



Place label with barcode here.

Pneumonia – Patient Oriented Discharge Summary (PODS)




 I came to the hospital on _____ and left on _____.

- I know why I was in the hospital.
- My essential care partner has a copy of this PODS.
- I have a copy of my Patient Priorities and Goals of Care form.

 **Medications**

- My list of medications was reviewed with me.
- My approval forms for medication coverage have been submitted.
- My prescriptions were faxed to my pharmacy at: _____
- My medications from home were returned to me.
- I will ask my primary health care provider (family doctor or nurse practitioner) or my pharmacist if it is safe to use over-the-counter medications or supplements (like vitamins, herbal products).

Before discharge, I received:

-  My morning medications
-  My midday medications
-  My evening medications

Notes: _____

 **While I was in the hospital I received:**

| | | |
|--|--|--|
| Flu vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable | COVID vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable | Pneumonia vaccine <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable |
|--|--|--|

After I go home, I will talk to my primary health care provider or to my pharmacist about keeping my vaccines up to date.



Care at home

- Most people feel better after 3 to 5 days. You may still feel tired. You may have a mild cough for 30 days (1 month) or longer.
- Use the incentive spirometer you were given, as shown by your health care provider.
- Keep taking any antibiotics as prescribed.
- You may feel more tired as you get better. Rest more often than you are used to.



Home care

- I have Continuing Care set up for when I go home.
- For more information:
 - › Phone (toll-free): 1-800-225-7225
- Scan the QR code or visit:
 - › www.nshealth.ca/continuing-care



Equipment

- I have been approved for equipment funding.
- I have a prescription for equipment from an occupational therapist.

Canadian Red Cross – Health Equipment Loans

- › Phone: 902-423-3680
- › www.redcross.ca/in-your-community/nova-scotia/health-equipment-loans



Eating and drinking

- Drink plenty of fluids unless your health care provider says not to. This will help you stay hydrated.
- If you are not as hungry as usual, eat smaller meals more often.
- You can go back to your usual eating habits right away.
- I will follow the eating guidelines I was given by my health care team for _____ days/weeks/months.



Prevent infection

- **The best way to prevent the spread of infection is to wash your hands often with soap and water or use alcohol-based hand rub.**
- Stay home until you are well.
- Wear a face mask in public places.
- Try to avoid others who are sick.
- Keep your vaccines up to date.



Smoking

- The best thing you can do for your health is to stop smoking and/or vaping.
- When you are ready to quit, call 811 for information about resources to help you quit.



Sex

- If you have questions about going back to having sex, talk with your health care provider.



Mental health

- Practice habits to help your mental health (like lowering anxiety and stress) during and after your recovery. For ideas, scan the QR code or visit:
 › <https://mha.nshealth.ca>



If you are having trouble with your mental health, or alcohol or drug use:

- Mental Health and Addictions Services Intake Service
 › Phone (toll-free): 1-855-922-1122
- **If it is an emergency, call 911 or go to the nearest emergency department right away.**








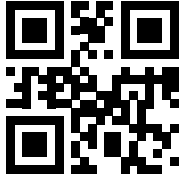






My appointments:

| Who? | Why? | When? | Contact information |
|------------------------------|------|-------|---------------------|
| Primary health care provider | | | |
| Specialist | | | |
| | | | |

**What are your questions?
Please ask a member of your health care team. We are here to help you.**

Resources




Scan the QR code

| | | |
|---|---|---|
|  | <p>Need a Family Practice Registry If you do not have a primary health care provider, you can register to be added to the Need a Family Practice Registry: › https://needafamilypractice.nshealth.ca/ › Phone: 811</p> |  |
|  | <p>Being on the Need a Family Practice Registry gives you access to VirtualCareNS. They can prescribe medications, order tests, and refer you to a specialist or in-person care as needed: › www.nshealth.ca/clinics-programs-and-services/virtual-care-ns</p> |  |
|  | <p>211 Nova Scotia is a free, confidential information and referral service that can connect you to programs and services offered by local community groups, nonprofits, and government departments across Nova Scotia, 24/7: › Phone: 211 › https://211.ca</p> |  |
|  | <p>YourHealthNS YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer: › https://yourhealthns.ca</p> |  |
|  | <p>HealthyNS Healthy NS provides free online health and wellness classes for people who live in Nova Scotia. You do not need a referral. To register for a class, use your Nova Scotia health card. For more information and to register for a class: › www.healthyns.ca</p> |  |
|  | <p>Patient Education Find easy to understand and trustworthy health information: › https://library.nshealth.ca/patienteducation</p> |  |

What pneumonia zone are you in today?

Risk factors:

- › A recent viral (caused by a virus) infection
- › Chronic (ongoing) lung disease, like chronic obstructive pulmonary disease (COPD) or cystic fibrosis
- › Smoking and/or vaping
- › Recent surgery
- › Weak immune system
- › Trouble swallowing

| | |
|---|--|
| <p> Green Zone: All clear — This is your goal.</p> <ul style="list-style-type: none"> • Can breathe easily • No shortness of breath • No chest tightness, pressure, or discomfort • No fever • Able to do daily activities as usual | <p>What to do:</p> <ul style="list-style-type: none"> • Keep taking prescribed medications as usual. • Keep using incentive spirometer. • Keep exercising. • Do not smoke or vape. • Avoid inhaled (breathed in) irritants (like chemicals, dust, smoke). |
| <p> Yellow Zone: Caution — This zone is a warning.</p> <ul style="list-style-type: none"> • Changes in the amount, colour, or thickness of phlegm (sputum) • Fever (temperature above 38 °C or 100.4 °F) • More shortness of breath • More tired doing usual activities | <p>What to do:</p> <ul style="list-style-type: none"> • Call your primary health care provider and tell them your symptoms. • Keep taking your prescribed medications as usual. • Keep using incentive spirometer. • Get enough rest. • Do not smoke or vape. • Avoid inhaled irritants. |
| <p> Red Zone: Emergency — This means act fast!</p> <ul style="list-style-type: none"> • Shortness of breath, chest pain, wheezing, or chest tightness that does not get better • Not able to sleep or do daily activities because of trouble breathing • Fever (temperature above 38 °C or 100.4 °F) • Change in the colour of your skin, nail beds, or lips to gray or blue • Confusion or more drowsiness • Faster heart rate or irregular heartbeat | <p>What to do:</p> <ul style="list-style-type: none"> • Call 911 or go to the nearest Urgent Treatment Centre or Emergency Department right away. |

I acknowledge (accept) that Nova Scotia Health cannot be held responsible for the use, disclosure, storage, and destruction of this information once provided to me, my Substitute Decision Maker, or designate. I acknowledge Nova Scotia Health does not retain (keep) a copy of this form within my medical record and cannot be reissued (printed again) if lost.

Signature (Patient/Family): _____

Health care provider: _____ (RN)

Date (YYYY/MM/DD): _____

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

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

Prepared by: Integrated Acute and Episodic Care Network/Integrated Access and Flow Network
Designed and Managed by: Nova Scotia Health Library Services