



Place label with barcode here.

Patient Oriented Discharge Summary (PODS)

(Non-condition specific)




 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:

<p> <input type="checkbox"/> My morning medications</p> <p> <input type="checkbox"/> My midday medications</p> <p> <input type="checkbox"/> My evening medications</p>	<p>Notes: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------

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

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

- After I go home, I will talk to my primary health care provider or to my pharmacist about the RSV vaccine and about keeping my other vaccines up to date.



Recovery

- You may still feel tired. Rest as needed.
- Keep taking your medications as prescribed.
- Drink plenty of fluids to avoid dehydration (not having enough fluids) unless told not to by your health care team.



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



Activity

- Think of how you can be more active every day.
- Be physically active regularly unless told otherwise by your health care team.
- For more information about being physically active, ask a member of your health care team for pamphlet 2372, *My Physical Activity Record*, scan the QR code, or visit:
 - › www.nshealth.ca/patient-education-resources/2372



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.



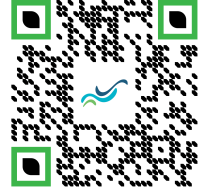
Sex

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



Eating and drinking

- Go back to your usual eating and drinking.
- I will follow the eating guidelines from my health care team for _____ (time period).
- If you are not as hungry as usual, eat small meals more often through the day.
- For more healthy eating tips, scan the QR code or visit:
 - › <https://library.nshealth.ca/HealthyLiving/healthyeating>



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.










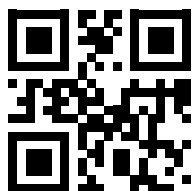



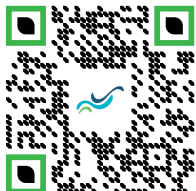


Mental health

- 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			

	<p>Personal Directives in Nova Scotia Have you created and discussed your personal directives and/or advanced care planning for your health goals? Learn more: › https://novascotia.ca/just/pda/</p>	
	<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 (private) 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>Where to Go for Healthcare Find information about health care services in your area: › www.nshealth.ca/wheretogoforhealthcare</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>	

What zone are you in today?

<p> Green Zone: All clear — This is your goal.</p>	<p>What to do:</p> <ul style="list-style-type: none"> • Keep taking your prescribed medications as usual. • Keep getting regular physical activity. • Go to all scheduled follow-up appointments with your primary health care provider (family doctor or nurse practitioner) or specialist (if you have one).
<p> Yellow Zone: Caution — This zone is a warning.</p> <ul style="list-style-type: none"> • Not feeling well • Symptoms are getting worse • New symptoms. • Severe (very bad) tiredness • Fever (temperature above 38 °C or 100.4 °F) but no other symptoms that are new or getting worse • If you have fever and any new symptoms, please see Red Zone below. 	<p>What to do:</p> <p>If you do not feel well or your health is getting worse:</p> <ul style="list-style-type: none"> • Call your primary health care provider or your health care team and ask what to do. <ul style="list-style-type: none"> › If you do not have a primary health care provider, call 811 to be added to the waitlist and to get access to VirtualCareNS. • Keep taking your medications as usual until you see your health care provider. • Get plenty of rest. • Keep doing your usual daily activities.
<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: Library Services