

Helpful Patient Tips



A READMISSION IS WHEN:

I am admitted to the hospital after being discharged for the same diagnosis (condition)

I CAN HELP PREVENT A READMISSION BY:



Understanding My Discharge Instructions

- Know what I need to do before and after I leave the hospital
- Ask questions early and often
- Ask when I do not understand my follow-up care instructions
- Arrange for the support and follow-up care I will need post discharge



Knowing My Diagnosis (Condition)

- Understand my main medical problem or condition
- Know the potential complications and who to call if I need assistance
- Learn how my condition impacts me and my family



Following Up with My Care: Things to Do

- Be sure to communicate with my primary care provider
- Ask my healthcare team to help me find a primary care provider if I don't have one
- Schedule and go to all my follow-up appointments
- Keep a medical journal and bring it to all my appointments
- Tell my primary care physician and other providers that I was admitted to the hospital
- Ask my provider if they have received all of my test results and medical reports
- Ask questions at the follow-up visit about what I need to do and why I need to do it
- Understand and follow my post-discharge activity and dietary plans



Protecting Myself from Infections

- Avoid people who are sick
- Wash my hands often
- Learn how to care for my surgical site



Managing My Medications

- Understand my post-discharge medications, and if they are different than before admission
- Keep a current list of my medications, including over-the-counter and herbal medications (note any allergies)
- Bring my current medication list to appointments and review the list with my doctors
- Update my medication list when my medications change
- Take my medications as directed
- Understand what medications to take and when, and why it is important to take my medications
- Know the reason for taking my medication and how they help with my condition
- Let my healthcare providers know if I am having problems taking my medications

My Information Post-Discharge Patient Tool

Information about me and my follow-up appointments



Instructions

1. Complete this tool before I go home, with the help of a nurse or doctor.
2. Display this tool in my home where I will see it every day.
3. Share this information with my family members, providers and others who help me with my care.

My Name/Medical Record Number: _____

ICE (In Case of Emergency) Name/Number: _____

Primary Care Provider Name/Number: _____

Pharmacy Name/Number: _____

Allergies: _____

FOLLOW-UP APPOINTMENT #1



Where: _____

Date/Time: _____

Reason for Visit: _____

Things to Bring (e.g. my current medication list): _____

Questions to Remember: _____

FOLLOW-UP APPOINTMENT #2



Where: _____

Date/Time: _____

Reason for Visit: _____

Things to Bring (e.g. my current medication list): _____

Questions to Remember: _____



continued...

My Information Post-Discharge Patient Tool

Information about my follow-up or post-discharge care



MY DIAGNOSIS (CONDITION)

My main medical problem is	
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A FEW IMPORTANT THINGS (for additional tips review the *Helpful Patient Tips* sheet)

Become familiar with the signs and symptoms that my doctor should know about immediately	
Know when and who to call when I have questions or concerns	
Make arrangements for my care at home	
Order equipment and supplies that I will need at home	
Understand follow-up care plan and schedule all necessary appointments with my providers	
Learn how to take care of my surgical or wound site	
Make sure all test results and records are sent to my primary care provider	
Take steps to protect myself from infection	
Carefully follow my post-discharge activity and dietary instructions	
Understand my post-discharge medications, and know if they are different than before admission	
Make a list of all medications and take it with me to all my appointments	



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My Information Post-Discharge Patient Tool

Information about my post-discharge medications (always keep a current list)



MEDICATION LIST (take medicines as directed)

INCLUDE: prescription medications, over-the-counter medications, herbals, vitamins and supplements



Name of medicine					
Dose (amount)					
How often and when? (morning, noon, evening)					
How to take (with food or water)					
Reason for taking					
Allergies					

