.m. to 11:00 a.m.

Lunch: 12:00 p.m. to 1:00 p.m.

Cold box lunch/dinner: 1:00 p.m. to 4:00 p.m. and after 6:00 p.m.

Dinner: 5:00 p.m. and 6:00 p.m.

If you are out of your room for a special test or procedure, we will not leave the food in your room we want your meals always to be fresh and ready to eat. When you get back to your room, you or your nurse must call your Catering Associate to bring your meal.

Gifts for Patients

Visitors should check with the nurse before bringing gifts of food or drink to patients. On the Critical Care Unit, please check with the unit regarding any gifts for patients.

Guest Meals

Guest meals are purchased through the Sinclair Dining Room Retail Supervisor located in the Sinclair Dining Room. Be sure to keep your receipt – you will give it to your Catering Associate, and they will bring you the chef special of the day. You also may visit the cafeteria for more choices.

Hearing Impaired

Interpreters and special devices for people who are deaf or hearing impaired are available if needed. Please contact your nurse if this service is needed.

Leave your valuables at home

If you have valuables, such as jewelery or money, please give them to a relative or friend to take care of during your stay. Contact lenses, glasses, dentures, hearing aids should be stored on the bedside stand when not in use. Please don't put them on your bed or food tray – they may be damaged or lost. Scotland Health Care System cannot be

responsible for replacement of personal belongings. If you or a family member has lost an item, please notify your nurse or contact our Security department at extension 7555.

Interpreters

Language interpretation services for patients and family members who do not speak English can be provided. If you or a family member needs help with this, please contact your nurse.

Mail

Hospital volunteers deliver patient mail each morning. Letters and parcels that arrive after you have been discharged will be forwarded to your home. Stamps may be purchased in the Scotch Bonnet Gift Shop. Outgoing mail may be left at the nurses station or given to a volunteer.

Mail should be addressed to hospital patients:

Patient Name and Room Number
C/O Scotland Memorial Hospital
500 Lauchwood Dr.
Laurinburg, NC 28352

Meditation Chapel

A meditation chapel is located on the first floor next to the main lobby. Visitors of all faiths are welcome to visit the chapel for worship services, prayer and quiet reflection.

Parking

Free parking for patients and visitors is available 24 hours a day, seven days a week. Parking

Fast Facts About Your Stay continued

for outpatient services is located on the side of the hospital facing Highway 74 bypass. Visitors to the Emergency Center may park in the designated parking lot. Patients and visitors should not park in reserved areas or physician-designated areas. Be sure to lock your car and don't leave valuables in sight. If you are leaving the hospital at night and would like an escort to your vehicle, please ask the nursing staff to call a security officer.

Reception Areas

There are specially designated lounge areas for visitors on each patient floor and on the main floor in the lobby. Specific waiting areas have been designated for families of patients in the critical care units and the Emergency Department. Family members who accompany a surgical patient may wait in the Outpatient Waiting Room.

Telephones

Telephones are provided in all patient rooms except CCU rooms. The phone number in your room is 291-7 plus your room number. To place a local call, dial 9, then the number. Long-distance calls must be made with a credit card or by calling collect. To make a long-distance call, dial 9, then 0 for help from the operator. You may call the hospital operator at any time by dialing 0.

Television

Your room has cable television. Please be considerate of others and keep the TV volume down. TVs are controlled by using the remote attached to your bed.

Patient Education Channel

Channel 16 is the hospital's closed-circuit television station, which features a number of health-related programs.

Tobacco-Free Environment Policy

All Scotland Memorial Hospital properties and facilities are smoke-free areas. Smoking and the use of tobacco products are not allowed. Patients are not allowed to leave the hospital to smoke. If you use tobacco products, your medical provider will talk to you about non-smoking alternatives while you are hospitalized.

Vending Machines

Vending machines with snacks and beverages are located on the first floor outside of the Sinclair Dining Room and in the Emergency Center and Outpatient waiting rooms.

Visitor Guidelines

We encourage well-wishers for emotional support and recovery. To provide a restful and safe environment, we ask that visitors follow these guidelines:

- Visitors may not smoke while on the campus of Scotland Memorial Hospital.

- Visitors must dress appropriately and wear shirts and shoes.
- No more than two visitors are allowed at the bedside at one time.
- People with colds, sore throats or any contagious diseases should not visit patients.
- Visits should be kept short.
- Visitors should maintain a quiet environment and avoid unnecessary noise.
- Visitors may be asked to leave the room during tests or treatments or when the doctor or nurse needs to see the patient.
- The Women's Center is locked for the safety and security of

our patients and families. Visitors must present a government-issued photo ID at the Women's Center entrance to obtain a visitor's badge.

- In the event that a visitor needs to remain with the patient past visiting hours, arrangements can be made through the patient's nurse. You can access the hospital between 8:30 p.m. and 6:00 a.m. through the Emergency Center entrance.

Wheelchairs

Wheelchairs are available on all nursing units. Getting in and out of them without assistance may be hazardous, so please ask a staff member for help.

Visiting Hours



Scotland Memorial Hospital allows a family member, friend or other individual to be present with patients for emotional support during the course of his or her stay. The individual may or may not be the patient's surrogate decision-maker or legally authorized representative. We will not restrict, limit or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation or disability. If you have questions about our visitation policy, please speak with your nurse, call the main hospital number at 910-291-7000 or visit our website at scotlandhealth.org

General Hours: 6:00 a.m. to 8:30 p.m.

Critical Care Unit (CCU) Hours: Open visitation except during the hours of 6:45 a.m. to 7:45 a.m. and 6:45 p.m. to 7:45 p.m.

Women's Center: Please check with the staff regarding visiting regulations.

Other visiting arrangements may be made for families of surgical patients on the day of surgery.

Visiting hours may change due to covid restrictions. To view the latest restrictions, please visit scotlandhealth.org/covid-19-center/visitor-info.

Take Charge of Your Care

SPECIAL FEATURE



Ask Yourself

Is there anything else the hospital should be aware of to improve my care experience?

You are the center of your health care team. Let this special guide help you get the best results from your hospital stay.

Speak up! If you have questions or concerns, you have the right to ask and get a response from your doctor or nurse that makes sense to you. To help, share your answers to these questions with hospital staff.

- ⊕ What language would you prefer to speak?
- ⊕ Do you need glasses, hearing aids or other devices to help with talking to hospital staff?
- ⊕ Do you prefer to hear see or read health information?
- ⊕ Do you have any cultural, ethnic or religious-based special needs?
- ⊕ Who will be your support person who talks with hospital staff about your health care wishes?

7 Key Ways to Take Charge

SPECIAL FEATURE: TAKE CHARGE OF YOUR CARE

1. Speak Up

Ask questions and voice concerns. It's your body and you have the right to know.

2. Pay Attention

Always double-check that you are getting the right treatments and medicines from the right hospital staff.

3. Educate Yourself

Learn about your medical condition, tests and treatment options, so you know why following your care plan is so important.

4. Find a Support Person

Pick someone to help speak up for your care and needs during your stay.

5. Know Your Medicines

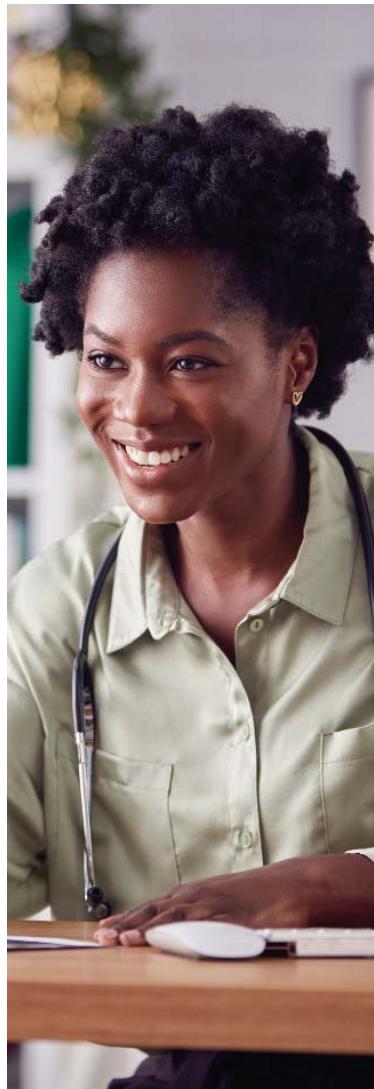
Understand what your medicines treat, why you need them and how to take them for the best results.

6. Check Before You Go

Make an informed decision when selecting additional health care services. Choose only accredited providers who meet patient safety and quality standards. Go to www.qualitycheck.org to learn more.

7. Participate in Your Care

You are the center of your health care team. Make sure you know what's happening every step of the way – from admission through discharge.



Protect Your Health

SPECIAL FEATURE: TAKE CHARGE OF YOUR CARE



Remember!

Don't forget to tell the staff who you've picked to be your support person.



Name Check

Always double-check your name with staff to avoid errors.

Choose a Support Person

A trusted friend or family member can be a big help during your hospital stay. Select one key person to be your health care advocate. If you become stressed or your ability to communicate changes, this person can stand in for you – and stand up for your care.

A support person can:

- ✚ ask questions you might not think of and write down information
- ✚ double-check your medicines and treatments
- ✚ watch for signs your condition is getting worse and ask for help

Check IDs

While you are here, many people will care for you (doctors, nurses, aides), and these same people will care for many patients.

To prevent errors in your care:

- ✚ Ask to see the ID of everyone who comes into your room, so you know the name and job of the person caring for you. If you do not see an ID badge, contact your nurse immediately.
- ✚ Speak up if hospital staff does not check your ID. Any time staff enters your room to give you medicine, transport you, or perform procedures or treatments, state your name and birth date. This may seem repetitive at times, but it helps ensure you receive the correct care.
- ✚ The OB unit has special IDs, and only staff with these IDs can care for infants.

5 Ways to Fight Infections

SPECIAL FEATURE: TAKE CHARGE OF YOUR CARE

The hospital is a place you come to get well, but you also can come in contact with germs that can make you feel worse. Reduce your chances of infection by taking these safety precautions.



Cleaning Tip

Use soap and water or alcohol-based hand sanitizer under your nails, in between your fingers, and on the palms and backs of your hands. Rub for 20 seconds (the time it takes to sing "Happy Birthday" twice).



For Visitors

Tell friends and family not to visit if they are sick. And make sure all your guests wash their hands when they enter your room.

1. Clean your hands.

- after touching hospital objects or surfaces
- before eating
- after using the restroom

2. Ask hospital staff members to clean their hands.

This should be standard practice, but don't be afraid to remind them if they forget or to ask them to wear gloves when touching you. Ask visitors to clean their hands too!

3. Cover if you are sick.

If you get an infection, limit the spread of germs by sneezing and coughing into tissues you promptly throw away, and avoid touching other people. Ask the staff if there is anything else you should do – like wear a surgical mask – to prevent the spread of germs.

4. Keep an eye on bandages or dressings.

If a dressing on a wound or IV becomes loose or wet, let your nurse know. Also if you have a catheter or drainage tube, tell your nurse if it becomes loose or dislodged.

5. Keep your vaccinations up-to-date.

Make sure you are as protected as possible from the spread of infection. Check with hospital staff about whether it's safe for you to receive any vaccines you might need.

Don't Ignore Pain

SPECIAL FEATURE: TAKE CHARGE OF YOUR CARE



You're the Expert on Your Pain

Starting to get uncomfortable? Pain medicine not working? Speak up. You may need to get more of the current pain medicine you are on or switch to a different kind of medicine to get relief. Don't try to ignore painful symptoms. Managing your pain will help with your healing process. Talk to your doctor or nurse when pain strikes.

No one knows how much pain you are in but you. Tell your doctor or nurse when you feel pain or if it comes back again after it goes away. Talk about your pain level throughout the course of your stay.

Ask yourself, then share with your nurse.

- ✚ Where does it hurt?
- ✚ When does it hurt?
- ✚ Does it keep you from doing things – like sleeping, dressing, eating?

Which words describe your pain?

<input type="checkbox"/> aching	<input type="checkbox"/> pressure
<input type="checkbox"/> bloating	<input type="checkbox"/> pulling
<input type="checkbox"/> burning	<input type="checkbox"/> radiating
<input type="checkbox"/> comes and goes	<input type="checkbox"/> searing
<input type="checkbox"/> constant	<input type="checkbox"/> sharp
<input type="checkbox"/> cramping	<input type="checkbox"/> shooting
<input type="checkbox"/> cutting	<input type="checkbox"/> soreness
<input type="checkbox"/> dull	<input type="checkbox"/> stabbing
<input type="checkbox"/> numbing	<input type="checkbox"/> throbbing
<input type="checkbox"/> pressing	<input type="checkbox"/> tightness

How bad is it on this pain scale? Wong-Baker FACES® Pain Rating Scale



0
No Hurt



2
Hurts Little Bit



4
Hurts Little More



6
Hurts Even More



8
Hurts Whole Lot



10
Hurts Worst

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Keeping You Safe

SPECIAL FEATURE: TAKE CHARGE OF YOUR CARE

Prepare for Surgery

Before your procedure, make sure you and your surgical staff confirm:

- ✚ your name
- ✚ the type of surgery you are having
- ✚ the body part to be operated on – in fact, hospital staff will mark the correct spot on your body. Make sure you or your support person checks that it's correct.

Take simple steps like these to help prevent medical mistakes.



Surgery Reminder

Ask your surgeon to take a "time out" to check:

- you're the right person
- getting the right surgery
- on the right body part

Prevent Falls

To reduce your risk of falling, the nurse and other staff members may:

- ✚ Place a yellow bracelet around your wrist.
- ✚ Provide instruction to wear shoes or yellow nonskid footwear when getting out of bed.
- ✚ Check on you frequently.
- ✚ Attach a bed or chair alarm to sound if you try to get up without the assistance of a staff member.
- ✚ Our policy is if you need to use the restroom, our staff stays with you to prevent a fall.
- ✚ Keep your room free of clutter.
- ✚ Make sure that your call light and possessions are within reach at all times.

Every time you talk with a health care provider ASK THESE 3 QUESTIONS

1

What is
my main
problem?

2

What do
I need
to do?

3

Why is it
important
for me to
do this?

When to ask questions

You can ask questions when:

- You see a doctor, nurse, pharmacist, or other health care provider.
- You prepare for a medical test or procedure.
- You get your medicine.

What if I ask and still don't understand?

- Let your health care provider know if you still don't understand what you need.
- You might say, "This is new to me. Will you please explain that to me one more time?"
- Don't feel rushed or embarrassed if you don't understand something. Ask your health care provider again.

Who needs to ask 3?

Everyone wants help with health information. You are not alone if you find information about your health or care confusing at times. Asking questions helps you understand how to stay well or to get better.

Ask
Me³[®]

Good Questions
for Your Good Health

Checklist for Discharge

BEFORE YOU LEAVE THE HOSPITAL

Make sure you have the following information before you leave the hospital.

- Discharge summary** – This includes why you were at the hospital, who cared for you, your procedures and medicines.
- Medicine list** – This includes all your new and former prescriptions, over-the-counter medicines, vitamins and supplements. Ask if there are any medicines you can stop taking or that are not okay to take together. Also make sure you know why, how and when to take each one.
- New prescriptions** – Check that your pharmacy has your new prescriptions and you have a plan to get them filled.
- Follow-up care instructions** – Beyond medicine, these can include:
 - foods or activities to avoid
 - tests or appointments
 - how to care for incisions or use equipment
 - warning signs to watch for
 - daily living adjustments (like how to get into bed)
 - who to call with questions
- After-hospital services** – Know how much support you'll need in these areas:
 - Personal care: bathing, eating, dressing, toileting
 - Home care: cooking, cleaning, laundry, shopping
 - Healthcare: taking your medicines, doctor's appointments, physical therapy, wound care, injections, medical equipment
- Local resources** – Ask your discharge planner for help finding local after-care services or other support groups.



Not Ready to Leave?

You have the right to appeal your discharge if you don't agree with the decision that you are ready to leave the hospital. Speak with your doctor or nurse, and share your concerns. You also may need to reach out to Medicare, Medicaid or your insurance company.



Teach-Back Method

Try the teach-back method. Repeat back what you hear the discharge planner say to make sure you understand the details correctly.

Rights & Responsibilities

YOU HAVE THE RIGHT TO THE BEST CARE



Concerns?

If you have concerns about the care you or your loved one is receiving, please speak with your doctor or nursing supervisor. If you feel that your issue isn't resolved, contact our Customer Care Line at 910-291-7909.

Scotland Health welcomes the opportunity to have you as our patient and wants to make your stay here as comfortable as possible. As a patient, you have certain rights as well as responsibilities. Please take a few moments to read the following summary of your rights and responsibilities.

Patient Rights

1. A patient has the right to respectful care given by competent personnel.
2. A patient has the right, upon request, to be given the name of his/her attending physician, the names of all other physicians directly participating in his/her care, and the names and functions of other health care persons having direct contact with the patient.
3. A patient has the right to every consideration of his/her privacy concerning his/her own medical care program. Case discussion, consultation, examination and treatment are considered confidential and shall be conducted discreetly.
4. A patient has the right to have all records pertaining to his/her medical care treated as confidential except as otherwise provided by law or third-party contractual arrangements.
5. A patient has the right to know what facility rules and regulations apply to his/her conduct as a patient.
6. The patient has the right to expect emergency procedures to be implemented without unnecessary delay.
7. The patient has the right to good quality care and high professional standards that are continually maintained and reviewed.
8. The patient has the right to full information in laymen's terms, concerning his/her diagnosis,

treatment and prognosis, including information about alternative treatments and possible complications.

When it is not possible or medically advisable to give such information to the patient, the information shall be given on his/her behalf to the patient's designee.

9. Except for emergencies, the physician must obtain the necessary informed consent prior to the start of any procedure or treatment, or both.

10. A patient has the right to be advised when a physician is considering the patient as a part of a medical care research program or donor program.

Informed consent must be obtained prior to actual participation in such program and the patient or legally responsible party may, at any time, refuse to continue in any such program to which he has previously given informed consent.

An Institutional Review Board (IRB) may waive or alter the informed consent requirement if it reviews and approves a research study in accord with federal regulations for the protection of human research subjects including U.S. Department of Health and Human Services (HHS) regulations under 45 CFR Part 46 and U.S. Food and Drug Administration

(FDA) regulations under 21 CFR Parts 50 and 56. For any research study proposed for conduct under an FDA "Exception from Informed Consent Requirements for Emergency Research" or an HHS "Emergency Research Consent Waiver" in which informed consent is waived but community consultation and public disclosure about the research are required, any facility proposing to be engaged in the research study also must verify that the proposed research study has been registered with the North Carolina Medical Care Commission.

When the IRB reviewing the research study has authorized the start of the community consultation process required by the federal regulations for emergency research, but before the beginning of that process, notice of the proposed research study by the facility shall be provided to the North Carolina Medical Care Commission. The notice shall include:

- +
- the title of the research study
- +
- a description of the research study, including a description of the population to be enrolled
- +
- a description of the planned community consultation process, including currently proposed meeting dates and times

Rights & Responsibilities continued

- an explanation of the way that people choosing not to participate in the research study may opt out
- contact information, including mailing address and phone number for the IRB and the principal investigator

11. The Medical Care Commission may publish all or part of the above information in the North Carolina Register, and may require the institution proposing to conduct the research study to attend a public meeting convened by a Medical Care Commission member in the community where the proposed research study is to take place to present and discuss the study or the community consultation process proposed.

12. A patient has the right to refuse any drugs, treatment or procedure offered by the facility, to the extent permitted by law, and a physician shall inform the patient of his/her right to refuse any drugs, treatment or procedures and of the medical consequences of the patient's refusal of any drugs, treatment or procedure.

13. A patient has the right to assistance in obtaining consultation with another physician at the patient's request and expense. A patient has the right to medical and nursing services without discrimination based upon race, color, religion, sex, sexual preference, national origin or source of payment.

14. A patient who does not speak English or is hearing impaired shall have access, when possible, to a qualified medical interpreter (for foreign language or hearing impairment) at no cost, when necessary and possible.

15. The facility shall provide a patient, or patient designee, upon request, access to all information contained in the patient's medical records. A patient's access to medical records may be restricted by the patient's attending physician. If the physician restricts the patient's access to information in the patient's medical record, the physician shall record the reasons on the patient's medical record. Access shall be restricted only for sound medical reason. A patient's designee may have access to the information in the patient's medical records even if the attending physician restricts the patient's access to those records.

16. A patient has the right not to be awakened by hospital staff unless it is medically necessary.

17. The patient has the right to be free from needless duplication of medical and nursing procedures.

18. The patient has the right to medical and nursing treatment that avoids unnecessary physical and mental discomfort.

19. When medically permissible, a patient may be transferred to another facility only after he/she or his/her next of kin or other legally responsible representative has received complete information and an explanation concerning the needs for and alternatives to such a transfer. The facility to which the patient is to be transferred must first have accepted the patient for transfer.

20. The patient has the right to examine and receive a detailed explanation of his bill.

21. The patient has a right to full information and counseling on the availability of known financial resources for his/her health care.

22. A patient has the right to expect that the facility will provide a mechanism whereby he/she is informed upon discharge of his/her continuing health care requirements following discharge and the means for meeting them.

23. A patient shall not be denied the right of access to an individual or agency who is authorized to act on his/her behalf to assert or protect the rights set out in this Section.

24. A patient, or when appropriate, the patient's representative has the right to be informed of his/her rights at the earliest possible time in the course of his/her hospitalization.

25. A patient, and when appropriate, the patient's representative has the right to have any concerns, complaints and grievances addressed. Sharing concerns, complaints and grievances will not compromise a patient's care, treatment or services. If a patient has a concern, complaint or grievance, he/she may contact his/her nurse or the nursing supervisor, or call the Customer Care Line at 910-291-7909.

+

If the patient issues are not satisfactorily addressed while the patient remains hospitalized, the investigation will continue. The intent is to provide the patient a letter outlining the findings within seven days.

+

If a patient chooses to identify a concern, complaint or grievance after discharge, he/she may call the Customer Care Line at 910-291-7909 or write a letter to the Patient Experience Department at 500 Lauchwood Drive, Laurinburg, NC 28352.

+

The patient has the right to directly contact the North Carolina Department of Health and Human Services (State

Rights & Responsibilities continued

Survey Agency) or The Joint Commission.

- NC Division of Health Services Regulation Complaint Intake Unit 2711 Mail Service Center Raleigh, NC 27699-2711 www.ncdhhs.gov/dhsr/ciu/complaintintake.html 1-800-624-3004
- Office of Quality and Patient Safety The Joint Commission One Renaissance Blvd. Oakbrook Terrace, IL 60181 Website: www.jointcommission.org, then click "Report a Safety Concern"

26. The patient has the right to participate in the development and implementation of his/her plan of care, including his inpatient treatment/care plan, outpatient treatment/care plan, discharge care plan and pain management plan.

27. The patient, or when appropriate, the patient's representative has the right to make informed decisions regarding his/her care. The patient's rights include being informed of his health status, being involved in care planning and treatment, and being able to request or refuse treatment. This right must not be construed as a mechanism to demand the provision of treatment or

services deemed medically unnecessary or inappropriate. Making informed decisions includes the development of his/her plan of care, medical and surgical interventions (e.g., deciding whether to sign a surgical consent), pain management, patient care issues and discharge planning.

28. The patient has the right to formulate advance directives and to have hospital staff and practitioners who provide care in the hospital comply with these directives.
29. The patient has the right to have a family member or representative of his/her choice and his/her own physician notified promptly of his/her admission to the hospital.
30. The patient has the right to personal privacy. Privacy includes a right to respect, dignity and comfort, as well as privacy during personal hygiene activities (e.g., toileting, bathing, dressing), during medical/nursing treatments, and when requested as appropriate. It also includes limiting release or disclosure of patient information such as the patient's presence in facility, location in hospital or personal information.

31. The patient has the right to receive care in a safe setting. A safe setting includes environmental safety, infection control, security, protection of emotional health and safety, including respect, dignity and comfort, as well as physical safety.

32. The patient has the right to be free from all forms of abuse or harassment. This includes abuse, neglect or harassment from staff, other patients and visitors.

33. The patient has the right to be free from restraints of any form that are not medically necessary or are used as a means of coercion, discipline, convenience or retaliation by staff.

34. The patient has the right to be free from seclusion and restraints, of any form, imposed as a means of coercion, discipline, convenience or retaliation by staff.

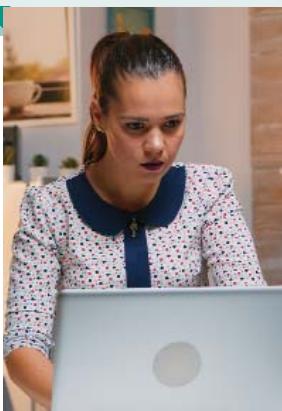
35. A patient has the right to designate visitors who shall receive the same visitation privileges as the patient's immediate family members, regardless of whether the visitors are legally related to the patient by blood or marriage.

Patient Responsibilities

1. Patients and their families, when appropriate, are responsible for providing correct and complete information about present complaints, past illnesses, hospitalizations, medications and other matters relating to their health.
2. Patients and their families are responsible for reporting unexpected changes in their condition or concerns about their care to the doctor or nurse taking care of them.
3. Patients and their families are responsible for asking questions when they do not understand their care, treatment and service or what they are expected to do.
4. Patients and their families are responsible for following the care, treatment and service plans that have been developed by the health care team and agreed to by the patient.
5. Patients and their families are responsible for the outcomes if they do not follow the care, treatment and service.
6. Patients and their families are responsible for following the hospital's rules and regulations.

Your Privacy Matters

PRIVACY AND HEALTH INFORMATION



Medical Records

Call 910-291-7617
for copies of medical records.

You have privacy rights under a federal law that protect your health information. This law sets rules and limits on who can look at and receive your health information. These rights are important for you to know.

Who must follow this law?

- ✚ Most doctors, nurses, pharmacies, hospitals, clinics, nursing homes and many other health care providers and their vendors
- ✚ Health insurance companies, HMOs and most employer group health plans
- ✚ Certain government programs that pay for health care, such as Medicare and Medicaid

What information is protected?

- ✚ Information your doctors, nurses and other health care providers put in your medical records
- ✚ Conversations your doctor has with nurses and others regarding your care or treatment
- ✚ Information about you in your health insurer's computer system
- ✚ Billing information about you at your clinic
- ✚ Most other health information about you held by those who must follow this law

What rights do you have over your health information?

Providers and health insurers must comply with your right to:

- ✚ Ask to see and get a copy of your health records
- ✚ Have corrections added to your health information

- ✚ Receive a notice that tells you how your health information may be used and shared
- ✚ Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing
- ✚ Get a report on when and why your health information was shared for certain purposes
- ✚ File a complaint

What are the rules and limits on who can see and receive your health information?

To make sure that your health information is protected in a way that doesn't interfere with your health care, your information can be used and shared:

- ✚ For your treatment and care coordination
- ✚ To pay doctors and hospitals for your health care and help run their businesses
- ✚ With your family, relatives, friends or others you identify who are involved with your health care or your health care bills, unless you object
- ✚ To make sure doctors give good care and nursing homes are clean and safe
- ✚ To protect the public's health, such as by reporting when the flu is in your area
- ✚ To make required reports to the police, such as reporting gunshot wounds

Without your written permission, your provider cannot:

- ✚ Give your health information to your employer
- ✚ Use or share your health information for marketing or advertising purposes
- ✚ Share private notes about your mental health counseling sessions



Laws for Alcohol and Drug Treatment

Another law provides additional privacy protections to patients of alcohol and drug treatment programs. For more information, visit www.samhsa.gov.

Source: U.S. Department of Health & Human Services, Office for Civil Rights

Advance Directives

A SIMPLE AND SMART WAY TO TAKE CHARGE OF YOUR CARE



Fill Out Your Forms

Bring a copy of your advance directives with you the day of your procedure so your most current information and wishes are on file. You do not need a lawyer to fill these out. For more information, please speak with your nurse or download forms at www.scotlandhealth.org/patients-and-visitors/patient-rights-and-responsibilities .



Choose Your Care

Fill out advance directives, so your wishes are met and your loved ones are sure of what you want.

One of the most important decisions you can make about your care is to fill out advance directives in case you can no longer speak for yourself. Advance directives are documents that let others know your wishes about the type of care you want. And they will only be used if you become unconscious or too ill to communicate yourself.

Different states have different laws about advance directives. Check with your Admissions department or nurse if you have any questions. Directives can include:

Living Will

This set of instructions explains the type of life-prolonging medical care you wish to accept or refuse. It can include your wishes about the use of resuscitation (CPR) if your heart stops, a ventilator if you stop breathing, or feeding tubes or IVs if you cannot eat or drink.

Durable Power of Attorney

For health care: This is a legal document that names your health care proxy – someone who can make medical decisions for you if you're unable to do so. An official health care proxy can represent your wishes on emergency care but also on other medical issues like potential treatment options, blood transfusions, kidney dialysis, etc. Choose someone you trust, discuss your medical wishes and make sure the person agrees to represent you in this role.

For finances: You also have the right to appoint someone to help manage your finances if you cannot. Your health care proxy also can do this if you'd like.

Understanding Your Bill

WHAT YOU NEED TO KNOW

The hospital billing process may seem complicated, but you can feel more in control by knowing exactly what your bill covers. For example, if you stay overnight, you can expect to see charges for your room, meals, 24-hour nursing care and medicines. The bill also will show charges for any special services, such as X-rays and lab tests. You'll receive bills for doctors, surgeons and specialists separately from the hospital.



Medicare

If you have Medicare, you may have to fill out an MSP (Medicare Secondary Payer) form. This ensures that Medicare only pays for services not covered by other insurance you may have. If you have secondary insurance, this usually covers Medicare deductibles. If you don't have secondary insurance, you need to pay these amounts yourself.

Also be sure to read your quarterly MSNs (Medicare Summary Notices) to review:

- ✚ the amount your doctor(s) charged
- ✚ the amount Medicare approved and paid
- ✚ the amount you owe
- ✚ your current deductible status

If you have questions, call the customer service number listed on your statement.



Keep Track

One of the key ways to feel informed and less overwhelmed about the billing process is to stay organized. Keep all statements and bills together and review each one as it arrives.



Need Help?

If you don't understand something on your bill, or if you're having trouble paying your bills, let us know. A patient representative can work with you.

Commonly Confused Terms



Deductible: The amount you owe each year before your insurance begins making payments.

Co-payment: A flat fee you pay for a specific service, usually due at the time of service.

Coinsurance: The portion of your medical expenses that you're personally responsible for paying.

Understanding Your Bill continued

Commercial Insurance Providers

If you use a commercial insurance provider, then the hospital forwards your claim based on the information you provide at registration. About a month after you leave the hospital, you'll get an explanation of benefits (EOB) statement from your insurance provider. This isn't a bill.

EOBs show:

- the amount billed by your doctor or hospital
- how much of that cost is covered by your insurance
- how much you owe

Review this and all other bill-related documents carefully. If you have questions, contact your doctor or the customer service number listed on the statement.

Self-Pay Patients and Payment Arrangements

If you're planning to pay your bills without help from Medicare or a commercial insurance provider, then you'll get bills directly from the hospital. When the first bill arrives, call the hospital's financial services department to set up a payment plan.

Communicate with the financial services department as soon as possible. If you don't set up a payment plan, or if you stop making payments, then your account may be placed with a collection agency. The hospital wants to work with you, so reach out with any questions or concerns you have.

Understanding Coordination of Benefits (COB)



COBs happen when you're covered under two or more insurance companies. This may occur when spouses or partners are listed on each other's insurance policies, or when both parents carry their children on their individual policies.

To prevent duplicate payments, COBs determine the primary payer. You choose who this is when you're admitted. Insurance companies usually request completed COBs from you before paying a claim, so make sure you address these requests quickly.

Support Groups

FIND OUT MORE ABOUT OUR SERVICES

Caregivers Support Group

This group offers a support system for those who are currently caring for a loved one, or who have recently been caregivers. The support group meets the first Thursday of every month from 6:00 p.m. to 8:00 p.m. at Scotland Regional Hospice. Contact Tanya Williams at 910-276-7176 for more information.

Circle of Hope Women's Cancer Support Group

Circle of Hope is a support group for women who have had or are newly diagnosed with cancer. The group meets the fourth Friday of each month from noon to 1:00 p.m. in the W.R. Dulin Center located on the campus of Scotland Memorial Hospital. Lunch is provided by Scotland Memorial Foundation. Call Mary Callahan-Lopez at 910-291-7630 for information.



Giving Back

HELP US HELP OTHERS



Want to Volunteer?

Volunteers provide support throughout the hospital and give thousands of hours each year to enhance the care of patients and their families.

For more information or to volunteer, call 910-291-7314.

Since 1988, the Scotland Memorial Foundation, a 501(c)(3) non-profit organization, has served as the provider and custodian of generous gifts and bequests to Scotland Health. The foundation plays an integral and unique role of support in Scotland Health's mission to provide safe, high-quality, compassionate and sustainable health care throughout the communities served.

Generous community support enables the foundation to help hundreds of people every year by offering programs and services that provide hope, encouragement and a healthier way of life. These services benefit everyone in the communities served by Scotland Health. Contributions are not used to subsidize the operating costs of the health care system or pay staff salaries or expenses.

Make Your Gift Today

Tax-deductible gifts can be made in the form of cash, check, credit card or stocks. You also may remember Scotland Memorial Hospital in your will and through life insurance, among other gift options.

For more information, contact Scotland Memorial Foundation's Executive Director at 910-291-7553.

Thank you in advance for your gift.

Your Health Care Team

STAFF DEFINITIONS

Case Managers

Case managers are assigned to each patient care area and trained to help patients and family members deal with financial, social and emotional problems that relate to illness or hospitalization. Members of the department work with patients and families to help deal with long-term illnesses and rehabilitation and are involved in discharge planning.

Dietitians

Scotland Memorial maintains a staff of full-time registered dietitians to meet your dietary needs during your stay. If you have questions about your meals or diet, call ext. 7576.

Housekeepers

A member of the housekeeping staff cleans your room daily. If there is a housekeeping problem in your room, tell your nurse, and it will be taken care of as soon as possible.

Medical Staff

During your stay, members of our hospitalist service team may provide your medical care. These physicians will:

- ✚ Closely monitor your condition
- ✚ Order tests and medications
- ✚ Bring in medical or surgical specialists as needed

- ✚ Keep you, your family and your personal physician well-informed

Nursing Staff

A team of professional registered nurses, licensed practical nurses and nurse assistants provides 24-hour nursing care. A nurse manager is responsible for directing and coordinating nursing care on each unit. Please feel free to contact your nurse or the nurse manager if you have questions or concerns.

Volunteers

Volunteers contribute many hours of service and financial assistance to the hospital. They supplement the services of the hospital staff in many ways and can be identified by their blue jackets and name tags.

Other Personnel

During your stay, many other health care professionals, including personnel from the Laboratory, Radiology, Physical Therapy, Occupational Therapy or Respiratory Therapy may visit you. In addition, the Scotland Memorial Hospital family includes many behind-the-scenes workers, such as accountants, engineers, secretaries, food service workers and others who contribute greatly toward your well-being while you are here.

Heart Attack & Stroke Signs

SPOTLIGHT ON HEALTH

Recognize the Signs and Get Help Quickly

A heart attack or stroke is a medical emergency and every second counts. The faster you or a loved one recognizes the symptoms and gets help, the better your chances of surviving, with the least amount of damage to your heart or brain.

Once you've had an event, you're at greater risk of having another in the future. But keep in mind that the symptoms of a second event can be different from what you experienced the first time.

Heart Attack Warning Signs

The main symptom of a heart attack is chest pain or discomfort. It also can feel like pressure, fullness or squeezing in your chest. These feelings may start gradually and get worse, or they may come and go.

The symptoms of a heart attack can be different for women. Women also may have unusual heartburn, shortness of breath, lightheadedness, nausea, or they may feel tired or anxious weeks before a heart attack.

Stroke Warning Signs

Think **F.A.S.T.** when it comes to recognizing a stroke:

- F** **FACE DROOPING:** Does one side of your face droop or is it numb? Try to smile.
- A** **ARM WEAKNESS:** Is one arm weak or numb? Raise both arms. Does one arm drift downward?
- S** **SPEECH DIFFICULTY:** Is your speech slurred? Are you unable to speak? Try to say a simple sentence like "The sky is blue."
- T** **TIME TO CALL 911:** If you notice any of these symptoms, even if they go away, call 911 right away.

Other sudden symptoms can include:

- + numbness or weakness in your leg, face or arm
- + confusion or trouble understanding
- + trouble seeing in one or both eyes
- + trouble walking, dizziness, loss of balance and coordination
- + severe headache with no known cause

Type 2 Diabetes

SPOTLIGHT ON HEALTH

Managing Diabetes During Your Hospital Stay

Keeping your blood sugar under control takes careful attention. To help, make a diabetes care plan with your doctor or nurse. Include information like:

- ✚ how often your blood sugar needs to be checked
- ✚ how often you need to take your medicines and insulin
- ✚ what to do if you can't eat
- ✚ how to handle your insulin pump if you have one

You also may want to ask a friend or family member to be your diabetes advocate. Together you can work with hospital staff to follow your diabetes care plan.

Tracking Your Blood Sugar

Tracking your blood sugar can give you valuable information about how your body's working. It also can help you make adjustments if your numbers are generally too high or too low.

Being sick and taking new medicines can cause your blood sugar numbers to go up or down. Ask your nurse if your blood sugar needs to be tested more often.

Taking Medicine or Insulin

You'll still need your medicines and insulin (if you take it) while in

the hospital, but do not take them yourself. Your nursing staff will be responsible for giving them to you. If you have questions about your schedule, it's okay to ask.

Planning for Meals

Once you're admitted to the hospital, ask if there's a special meal plan for patients with diabetes. You also can ask to see the hospital's dietitian if your blood sugar is too high or too low during your stay.

If you need to take medicine or insulin before your meal, make sure you've worked out a schedule with your nurse.

Avoid Infections

Having diabetes puts you at a higher risk of getting an infection, so it's important to be extra careful during your hospital stay:

- ✚ Ask everyone who comes in your room to wash his or her hands.
- ✚ Wash your own hands when you can, or ask for hand sanitizer to be placed near your bed.
- ✚ Tell your nurse about any cuts, sores or bruises you have.
- ✚ Ask friends and family who aren't feeling well to stay home and not visit.

Adult Vaccines

SPOTLIGHT ON HEALTH



COVID-19 Vaccine

The COVID-19 vaccine can help protect you from the virus and stop community spread. Talk to your doctor about when you can get the vaccine.



Talk to Your Doctor

Your doctor is your best source for information about vaccines. Which vaccines are right for you depend on your age, other health conditions you have (including pregnancy) and where you travel.

Vaccines work with your immune system to help protect you from infections and disease. As you age, you're more at risk of certain health conditions because your immune system isn't as strong as it used to be. And if you do get sick, the symptoms can be more serious.

Three types of vaccines are especially important for older adults, including:

Influenza Vaccine – The flu vaccine is recommended for all ages every year, and there are special vaccines for adults over age 65. You need the vaccine every year because the flu virus changes over time.

Zoster or Herpes Zoster Vaccine – The CDC recommends a shingles vaccine called Shingrix for all adults age 50 and older – even if you've already had shingles or received the older vaccine. You'll need two doses, two to six months apart.

Pneumococcal Vaccines – These vaccines can prevent serious infections like pneumonia and meningitis.

Pneumococcal polysaccharide or PPSV23: You need at least one dose of this vaccine after you turn 65 years old.

Pneumococcal conjugate or PCV13: Adults age 65 and older may need one dose of this vaccine one year before receiving the PPSV23 vaccine. Talk to your doctor about whether you should get the PCV13 vaccine.

Going Home

RESOURCES AFTER YOUR STAY

Patient Portal

Managing your medical health records online is now easier than ever with MyScotlandHealth.

This new patient portal will allow patients to access their medical health records anywhere and at any time safely and securely on their computer, tablet or any Apple or Android device.

There are two ways to sign up:

- ✚ Visit myscotlandhealth.org, select sign up now and follow the prompts.
- ✚ At your next appointment, check-in will ask for an updated email address to enroll you.

You will receive an activation code via email within 48 hours. Once you receive this email, you will follow the directions to register.

After completing your registration, you will have access to the many benefits MyScotlandHealth has to offer:

- ✚ view lab and test results including COVID-19 test results
- ✚ review notes from your doctor
- ✚ request prescription refills

- ✚ schedule and view appointments
- ✚ message your care team
- ✚ pay your bill

And much more! Download the QR Code for MyChart app on your Apple or Android device now and select Scotland Health Care System to have your health records available at your fingertips!

Our support team for MyScotlandHealth is available Monday through Friday from 8:00 a.m. to 5:00 p.m. by calling 910-291-7507.

Patient Experience Survey

When you get home, you may receive a patient satisfaction survey in the mail or by email, text or phone call. This is your opportunity to tell us what we did well and where we could use some improvement. However, if we are not meeting your expectations, please don't hesitate to share your thoughts with the unit manager while you are here. We want to make sure you have an excellent experience and will do our best to correct any shortcomings immediately.

Game

SOLVE A BRAINTEASER

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 through 9.

9	7	1	6				5	3
			8	7	9	3	1	6
3		2	1		8	9		7
6	3		8		9		2	
2	1		4			6	9	8
8	4					7	3	
5	8		3		6	2	1	9
1			5			4		
7		6	9		1	3	8	5

Answer Key

How did you do?

Check your
answers here.



7	2	6	9	4	1	3	8	5
1	9	3	5	8	2	4	7	6
5	8	4	3	7	6	2	1	9
8	4	9	2	6	5	7	3	1
2	1	5	4	3	7	6	9	8
6	3	7	8	1	9	5	2	4
3	6	2	1	5	8	9	4	7
4	5	8	7	9	3	1	6	2
9	7	1	6	2	4	8	5	3

Power Food Recipes

GIVE YOUR RECOVERY A BOOST WITH THESE DISHES

POWER  FOOD



SWEET POTATO

Vitamin A
for a healthy
immune system



Bonus Tip!

For baked sweet potatoes,
mix in applesauce or
pineapples for extra
moisture and sweetness.

POWER  FOOD



ASPARAGUS

Folate to help your
body make new cells

Creamy Sweet Potato Soup (serves 4)

1. Melt 2 tablespoons unsalted butter in a pot over medium-high heat.
2. Add $\frac{1}{2}$ cup diced red onion and 3 cloves of minced garlic.
3. Season with salt and pepper and sauté for about 4 minutes.
4. Add 2 medium sweet potatoes, peeled and cut into $\frac{1}{4}$ -inch pieces; fresh rosemary leaves from 1 stem, chopped; and 4 cups of low sodium chicken broth.
5. Bring to a boil and then simmer for 30 minutes.
6. Turn off heat and blend the mixture (either in a food processor or using an immersion blender) until smooth.
7. Whisk in $\frac{1}{2}$ cup mascarpone cheese at room temperature.
8. Serve warm.

Wrapped Asparagus (serving = 1 to 2 bundles)

1. Preheat oven to 450° F.
2. Spread 1 to 2 slices of prosciutto or ham with reduced-fat cream cheese.
3. Wrap meat around 2 to 3 asparagus spears, so the tips and ends aren't covered. Repeat to reach desired number of servings.
4. Lay asparagus bundles on a baking sheet and cook for 15 minutes, or until the asparagus is tender.

Bonus Tip!



Cook asparagus so it's tender enough to be poked by a fork but still bright green.

Notes

KEEP YOUR HEALTH CARE QUESTIONS AND ANSWERS HERE

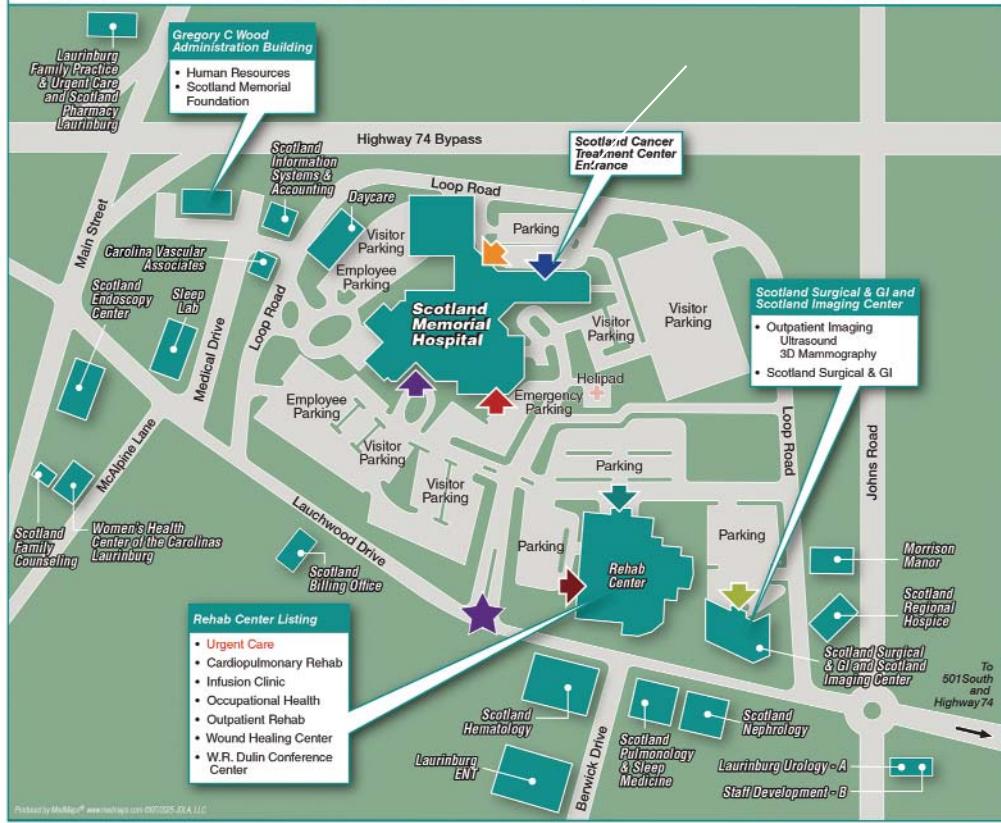
Let Us Know



Have a question or concern on your mind? Share it with hospital staff. We want to help but can't unless you tell us what you need.

Entrance Legend

 Main Campus Entrance  Scotland Cancer Treatment Center Entrance	 Main Hospital, Imaging, & Registration Entrance  Outpatient Surgery & Cardiovascular Center Entrance	 Emergency Center Entrance  W.R. Dulin Center Urgent Care Entrance	 Scotland Imaging Center Entrance  W.R. Dulin Center Main Entrance
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Scotland Health Practice & Pharmacy Locations

Carolinas Vascular Associates
 1600 Medical Drive
 Laurinburg, NC 28352

Laurinburg ENT
 1705 Berwick Drive #B
 Laurinburg, NC 28352

Laurinburg Family Practice & Urgent Care
 101 Plaza Road
 Laurinburg, NC 28352

Laurinburg Urology
 7004 Progress Place
 Laurinburg, NC 28352

Marlboro Family Practice & Urgent Care
 957 Cheraw Street
 Bennettsville, SC 29512

Maxton Family Practice
 1001 W. Dr. Martin Luther King, Jr. Drive
 Maxton, NC 28364

Pembroke Family Practice & Urgent Care
 412 South Jones Street
 Pembroke, NC 28372

Scotland Family Counseling
 106 McAlpine Street
 Laurinburg, NC 28352

Scotland Hematology
 521 Lauchwood Drive
 Laurinburg, NC 28352

Scotland Nephrology
 601 Lauchwood Drive
 Laurinburg, NC 28352

Scotland Pharmacy Bennettsville
 957 Cheraw Street
 Bennettsville, NC 29512

Scotland Pharmacy Laurinburg
 101 Plaza Road
 Laurinburg, NC 28352

Scotland Pharmacy Pembroke
 412 South Jones Street
 Pembroke, NC 28372

Scotland Pulmonogy & Sleep Medicine
 601 Lauchwood Drive
 Laurinburg, NC 28352

Scotland Surgical & GI
 500 Lauchwood Drive
 Laurinburg, NC 28352

Scotland Surgical & GI Marlboro
 1007 Cheraw Street
 Bennettsville, SC 29512

Scotland Surgical & GI Pembroke
 410-D South Jones Street
 Pembroke, NC 28372

Staff Development
 700B Progress Place
 Laurinburg, NC 28352

Wagram Family Practice
 24420 Marlboro Street
 Wagram, NC 28396

Women's Health Center of the Carolinas at Laurinburg
 105 McAlpine Lane
 Laurinburg, NC 28352

Women's Health Center of the Carolinas at Pembroke
 410-D South Jones Street
 Pembroke, NC 28372



Closer Care. Better by Far.

910-291-7517

www.scotlandhealth.org

500 Lauchwood Drive, Laurinburg NC 28352