Your Hospital Stay
From Admission to Discharge

Name: ____________________________

Capital Health
Your Hospital Stay From Admission to Discharge

This is a brochure for you and your family/caregiver to better understand the steps we need to assist you with your transition back to the community. You can use it to track your goals, concerns, questions, tests, and names of your health care team.

Patients recover best when they work with their health care team and family/caregiver. You and your family/caregiver are important members of your care team. Together we share responsibility for a well-planned discharge to continue your recovery in the community.

We are here to answer any questions you have.
Recommendations from my health care team:


Follow up instructions:


If I have the following problems:


I should:


My appointments are ON:
Admission to the unit

Once you arrive in your room, a nurse will meet with you to learn more about your health needs. Please share information about your allergies, medications, family contacts, and anything else that will help plan your recovery. Feel free to ask questions.

Please send any valuables and medications not needed for care (once they have been reviewed by staff) home with family/caregiver. Ask family/caregiver to bring in any toiletries, clothes, shoes, glasses, hearing aids, walking aids, or other special equipment you may need while in hospital.

When am I ready to leave?

Important information is noted on a whiteboard placed by your bedside, including your initials, the names of your health care team, goals, and messages for you and your family/caregiver. Please check your whiteboard daily for helpful information. Symbols are used to indicate when your health care team anticipates you will be ready for discharge.

Please arrange for your family/caregiver to be here by 9 a.m. on the day you are leaving the hospital to get discharge instructions and provide transportation home.

There may be circumstances when your discharge may happen later in the day. Your nurse will go over discharge instructions and any required medications. Ask any questions you have about your medications, diet, activity, and follow up care. Collect all of your belongings, prescriptions, instructions, and future appointment information before you go.
Admission to hospital

What I need to know:

• Why I am in the hospital:

• How serious is my illness:

• What tests and treatments will I have:

• Who my health care team is:

• What I can and cannot do:

• When I can go home:
What I need to do:
• Ask questions if I do not understand something.
• Participate in my care as much as I can.
• Tell my health care team:
  › If I have pain or shortness of breath
  › How I was managing at home
  › Who was helping me (e.g., family, Home Care, Community Services, Veterans Affairs)
  › What equipment I use (e.g., walker, CPAP, insulin pump)
  › What medications I am taking
This means I will be discharged within 2-3 days

What do I need to know?

• What the test will tell me:

• How the treatments will help me:

• What I can eat and drink:

• What my medications are (including new or changed medications):

• What my new care needs are:

• How to control my pain:

• How important is it to be moving around:

• Where I am going when I leave the hospital and what help I may need:
What I need to do:
• Know what symptoms to watch for
• Work on my goals and physical activity
• Learn and practice ways to do things at home
• Learn about medications and pain control

Work on my plan for going home:
› Clothing from home
› Groceries (Ask about Meals on Wheels, Frozen Favorites)
› Filling my prescriptions
› Will my family help or do I need home care services?
› Equipment and oxygen
This means I will be discharged within 24 hours

What I need to know:

• What my discharge plan is:

• If I am waiting for any tests/bloodwork:

• How to return to my usual activities:

• Continuing care services have been arranged if needed:  □ Yes  □ No

• How I am getting home by car, ambulance, or by taxi, and the costs of an ambulance/taxi if I need that service:

• How will I get my medications:  □ Yes  □ No

• What follow up appointments, tests, and/or bloodwork will be needed:

• If I have questions when I leave, I can contact my family doctor, community pharmacist, or call 811 to talk to a registered nurse.
What I need to do:

• I have to get a family member/caregiver to come to the unit by 9 a.m. to get discharge instructions. This may be later if I am waiting for lab/test results.

• I have to understand how to manage any problems (e.g. shortness of breath, pain) I may have and when to seek health care.

• I have to take my things home with me.

• I need to fill my prescriptions, and understand the changes to my medications and any side effects.
# My Journal

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>I know why I am in the hospital:</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>□ Yes □ No</td>
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<table>
<thead>
<tr>
<th>Tests</th>
<th>X-ray □ Ultrasound □ Scope</th>
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<tbody>
<tr>
<td></td>
<td>□ Blood tests □ MRI □ CT scan □ ECG</td>
</tr>
<tr>
<td></td>
<td>□ Other: ________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Results</th>
<th>I know what my results are:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Yes □ No □ Ask</td>
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<table>
<thead>
<tr>
<th>Treatments</th>
<th>IV □ Dressing □ Feeding tube</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Oxygen □ Catheter</td>
</tr>
<tr>
<td></td>
<td>□ Other: ________________________</td>
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<table>
<thead>
<tr>
<th>Medications</th>
<th>I know what medications I take:</th>
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<tbody>
<tr>
<td></td>
<td>□ Yes □ No □ Ask</td>
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My pain is controlled:

|                      | □ Yes □ No □ Ask                 |

I understand what my medications are for:

|                      | □ Yes □ No □ Ask                 |

I know the medications I will be taking at home:

|                      | □ Yes □ No □ Ask                 |

I have prescriptions and have a way to get them filled:

|                      | □ Yes □ No □ Ask                 |
| Physical activity (What I can do for myself) |  □ Deep breathing  □ Bed exercises  
□ Sit at bedside  □ Standing  
□ Move to chair  
□ Walk—how far:  
_______________________  
I understand the activities/exercises I need to do to help me get better:  
□ Yes □ No  
I understand my equipment needed for home:  
□ Yes □ No  
| Plans to leave | I have arranged a family member/caregiver for 9 a.m.:  
□ Yes □ No □ Ask  
I have gotten required paperwork (e.g., appointments/prescriptions)  
□ Yes □ No □ Ask  
I know how to manage any problems I may have:  
□ Yes □ No □ Ask |
The patient’s role—what I can do

You can contribute to a speedy recovery by:

• Staying active. This includes changing position often when in bed and if able, getting up to walk around as much as possible.

• Putting on shoes before standing up. Shoes should be firm, flat, and non-skid. This will lower the risk of slipping or falling.

• Asking for help if you feel dizzy, weak, or unsafe alone.

• Using the nurse call bell at the bedside or in the bathroom to ask for help.

Also important:

• Make sure personal items and walking aids are within arm’s reach.

• Let staff know if a spill happens or anything that needs attention for safety.

• Ask for pain medication if you feel pain.

• Reading the whiteboard daily at your bedside.
The family/caregiver role—what loved ones can do

*Friends and family members/caregivers can help their loved ones in the hospital by:*

- Bringing in needed items from home, such as toiletries, clothing, footwear, walking aids, and reading material. This helps patients feel more comfortable.
- Making sure glasses and hearing aids (with batteries) are readily available.
- Encouraging your loved ones to get up as much as possible if able.
- Reminding your loved one to drink water and other fluids, if allowed.
- Engaging in conversations that keep the mind active.
- Reading the whiteboard at the bedside daily for important messages about your loved one’s care.
Resources

Meals on Wheels
(902) 465-5578

Frozen Favorites (meals through VON)
(902) 454-5755

Home Care (CCNS)
1-800-225-7225

Red Cross
Equipment loans
(902) 424-1420

Veterans Affairs
1-866-522-2122

Patient Representative
(902) 460-4544

Hospital Switchboard
(902) 465-8300

Seniors Information Line
1-800-670-0065

Nova Scotia Telecare Service
Dial 811 for 24 hour health information and advice
Looking for more health information? Contact your local public library for books, videos, magazine articles, and online health information. For a list of public libraries in Nova Scotia go to www.publiclibraries.ns.ca

Capital Health promotes a smoke-free and scent-free environment. Please do not use perfumed products. Thank you!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

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The information in this pamphlet is to be updated every 3 years.