

## Preparing for Home

### Supporting Your Transition from Admission to Discharge

Name: \_\_\_\_\_

Room number: \_\_\_\_\_

Estimated date of discharge:

What is your recovery goal?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please tell a member of your health care team if you have any questions or concerns.

# Supporting Your Transition from Admission to Discharge







## Welcome

From the time you are admitted to the hospital, we start planning your **estimated date of discharge**. This is the date you are expected to go home or move to another care setting (like rehabilitation [rehab]).

Your estimated date of discharge will depend on how your health improves during your stay.

## Why home is best for recovery

Research shows that people recover faster and more fully at home. The benefits include:

	The risk of <b>infection is lower</b> at home than in a hospital.
	Your home is more familiar and may be quieter. This can support your healing through <b>better sleep</b> .
	<b>Moving every day</b> at home helps you keep up your strength.
	Spending time with loved ones can help your <b>emotional and physical recovery</b> .
	Going back to your <b>usual</b> routine helps lower stress and can support your well-being.
	It is easier to make <b>important life and care decisions</b> in the comfort of your home.

## Your health care team

- You and your health care team will work together to create a care plan to help you recover.
- You will see some of your team members every day, and others only as needed. Nurses are available 24 hours a day to help you.



## Family and support persons

- **We encourage the help of your family and support persons.** They are an important part of your healing and recovery.
- You may name 2 people as your family and/or support persons. Your health care team will contact them as needed.
- You will decide how they are involved in your care and decision-making during your stay.
  - › If you cannot make decisions during your stay, you may choose a substitute decision maker to make decisions for you.

## Admission to a hospital inpatient unit

- After you are settled in your room, please tell us about:
  - › Your allergies
  - › Your medications (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements)
  - › Contact information for your 2 family and/or support persons
  - › Your advance care plan (if you have one)
  - › Your substitute decision maker, if you have one
  - › Anything else that may help us plan for your recovery (like how we can support you to get up and move around)

- **Your health care team may ask you to keep taking your usual medications while you are in the hospital.** This is to make sure you keep receiving the same treatment as you would at home. Your health care team will talk with you about this, if needed.
  - › If you have medications you will not need during your hospital stay, send them home with your family and/or support persons.
- **Did you bring any valuables to the hospital?** If you have any valuables, send them home with your family and/or support persons. The hospital is not responsible for the loss of any item.
- Ask your family and/or support persons to bring any toiletries (like a toothbrush, toothpaste, soap), clothes, shoes, glasses, hearing aids, walking aids, or other special equipment you may need for your hospital stay.



## What can I expect each day?

- We will work with you to make sure you are ready to go home by your estimated discharge date.
- Each day, you will be expected to:
  - › move around as much as you can. Try to get out of bed for all 3 meals. This helps to prevent blood clots, build strength, and improve breathing.
  - › take part in your care, like washing or getting dressed.
- Most of the time, you can wear your own clothes. If possible, ask your family and/or support persons to bring you slippers with an enclosed heel and good grip for walking.
- Your doctor or nurse practitioner will talk with you about your treatment.
- Your health care team will meet each day. They will talk with you and your family and/or support persons about your progress. If your estimated date of discharge changes, we will talk about this with you.



- We may talk to you and your family and/or support persons about your goals of care. Goals of care are your priorities (what you feel is most important) for your health care.
  - › We will work with you and your family and/or support persons to make a care plan that meets your goals.
  - › On some units, we will post this plan on the whiteboard in your room. This is where you and your health care team can track your progress.

**You know yourself best! If you or your family and/or support persons see a change in your condition, tell a member of your health care team right away.**

## Getting ready for discharge

Before you leave the hospital, use this checklist to make sure you have everything you may need at home.

### Do you have:

- ☐ A plan for groceries and meals at home
  - › Ask a member of your health care team about the Meals on Wheels Program or VON's Frozen Favourites meal program.
- ☐ All of the medications you brought to the hospital
- ☐ Any new prescriptions
- ☐ Appointments for blood work, X-rays, or doctor or nurse practitioner
- ☐ Any special equipment and oxygen
- ☐ Mobility aid (like a walker or a cane)
- ☐ Glasses, hearing aids, and dentures (if you use them)
- ☐ All of the personal items you brought to the hospital
- ☐ Clothes to wear home (including a coat and shoes)
- ☐ Keys to your house
- ☐ Cell phone, tablet, and chargers
- ☐ Other: \_\_\_\_\_

**If you do not have something on the list above, tell a member of your health care team.**

**The goal is to transition you out of the hospital in the morning.** If you are waiting for test results or other procedures, you may be discharged later in the day.

**Who is picking you up from the hospital?**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Will you need help when you get home?**

☐ Yes ☐ No ☐ Ask

**Follow-up appointment:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Phone: \_\_\_\_\_

**Do you know how to fill your prescriptions?**

☐ Yes ☐ No ☐ Ask

**Do you understand the changes to your prescriptions since you have been in the hospital?**

☐ Yes ☐ No ☐ Ask

**Side effects of medications to watch for:**

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**Signs and symptoms to watch for:**

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**Questions for my health care team:**

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## Journal

We encourage you to keep a journal of your hospital stay. This can help you and your family and/or support persons.

### Diagnosis

I know why I am in the hospital:

☐ Yes ☐ No ☐ Ask

I know when I am going home:

☐ Yes ☐ No ☐ Ask

I know if I will see a doctor or a nurse practitioner:

☐ Yes ☐ No ☐ Ask

### Tests

I know I am going to have tests or treatments booked:

☐ X-ray ☐ MRI ☐ ECG/EKG  
☐ Blood tests ☐ Scope ☐ Other:\_\_\_\_\_  
☐ Ultrasound ☐ CT scan

### Treatments

☐ I.V. ☐ Dressing ☐ Catheter  
☐ Oxygen ☐ Feeding tube ☐ Other:\_\_\_\_\_

### Results

I know my test results or treatments:

☐ Yes ☐ No ☐ Ask

### Medications

I know what medications I take:

☐ Yes ☐ No ☐ Ask

I understand what my medications are for:

☐ Yes ☐ No ☐ Ask

I know what medications I will take home with me:

☐ Yes ☐ No ☐ Ask

I have a prescription(s) and I know how to get it filled:

☐ Yes ☐ No ☐ Ask

My pain is controlled:

☐ Yes ☐ No ☐ Ask



## Once you are at home

For **non-urgent** health care questions:

- Call your primary health care provider (family doctor or nurse practitioner).
- If you do not have one, call **811** to talk with a registered nurse 24 hours a day, 7 days a week. They may:
  - › give information and advice to care for yourself at home.
  - › suggest seeing your primary health care provider.
  - › suggest going to the nearest Emergency Department.
- To learn more about care options available in your community, visit:  
[www.nshealth.ca/wheretogoforhealthcare](http://www.nshealth.ca/wheretogoforhealthcare)

To learn about **programs and services** in your community:

- › Phone: **211**
- › Phone (toll-free): 1-855-466-4994
- › <https://ns.211.ca>

## Nova Scotia Health Patient and Family Feedback

- If you have feedback, a compliment, or a concern:
  - › Phone (toll-free): 1-844-884-4177

## Resources

### Continuing Care

To make a referral for **home care, community care services, or long-term care**:

- › Phone (toll-free): 1-800-225-7225
- › [www.nshealth.ca/continuing-care](http://www.nshealth.ca/continuing-care)

### Mental Health and Addictions Services

To self-refer:

- › Intake Service (toll-free): 1-855-922-1122
- › <https://prebooking.nshealth.ca>

### Provincial Mental Health and Addictions Crisis Line

- › Phone (toll-free): 1-888-429-8167
- › <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>

## If it is an emergency:

- › **Call 911** or go to the nearest Emergency Department right away.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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WAYS TO ACCESS CARE  
IN NOVA SCOTIA.

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](https://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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