

Preparing To Go Home

... the patient experience



**Your Guide to HELP You and Your Family
PREPARE To Go Home.**

Before you leave the hospital, we want to make sure you feel ready to go home.

Use this checklist to see what information you still need from us as you or your family member prepare to go home.

My Diagnosis

- ☐ I understand my diagnosis, possible causes, signs and treatment.
- ☐ I need more information or education.
- ☐ I know what problems to look for and who to call if I have problems at home.
- ☐ I need more information about what to do if I have problems when I leave the hospital.

My Wound Care

- ☐ I know how to take care of my wound and the supplies I need.
- ☐ I need more information or education.
- ☐ Not applicable. I do not have a wound or surgical incision.

My Diet

- ☐ I understand my special dietary restrictions.
- ☐ I need more information or education.
- ☐ Not applicable. I am not expected to be on a special diet.

My Activity

- ☐ I understand my activity restrictions/I understand my home exercise program.
- ☐ I need more information or education.
- ☐ Not applicable. No activity restrictions or exercises.

My Medications

- ☐ I understand my new medications, why I need them and potential side effects.
- ☐ I need more information or education.
- ☐ Not applicable. No new medications have been ordered for me.

My doctors or nurses have answered all of my questions:

- ☐ Yes
- ☐ No

Other questions or concerns not on this checklist? Please make sure you have all your answers before you leave the hospital.

Going home too soon?

- ☐ Yes
- ☐ No

If you feel that you are going home before you are ready, call Mark (Discharge Planner) at (620) 820-5523.

Tips For Going Home

- Write down what your doctors and nurses say.
- Ask questions until you understand and get the answers you need.
- Make lists of what needs to be done, who can do it, and who can help.
- Talk with other people in the hospital, such as social workers, nurses, or the case manager about your care or other help you may need.

I have discussed these questions with _____ my family/friend/support person and:

They have no concerns.

They would like to talk with someone about those concerns, please contact them at:
