

Introduction

During a patient's stay at a facility their doctor and the staff should be working with the patient and caregiver to plan for the discharge. The caregiver, a family member or friend who may be helping, should be important members of the care planning team. Patient and caregiver can use this checklist to prepare for the discharge.

In general, the basics of a discharge plan are:

- **Evaluation** of the patient by qualified personnel
- **Discussion** with the patient or his representative
- **Planning** for homecoming or transfer to another care facility
- **Determining** whether caregiver training or other support is needed
- **Referrals** to a home care agency and/or appropriate support organizations in the community
- **Arranging** for follow-up appointments or tests

A. Discharge to or Prolonged Placements

- Prolonged placement in this facility
- Home
- Intermediate Care Facility
- Home for Aged
- Other Specify: _____

B. Medications & Supplements

- Use a Patient Medication Profile of prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.
- Review the list with the physician.
- Tell the physician what drugs, vitamins, or supplements taken before being admitted.
- Ask if patient can continue taking these after leave.

B. If Discharged will Resident require?

- Diet education
- Housekeeping help
- Nursing care
- Personal care
- Help with emotional & adjustment issues

Rehabilitation Therapy

- Physical Therapy
- Occupational Therapy
- Speech Therapy

Discharge Planning: IDEAL

What is IDEAL Discharge Planning?¹

- Include the patient and family as full partners
- Discuss with the patient and family the five key areas to prevent problems at home
- Educate the patient and family throughout the hospital stay
- Assess how well doctors and nurses explain the diagnosis, condition, and next steps in their care — use teach-back
- Listen to and honor the patient and family's goals, preferences, observations, and concerns

Other Requirements

- Financial Assistance
- Community Resources

(Specify): _____

Reference

http://www.gobroomecounty.com/files/casa/pdfs/CASA_NursingHomeToCommunityManual.pdf