

Your Inpatient Visit

Welcome! You have been selected to participate in a research study that will involve staying overnight in the Clinical and Translational Research Center at Oregon Health and Science University.

This pamphlet provides additional information about the CTRC to help you plan for your stay and know what to expect once you are here.

Getting to the CTRC

The CTRC is on the second floor of Multnomah Pavilion, which is easily recognized by the four-story columns at the entrance. Multnomah Pavilion is nestled between Sam Jackson Hall and the Physicians Pavilion. Once inside, turn right, walk to the end of the hall and turn right again. You will be at the entrance to the CTRC. If you get lost, stop any OHSU employee and ask for assistance or call the CTRC nurses station at 503-494-7602.

Nurses can provide campus maps, and you can access maps and directions to OHSU at www.ohsu.edu.

Parking There is free parking next to Multnomah Pavilion in the Physicians Pavilion parking structure.

Bus If you are taking a bus, exit at the bus stop located at the OHSU University Hospital South (UHS) and walk across Sam Jackson Drive.



Multnomah Pavilion



Photo by Kent Anderson

Additional Support Features

- ➔ The Portland Aerial Tram is a convenient way to travel between the main OHSU campus on Marquam Hill and the OHSU Center for Health & Healing at South Waterfront. Tram tickets are \$4 to go up and free on the way down. Participants may not ride the tram while they are admitted as inpatients to the hospital. Visit www.portlandaerialtram.org.

Portland Aerial Tram Hours

5:30 AM - 9:30 PM	Monday-Friday
9:00 AM - 5:00 PM	Saturday
Closed	Sunday

- ➔ The March Wellness spa is located at the Center for Health and Healing. Visit www.marchwellness.com or call 503-418-9626 for more information.
- ➔ There are two outside play areas at Doernbecher Children's Hospital (DCH). One is located on the 9th floor of DCH and is accessible through the DCH family waiting room. The other play area is located off the DCH lobby and can be accessed at the far end of the lobby.
- ➔ OHSU has contracted with several local hotels to offer discounts to OHSU patients and families. If you or your family plan to stay in a local hotel, your research staff can provide a list of hotels.
- ➔ If you have a disability and need accommodation, please contact your research staff at least five business days prior to your appointment.

Clinical and Translational Research Center



Research Participant Information

Inpatient Visit

Oregon Health and Science University Clinical and Translational Research Center

1381 SW Sam Jackson Dr.
Multnomah Pavilion
Main (2nd) Floor
Portland, Oregon 97239
(503) 494-7602

Facilities

The CTRC has five private rooms. There is one large room with two beds that is suitable for families. Private bathroom facilities are available, although some rooms do not have private baths. Your needs will be considered when assigning a room for your visit.

Every room has a television and telephone. There are several Playstation consoles and DVD/VCRs on the unit. There is also a lounge available for general use. The lounge has a television, DVD/VCR, and a computer with internet access, although there are no printing capabilities at this time. The library has a small selection of DVDs and VHS tapes, as well as books and magazines.

Wireless internet is available throughout the CTRC, and you may bring your own laptop. Our kitchen is used primarily by the nutritional research staff.

Nursing Care

During your stay in the CTRC, you will be cared for by skilled and experienced research nurses. Special attention will be given to the requirements of your particular study.

Your comfort is of prime importance. Please communicate your needs to the nursing staff.

Meals

During your stay, meals will either be pre-selected and prepared by the CTRC nutritional staff or come from the OHSU hospital kitchen. You may choose from the hospital's daily menu. If you have special dietary needs, please let your research staff know as soon as possible. If you bring any food items with you for yourself or your family, please give them to a nurse when you arrive for storage in our refrigerator or freezer. Unless you are on a special research diet, you can request a snack at any time of the day.

What to Bring

We provide:

- towels
- bedding
- extra toiletries in case you forgot something

You should bring:

- medications in their original prescription bottles
- comfortable clothing and sleepwear
- toiletries
- books, magazines, and DVDs for your comfort and entertainment
- cell phone and laptop at your own risk
OHSU is not responsible for the security of these items.

What Not to Bring

Do not bring:

- narcotics, even in their original bottles
- valuables and expensive jewelry
- money, other than a small amount if needed
- weapons or flammable items
- tobacco products
OHSU is a non-smoking campus.

Safety

The CTRC unit is unlocked from 7:00 AM until 7:00 PM. After 7:00 PM special locking mechanisms on the entrance doors are activated. This system was created to ensure a safe environment for CTRC participants and staff.

If visitors arrive when the unit doors are locked, they can ring the doorbell on the wall by the CTRC front entrance doors. A nurse will then give them access to the unit. At 9:00 PM the main entrance doors to Multnomah Pavilion are locked. To gain admittance from outside Multnomah Pavilion, call the nurses station at 503-494-7602 and a nurse will let you in the building. All OHSU physicians and nurses have access cards that allow entrance to patient care areas at all times.

Medication Administration

You should discuss which medications to bring to the CTRC with your research staff and physicians.

Unless instructed otherwise by your research team, please bring **all medications in their original prescription bottles**. Liquid and aerosol medications (e.g. eye drops, inhalers) must be brought in **unopened containers**. Please speak with your research staff or physician if you wear any medications delivered in patch form.

Upon arrival, we ask for all of your medications. The nurse will confirm your dosages and medication schedule. We are required to send all medications to the OHSU pharmacy for identification, after which they will be returned to CTRC nursing staff. Nurses keep medications in a locked room and administer medications at the times scheduled by your physician.

Many supplements, vitamins, and herbal preparations cannot be identified by our pharmacists, and you cannot take them while staying in the CTRC. Narcotics, even in their original bottles, cannot be brought from home for use in the CTRC. Nurses obtain narcotics from the hospital pharmacy and administer them as indicated by your physician and as needed by you.

Friends and Family

All hours are visiting hours in the CTRC as long as visits do not interfere with your study or disturb other participants. If visitors wish to join you for meals, they may order a guest tray in advance for \$5 per meal or use one of the cafes on campus.

Phone calls Friends and family can contact you by calling your cell phone, the CTRC nurses station at 503-494-7602, or directly to your room telephone. Between 10:00 PM and 6:00 AM we ask that family and friends refrain from calling unless it's urgent. You may use a calling card for long distance and contact the hospital operator for collect calls.