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# Pressure Injuries 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
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- 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



### Wound healing

- **Do not** put pressure on the wound.
- Keep your dressing clean and dry.
- Follow the instructions given by your health care team for managing your pain.
- If you are taking antibiotic medication (medication to prevent infection), keep taking it as prescribed.



### Dressing changes

- I know how to change my dressing.
- I know when to change my dressing.
- I know how to check my wound when I am changing my dressing.
- Home care will change my dressing. My next dressing change is: \_\_\_\_\_



### Healthy eating tips

- Go back to your usual eating and drinking.
  - › Eating more protein and drinking more fluids (if your health care provider says it is OK) may help your wound heal.
- If you are not as hungry as usual, eat smaller meals more often.
- I will follow the eating guidelines I was given by my health care team for \_\_\_\_\_ days/weeks/months.
- For more healthy eating tips, scan the QR code or visit:
  - › <https://library.nshealth.ca/HealthyLiving/healthyeating>



### 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](http://www.nshealth.ca/patient-education-resources/2372)



### 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 for redistributing pressure (like mattresses, roho cushions, offloading boots)**

- I have been approved for equipment funding.
- I have been given a prescription for equipment from the 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)



 **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**















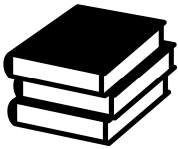
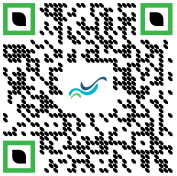
- Practice habits to help your mental health (like lowering anxiety and stress) during and after your recovery. For ideas, scan the QR code or visit:

› <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.**



	<p><b>Personal Directives in Nova Scotia</b>                  Have you created and discussed your personal directives and/or advanced care planning for your health goals? Learn more:                  › <a href="https://novascotia.ca/just/pda/">https://novascotia.ca/just/pda/</a></p>	
	<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 registry:                  › <a href="https://needafamilypractice.nshealth.ca/">https://needafamilypractice.nshealth.ca/</a>                  › Phone: 811</p>	
	<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:                  › <a href="http://www.nshealth.ca/clinics-programs-and-services/virtual-care-ns">www.nshealth.ca/clinics-programs-and-services/virtual-care-ns</a></p>	
	<p><b>211 Nova Scotia</b> is a free, confidential information and referral service that can connect you to programs and services, nonprofits, and government departments across Nova Scotia, 24/7:                  › Phone: 211                  › <a href="https://211.ca">https://211.ca</a></p>	
	<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:                  › <a href="https://yourhealthns.ca">https://yourhealthns.ca</a></p>	
	<p><b>Where to Go for Healthcare</b>                  Find information about health care services in your area:                  › <a href="http://www.nshealth.ca/wheretogoforhealthcare">www.nshealth.ca/wheretogoforhealthcare</a></p>	
	<p><b>HealthyNS</b>                  Healthy NS provides free online health and wellness classes for people who live in Nova Scotia. To register for a class, use your Nova Scotia health card at:                  › <a href="http://www.healthyns.ca">www.healthyns.ca</a></p>	
	<p><b>Patient Education</b>                  Find easy to understand and trustworthy health information:                  › <a href="https://library.nshealth.ca/patienteducation">https://library.nshealth.ca/patienteducation</a></p>	



## My appointments:

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

### How can I prevent pressure injuries?

- Having a pressure injury makes you more likely to have another one.
- Try not to stay too long in 1 position.
  - › Walk, if you can.
  - › When you are sitting in a chair, shift your weight and change your position every 15 minutes.
  - › When you are lying in bed, change your position every 30 minutes (half an hour) while you are awake.
- If you need help changing positions to relieve pressure, ask your health care team for a referral to an occupational therapist (OT). They can help you find home product supports that are right for you.
- Take good care of your skin and moisturize dry skin with unscented products each time after bathing or showering.
- If you have problems with bowel or bladder control (incontinence), clean your skin right away if it gets soiled or wet. Use a protective barrier cream, lotion, or ointment to protect your skin from wetness. Use pads or briefs that absorb moisture and pull it away from your skin.
- Follow your health care team’s instructions to manage any chronic (ongoing) conditions (like diabetes or edema).
- Check your heels and buttocks (bum) regularly for skin colour changes (like redness, darkening or lightening), especially after not moving for a long time.

## What pressure injury zone are you in today?

<p><b>✓ Green Zone: All clear — This is your goal.</b></p> <ul style="list-style-type: none"> <li>• No fever (temperature above 38 °C or 100.4 °F)</li> <li>• Wound is not draining more</li> <li>• No new pain</li> <li>• No smell</li> <li>• No new wounds</li> </ul>	<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>• <b>Your symptoms are under control.</b></li> <li>• Go to all scheduled appointments with your primary health care provider (family doctor or nurse practitioner) and for wound care. <ul style="list-style-type: none"> <li>› See <b>How can I prevent pressure injuries?</b> on page 5.</li> <li>› See <b>Wound healing</b> on page 2.</li> </ul> </li> </ul>
<p><b>⚠ Yellow Zone: Caution — This zone is a warning.</b></p> <ul style="list-style-type: none"> <li>• A wound that is red, swollen, or sore</li> <li>• Other signs of infection (like a fever)</li> <li>• Drainage or pus from a wound</li> <li>• A wound that is getting more painful</li> <li>• A new wound is developing</li> <li>• Any other symptoms that worry you</li> </ul>	<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>• Keep taking your prescribed medications as usual.</li> <li>• Call your primary health care provider or your Wound Care Nurse to ask what to do, or go to a walk-in clinic.</li> <li>• <b>If you do not have a primary health care provider, call 811 to be added to the waitlist and to get access to VirtualCareNS (see page 4).</b></li> </ul>
<p><b>🚨 Red Zone: Emergency — This means act fast!</b></p> <ul style="list-style-type: none"> <li>• Fever (temperature above 38 °C or 100.4 °F) <b>and</b> 1 or more of these symptoms: <ul style="list-style-type: none"> <li>› Redness, swelling, or pain around the wound that is getting worse</li> <li>› Nausea (upset stomach) and/or vomiting (throwing up)</li> <li>› Chills and/or sweating.</li> <li>› Too painful to move a joint</li> <li>› Weakness, numbness, or tingling around the wound</li> </ul> </li> </ul>	<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>• Call your primary health care provider <b>today</b> to tell them your symptoms and make an urgent appointment.</li> <li>• <b>If you cannot reach your primary health care provider, go to an Urgent Treatment Centre or to the nearest Emergency Department right away.</b></li> </ul>

*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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