

Heart Beat in a Bottle

What is it:

As family members of patients in Intensive Care Units are at significantly higher risk for developing post-traumatic stress disorder and borderline anxiety and depression. To help in their grieving and coping process we are implementing the heartbeat in a bottle keepsake when their loved one has passed in the Intensive Care Unit.

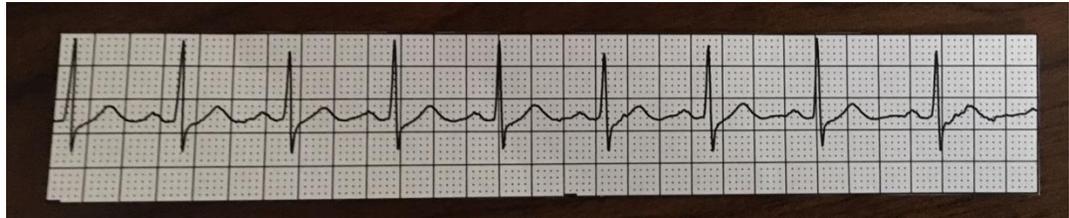
What you need:

You will need to collect the following items:

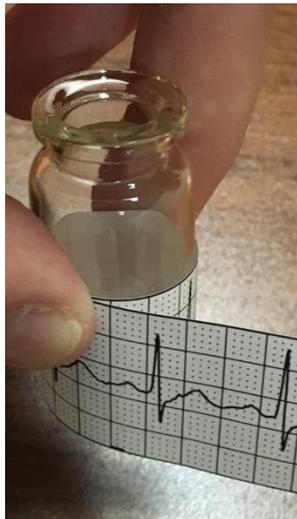
- 1) Glass Vial with Rubber Stopper
- 2) ECG Tracing
- 3) Crazy glue

How to make it:

- 1) Prepare ECG Tracing
 - a. Print an appropriate ECG Tracing from Clinical Access
 - b. Remove all patient identifiers (Name, BA #, Diagnosis, etc...) from the tracing



- c. Wrap remaining tracing around the vial overlapping the tracing by approximately two large boxes.



- 2) Remove rubber stopper, loosely roll the tracing and insert it into the vial, use a long Q-tip if necessary to completely insert tracing to the bottom of the vial.



- 3) Take the rubber stopper and place four small drops of crazy glue (top/bottom/left/right)
- 4) Place rubber stopper into vial and hold in place for approximately 30 secs
- 5) Final Product will look like this:



Presenting “Heartbeat in a Bottle” to loved ones

As per Carolinas Healthcare “This is a rare and unique chance for us to care for our patients loved ones and should be presented when we are in the right state of mind and willing to connect with families”.

When to deliver:

- Assess appropriateness/ readiness of the family/ loved ones to receive
- Post-mortem
- Prior to family departure

How to present it to the families:

Explain in your own words the significance of the keepsake

- Example: We have something to give to you and I want to explain what it is. This is an image of (Name) heartbeat. This is his/her personal and actual heartbeat, I know you will carry him with you wherever you go and now you have a piece of his heart from one the last times it beat.
- Example if the family was unable to be present for patient death: I know you could not be here for his/ her last heartbeat so we wanted to give this to you(see above)