

Tip Sheet

ACT at Discharge: Ask, Communicate, Take control



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Ask:

- ☒ Why were you hospitalized and what is your health condition (diagnosis).
- ☒ What you can do to do get better.
- ☒ If there are problems you should watch out for and what should you do if they occur.
- ☒ About activities that you are permitted to do, and those which you should avoid.
- ☒ The nurses and other members of the health care team to show you and your caregiver special tasks that you may need to do to for yourself at home, such as dressing a wound or giving a shot. Then ask to do the task *while* you are still in the hospital to make sure you fully understand how to do the task.
- ☒ About help you will need after leaving the hospital including equipment, medicines and care at home (nursing, therapy or assistance with cleaning, shopping).
- ☒ For discharge instructions that are written and reviewed with you and your caregiver verbally.
- ☒ For the chance to repeat the discharge instructions to make sure you understand them.

Communicate:

- ☒ About all the medications you take at home, even over-the-counter medications, vitamins, supplements and herbal preparations.
- ☒ Regarding concerns that you may have in managing at home when you are discharged from the hospital.
- ☒ To the doctor in the hospital about contacting your primary care provider regarding the specifics of your hospitalization *before* you leave the hospital.
- ☒ About who your caregiver is and about any concerns you may have about you and your caregiver coping with your illness.

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Take control:

- ☒ Write things down, so as not to rely solely on your memory and/or have your caregiver present when leaving the hospital.
- ☒ Keep a list of up-to-date medications with you to follow-up appointments.
- ☒ Know why you are taking your medications and when you should be taking them.
- ☒ Follow-up with your primary care physician within 7 days of leaving the hospital or as recommended.
- ☒ Follow-up on all tests and other appointments as recommended by the hospital.
- ☒ Learn about your condition and what to do to become as healthy as possible.

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