

PLANNING YOUR DISCHARGE



Your discharge instructions are vital to your success at home and prevents you from being readmitted back into the hospital.

DID YOU KNOW?

Approximately 20% of patients end up back in the hospital within 30 days of being discharged.

ABOUT THE DISCHARGE PROCESS:

- When you leave a hospital, you're going to be transitioned to one of the following, either your home or rehab facility or a nursing home.
- Discharge planning is a team approach to include the patient, caregiver, social worker, nurse, or case manager.
- When going over your discharge instructions, make sure to take good notes and speak up with questions or ask permission to record the discharge conversation on your phone.
- If you decide you're not ready to be discharged, say so.
- Hospitals and insurance companies have strong incentives to discharge you as soon as possible.

YOU SHOULD NOT BE DISCHARGED IF YOU:

- Feel disoriented, faint or unsteady.
- Have pain that is not controlled by oral medication.
- Can't go to the bathroom unassisted and you haven't been able to urinate or move your bowels.

BEFORE YOU LEAVE THE HOSPITAL:

- When is your follow up doctor's appointment?
- Make sure you're clear of any surgical drainage, bandages or wound care necessary to prevent infection.
- Make sure you have the name, dosage, and when to take any new medications in writing.
- Make sure you're clear on taking these new medications in conjunction with your current medications.

TIP:

Request discharge planning to be done at the beginning of your stay, not the day of discharge, because in doing so you have time to prepare for the transition and not be so overwhelmed.

DISCHARGE CHECKLIST

Checklist	Notes
When is my follow up doctor's appointment?	Date: Time: Location:
Am I clear of any surgical drainage, bandages or wound care necessary to prevent infection?	Directions for bandage/wound care:
Name, dosage, and when to take any new medications	Name of medication: Dosage: When to take:
Make sure you're clear on taking these new medications in conjunction with your current medications.	Directions or comments from health care provider:
Other:	