

# 10 Questions to Ask

BEFORE YOUR HOSPITAL DISCHARGE

As you prepare to be discharged after a hospitalization, the thought of recuperating at home may be overwhelming. These 10 questions will help you get information you need to make your recovery at home as successful as possible. You likely will have more questions about your recovery, so be sure to ask all your questions when speaking with your medical team.

- 1** **Is there someone who will advocate for my care as I transition home?**  YES  NO
- The hospital may assign a social worker or case manager to advocate on your behalf to find out about insurance and community services that are available after your hospital stay.

Name \_\_\_\_\_ Title \_\_\_\_\_

Contact Information \_\_\_\_\_

- 2** **Do I need any kind of care after my hospital stay?**  YES  NO
- Even though you may appear alert and strong in the hospital, your medical team needs to assess if you need transition care and at-home services. Communication and coordination between the hospital and family or next facility is key.

Type of Care \_\_\_\_\_

Referrals \_\_\_\_\_

- 3** **What medications should I take, and what medication schedule should I follow at home?**

Name of Medication (example: Lisinopril)	Dose/ Strength (10mg)	Description (round yellow pill)	How Many (1 pill)	When/ How (a.m. with food)	Prescribed by (Dr. Kull)	Why Taken (High blood pressure)	Start Date (Feb 2018)	End Date (Keep Taking)

- 4** **What activities am I allowed to do or what activities should I avoid?**
- Understanding any activity limitations before leaving the hospital will help you prepare for any in-home care you may need to help ensure the best recovery.

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**5 Do I have any dietary restrictions or nutritional requirements?**  YES  NO

Proper nutrition that supports your recovery or diagnosis should be discussed with your medical team before leaving the hospital.

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**6 What medical equipment will I need at home?**

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**7 Do I have follow-up medical appointments, and when are those?**  YES  NO

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**8 What resources are available to me to help with my care at home?**

Speak with the hospital discharge planner or social worker about any resources that may help you recover at home. Some resources include Area Agencies on Aging, Meals on Wheels, Right at Home, and the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps). Medicare.gov is a good place to compare services offered through local care facilities.

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**9 Will I be hearing from anybody else from the hospital, and when would I expect to hear from them?**  YES  NO

Many hospitals assign a patient navigator to help patients with the transition back home. Hospitals also conduct post-discharge phone calls to check on patients. Communication with your medical team during care transitions plays an important role in your recovery and overall health going forward.

Name \_\_\_\_\_ Title \_\_\_\_\_

Reason for Contact \_\_\_\_\_

**10 What red flags or changes in my condition should I watch for?**

What are signs that your recovery is going well? Are there any signs or symptoms that would indicate you need additional medical attention? What symptoms would warrant a visit to the emergency room, and which symptoms can wait to be discussed with your doctor?

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