

WHO CAN I ASK?

Any member of your health care team, including:

- Nurses, Personal Support Workers (PSW), Social Workers, Occupational Therapists (OT), Physiotherapists (PT), Speech Language Pathologists (SLP)
- Nurse or Team Lead
- Patient Flow Navigators (PFNs)
- Physicians & Nurse Practitioners

Notes: _____



QUESTIONS TO ASK YOUR HEALTH CARE TEAM

- Transition Plan
- Medication & Treatment
- Help at Home
- Equipment Needs
- Follow-up Appointments
- Changes to Routine

At Soldiers', we are committed to providing high quality and safe patient care through the hospital stay, discharge and in follow up.

For more information, scan the QR code:

Quality Standards: Going Home from the Hospital Patient Guide



PATIENT DISCHARGE

Planning for safe discharge or transition starts at admission



Transition Plan

Continued care and healing at home is part of the recovery.

You might ask about:

- How you will be going home?
- The estimated discharge target date?
- Who is in charge of planning transition from the hospital?
- Who you would like included in transition planning?
- Obtaining copy of the discharge summary?

Medication & Treatment

Knowing exactly why, when, and how to take medications or treatment will keep your recovery on track.

You might ask about:

- Changes to your medications (quantity, repeats, timing, reason)
- How to know if the medications are working? Any side effects to watch for?
- How to manage pain
- Support for managing medication at home.

Help at Home

Finding out as much as possible before you leave the hospital will prepare you and a care partner for the next phase of healing and help avoid complications.

You might ask about:

- How to care for your wound, incision or condition (e.g., changing a dressing, social and emotional support)
- What home care is available, how soon it is available, any associated costs.
- Any worries about managing at home.
- What to do if the support isn't enough.

Equipment

The more you know about what's available, the more you'll be able to get the help you need.

You might ask about:

- Help you will need at home to make things accessible
- Any safety equipment (e.g., hospital bed, shower chair, raised toilet seat, walker, oxygen tank)

Follow-up Appointments

Consider checking in with your primary health care provider or other member of the health care team:

You might ask about:

- Who to contact if you have concerns once you have left the hospital
- When to book follow-up (date, time, location)

Changes to Routine & Home Set-Up

Any illness or surgery takes you away from your regular routine. Going home gets you back to familiar surroundings, but things may be different.

You might ask about:

- Symptoms to be expected for your health condition.
- Any recommended changes in routine (e.g., exercise, sleep, diet)
- Is there anything I shouldn't do right away (e.g., drive? sexual activity? drink alcohol?)
- Return to work timelines, Meals, Home supports, Accessibility
- Family and/or caregiver support