

Preparing for Home: From Admission to Discharge

Name: _____

Room number: _____



Preparing for Home

Welcome

When you are admitted to the hospital, you will be given an Estimated Date of Discharge (EDD). This date is when you can expect to go home, depending on how your health improves during your stay.

It is important to start planning early for your discharge home.

You and your family and essential care partner(s) are important members of your health care team. As a team, we will develop a plan of care that will help you go home and recover safely.

Admission to a hospital inpatient unit

- Once you arrive in your room, a nurse will meet with you to learn more about your health needs. Please tell us about:
 - › your allergies.
 - › your medications.
 - › your family and essential care partner(s) contacts.
 - › your advance care plan, if you have one.
 - › your substitute decision maker (SDM), if you have one. For more information about choosing an SDM, ask a member of your health care team.
 - › anything else that will help us plan your recovery.
- **Do not bring any valuables or medications you do not need to the hospital.** If you have any of these items with you, send them home with a support person. The hospital is not responsible for the loss of any item.
- Ask your family or essential care partner(s) to bring in any toiletries, clothes, shoes, glasses, hearing aids, walking aids, or other special equipment you may need while in hospital.

Family and essential care partners

We encourage family presence. We know that having family and essential care partners close by can play an important part in the healing and recovery process. You may name 2 people as family/essential care partners and decide how they will be involved in your care and decision making while you are admitted to the hospital.

As a foundation of Nova Scotia Health, we are working to place the dignity and respect of patients, families, and communities at the heart of every decision. We seek to build trust-based relationships to achieve more genuine partnerships with those we serve.

Your health care team

You will be cared for by a health care team. Some people are involved in your care each day, and some are consulted or involved as needed.

You will be cared for by nurses who are present 24 hours a day. They will make sure you have a plan of care for your hospital stay. They may assign or consult other team members to deliver the care that you need.

What can I expect each day?

- Together we will work to make sure you are ready to go home safely by your estimated date of discharge (EDD). Your care team will have daily rounds and talk with you about your progress.
 - › We will remind you and your family and essential care partner(s) of your EDD. If your EDD changes, we will talk about this together.
 - › We may talk to you and your family/essential care partner(s) about your goals of care and expected outcomes (what might happen).
- We will work with you and your family and essential care partner(s) to make a plan that meets your health care goals. In some units, we will post the plan on the white board in your room. This will be a shared place that you and your care team can note your progress.

- Each day, you will be expected to:
 - › get washed.
 - › mobilize (move around) to the best of your ability. Try to get up out of bed for all 3 meals. This will help to prevent blood clots, build your strength, and improve your breathing.
 - › take part in your care (such as getting dressed, washing your face).
- Most of the time, you can wear your own clothes. If possible, ask a family member or essential care partner(s) to bring you slippers with a good grip for walking.
- Your doctor and care team will see you every day and help you with your plan of care.

You know yourself best! If you, your family, or your essential care partner(s) see a change in your condition, please tell a member of your health care team as soon as possible.

Getting ready for discharge

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

Do not forget to collect and pack personal items before going home.

Before you go home, do you have:

- | | |
|--|--|
| <input type="checkbox"/> A plan for groceries and meals at home (ask about Meals on Wheels, Frozen Favourites) | <input type="checkbox"/> Mobility aid (walker, cane) |
| <input type="checkbox"/> Your prescriptions (blister pack, insurance coverage, etc.) | <input type="checkbox"/> Dentures/hearing aids/glasses |
| <input type="checkbox"/> Equipment and oxygen | <input type="checkbox"/> Electronics (cell phones/chargers/ any other items) |
| <input type="checkbox"/> Keys to your house | <input type="checkbox"/> Clothing to wear home (including coat and shoes) |
| | <input type="checkbox"/> Paperwork (bloodwork, X-rays) |

Important information

Go over this list with your health care team before discharge day. Discharge time is 11 a.m. If you are waiting for blood test results, X-ray 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: _____

Do you know how to fill your prescriptions?

Yes

No

Ask

Do you understand the changes to your prescriptions since being in the hospital?

Yes

No

Ask

Side effects of medications to watch for:

Signs and symptoms to watch for:

If you have questions, call your primary health care provider, pharmacist, or 211. Call 811 to talk with a registered nurse 24/7.

Journal of stay

We encourage you to keep a journal of your hospital stay/illness. This can be very helpful for both patients and families.

Diagnosis	I know why I am in the hospital:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	I know when I am going home:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	I know if I will see a doctor, a hospitalist, or a nurse practitioner today:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
Tests	I know if I have any tests or treatments today:		
	<input type="checkbox"/> X-ray	<input type="checkbox"/> MRI	<input type="checkbox"/> ECG
	<input type="checkbox"/> Blood tests	<input type="checkbox"/> Scope	<input type="checkbox"/> Other: _____
	<input type="checkbox"/> Ultrasound	<input type="checkbox"/> CT scan	_____
Treatments	<input type="checkbox"/> IV	<input type="checkbox"/> Feeding tube	<input type="checkbox"/> Catheter
	<input type="checkbox"/> Dressing	<input type="checkbox"/> Oxygen	<input type="checkbox"/> Other: _____
Results	I know the results of my tests or treatments:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
Medications	I know what medications I take:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	My pain is controlled:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	I understand what my medications are for:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	I know what medications I will be taking at home:		
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask
	I have prescriptions and have a way to get them filled:		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Ask	

Patient/Family Feedback (Patient Relations)

- If you have feedback, a compliment, or a concern, call the Nova Scotia Health Patient and Family Feedback line:
 - › Phone (toll-free): **1-844-884-4177**
- For more information, see pamphlet 0466, *Your Rights and Responsibilities*:
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0466.pdf

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Patient Experience - Quality Improvement and Safety

Designed by: Nova Scotia Health Library Services

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