

MEDICAL/FIRST AID POST HOSPITAL CHECKLIST

- Ask a friend or family member to be with you when the discharge plan is discussed
Tip: Ask them to take notes for you
- Obtain a clear explanation of your discharge plan from the doctor or medical staff and get it in writing including:
 - Precise diagnosis
 - Future appointments list
 - Medications list and when and how to take medications
Tip: Check that all your other medications and vitamins are indicated as well as the post hospital medications
 - Find out how your recovery should proceed
 - What are your physical limitations
 - What instructions should you follow (bathing, eating, exercise, care of incisions, etc.)
 - How much help will you need including personnel and equipment
Tip: If you haven't pre-planned for post hospital equipment, ask a friend or family member to help you obtain this equipment
- Obtain name and phone number of physicians or medical personnel to call if recovery does not proceed as indicated or if new symptoms appear
Tip: If you don't understand or it seems too complicated to follow the discharge plan, question the plan until you do
- Give a trusted friend or relative permission to receive your medical information by signing disclosure forms with your medical providers
- Ask for the hospital's discharge planner or the hospital's patient advocate to help plan the post hospital care
- Ask about referrals for skilled nursing or home care services if required
- Schedule an appointment with your primary care physician as soon as possible
Tip: If you are unable to drive to this or other post appointments, ask a friend or relative
- Keep a daily record of your progress and bring it with you to all post appointments
 - Food and drink consumed
 - Medications taken (name and time taken)
 - Physical activities
 - Wound healing (redressing)
 - How you feel compared to what you were told at discharge from the hospital
- Keep a written record of all tests you take (MRI, blood tests, X-ray, etc) and the date of the test to help reconcile bills or invoices