







# Pneumonia – Patient Oriented Discharge Summary (PODS)

 I came to the hospital on _____ and left on _____.		
<input type="checkbox"/> I know why I was in the hospital. <input type="checkbox"/> My essential care partner has a copy of this PODS. <input type="checkbox"/> I have a copy of my Patient Priorities and Goals of Care form.		
 <b>Medications</b>		
<input type="checkbox"/> My list of medications was reviewed with me. <input type="checkbox"/> My approval forms for medication coverage have been submitted. <input type="checkbox"/> My prescriptions were faxed to my pharmacy at: _____ <input type="checkbox"/> My medications from home were returned to me. <input type="checkbox"/> 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).		
<b>Before discharge, I received:</b>		
<div style="display: flex; align-items: center; margin-bottom: 10px;">  <input type="checkbox"/> My morning medications         </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <input type="checkbox"/> My midday medications         </div> <div style="display: flex; align-items: center;">  <input type="checkbox"/> My evening medications         </div>	<b>Notes:</b> _____ _____ _____ _____ _____	
 <b>While I was in the hospital I received:</b>		
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
<input type="checkbox"/> 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](http://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](http://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

- Talk with your health care team about when you can go back to having sex.



## 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:






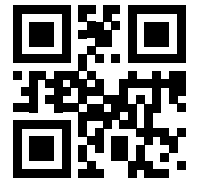




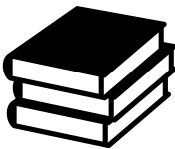
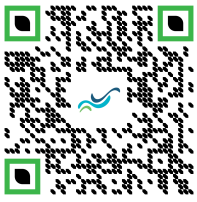
- Mental Health and Addictions Services Intake Service  
› Phone (toll-free): 1-855-922-1122
- **If it is an emergency, call 911 or go to the nearest emergency department right away.**



## 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.

	<p><b>Need a Family Practice Registry</b> If you do not have a primary health care provider, you can register to be added to the Need a Family Practice Registry:</p> <ul style="list-style-type: none"> <li>› <a href="https://needafamilypractice.nshealth.ca/">https://needafamilypractice.nshealth.ca/</a></li> <li>› Phone: 811</li> </ul>	
	<p>Being on the Need a Family Practice Registry gives you access to <b>VirtualCareNS</b>. They can prescribe medications, order tests, and refer you to a specialist or in-person care as needed:</p> <ul style="list-style-type: none"> <li>› <a href="http://www.nshealth.ca/clinics-programs-and-services/virtual-care-ns">www.nshealth.ca/clinics-programs-and-services/virtual-care-ns</a></li> </ul>	
	<p><b>211 Nova Scotia</b> 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:</p> <ul style="list-style-type: none"> <li>› Phone: 211</li> <li>› <a href="https://211.ca">https://211.ca</a></li> </ul>	
	<p><b>YourHealthNS</b> YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer:</p> <ul style="list-style-type: none"> <li>› <a href="https://yourhealthns.ca">https://yourhealthns.ca</a></li> </ul>	
	<p><b>HealthyNS</b> 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:</p> <ul style="list-style-type: none"> <li>› <a href="http://www.healthyns.ca">www.healthyns.ca</a></li> </ul>	
	<p><b>Patient Education</b> Find easy to understand and trustworthy health information:</p> <ul style="list-style-type: none"> <li>› <a href="https://library.nshealth.ca/patienteducation">https://library.nshealth.ca/patienteducation</a></li> </ul>	

## 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

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

[illegible]

☐ *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](http://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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