

PART B

PART B will help keep you up-to-date about hospital care and what needs to happen after the person you support leaves hospital. Some of the information in this section may be in the *My Health Record* if the person you support has one.

> Summary Medical History - What you know

On admission to hospital, a health professional may ask you for some of this information. They may also obtain it from a previous hospital record, a *My Health Record* or referral letter.

Known medical history includes

(e.g. high blood pressure, depression, arthritis, pressure sore, infections, diabetes, cataracts):

What operations have they had? *(e.g. hip replacement)*

What are they allergic to? *(e.g. foods, medications, adhesive tapes, scented products)*

What happens if they have an allergic reaction?

Questions to ask about preparing for care at home after hospital (continued)

Notes:

Living arrangements after hospital

At some time during the hospital stay you and the person you support should expect to have a conversation/s with health professionals about future living arrangements.

After hospital the person I support will be discharged to?

- My home
- Their home
- Rehabilitation unit/facility
- Residential aged care
- Other (specify in next column)

Other:

They will be transported from hospital by?

- Me
- Ambulance or a patient transport service
- Other (specify in next column)

Other:

Date and time this will occur?

Date: ____/____/____ Time: _____

After hospital help

Before leaving hospital you should find out who you can contact after discharge/transfer if the person you support needs any medical or nursing assistance.

Name of person	Title or designation	Name of hospital/service	Contact phone number/s	Best time to contact

2. Name of health professional/clinic/department/service provider:

What the appointment is for:

Where it will take place:

Has the booking been confirmed?

YES NO

Date of appointment

___ / ___ / ___

Time of appointment

Contact details:

What I need to bring:

3. Name of health professional/clinic/department/service provider:

What the appointment is for:

Where it will take place:

Has the booking been confirmed?

YES NO

Date of appointment

___ / ___ / ___

Time of appointment

Contact details:

What I need to bring:

4. Name of health professional/clinic/department/service provider:

What the appointment is for:

Where it will take place:

Has the booking been confirmed?

YES NO

Date of appointment

___ / ___ / ___

Time of appointment

Contact details:

What I need to bring:

Changes to medicines

The person you support may have had their medicines changed while in hospital. They may have stopped taking a medicine, the dose may have changed, or they may have started taking a new medicine. Information about medicines the person you support will be taking when they are discharged can be provided below.

1. Name of medicine

What does it do?

When is it given?

For how long?

What should I look out for and do?

What if they won't take it?

2. Name of medicine

What does it do?

When is it given?

For how long?

What should I look out for and do?

What if they won't take it?

3. Name of medicine

What does it do?

When is it given?

For how long?

What should I look out for and do?

What if they won't take it?

4. Name of medicine

What does it do?

When is it given?

For how long?

What should I look out for and do?

What if they won't take it?

Involvement in care after hospital discharge

At some time during the hospital stay you should have a talk with one or more health professionals about your involvement in care after hospital. Be honest about what you are able to do and what is too difficult for you.

I have had a discussion with a health professional about what I have to do with:

Wound dressings YES NO

Catheter care YES NO

Moving the person I support (*e.g in and out of bed*) YES NO

Helping take medicines YES NO

Medical equipment purchase/hire and use YES NO

Physiotherapy YES NO

Other (*specify below*) YES NO

Other:

Notes:

Education needs

Being in hospital can change the support you will need to provide at home. There may be new things you need to know so that you can provide support. Ask to have any care changes explained to you. You may be asked to do a 'trial of care' to see how you are able to cope and to identify if you need more help. The following points are provided to help you start a conversation with health professionals about your education needs.

Before discharge from hospital I have been taught or have received information about:

Pain

- How I know they have pain
- What the best ways to relieve their pain are
- Who can help us manage pain

Toileting

- How to manage toileting
- How to establish and/or continue a toileting routine
- How to apply and dispose of continence aids
- Know when continence aids need to be changed

Bathing, showering, dressing and grooming

- How to bathe/shower
- The types of clothing and/or equipment that can make bathing and dressing easier
- How to put on and take off compression stockings
- How to protect a wound dressing so it does not become soiled or wet
- How to replace a wound dressing that has become soiled or wet
- When to replace a wound dressing

Sleep

- How to help the person I support sleep at night
- What I can do if they can't sleep and they move around the house at night

Meals

- Whether I can get 'meals on wheels', or other help to prepare meals
- How I access help with meals and what it costs
- Helping with eating
- Any special dietary requirements

Behaviours and confusion

- How a particular behaviour/s can be a result of an unmet physical and/or emotional need
- How to work out what the unmet need is
- Different ways that can be used to prevent behaviour/s resulting from an unmet physical and/or emotional need
- Different ways that can be used to respond to behaviour/s resulting from an unmet need
- What I should do if I think the level of their confusion has changed making care more difficult
- Who should I contact if I need help

Transport

- What options are available for assistance with transport to attend appointments

Treatments and procedures

- Any new treatments or things I will have to do

Community Services needed (continued)

Notes:

Hospital discharge/transfer plan or summary

All patients discharged from hospital have a discharge or transfer plan or summary completed and you or the person you support should receive a copy, which will complement the information you have gathered in this guide.

A written copy of the hospital discharge/transfer plan or summary of care should include:

- A summary of the treatments, procedures, tests and assessments including information about any test results still to be received
- Date and time of discharge/transfer and transport arrangements
- Services after hospital or care that has been organised or is needed
- Referrals, follow up appointments or planned therapies
- Information about any equipment, medical supplies or home modifications needed
- Medication changes and current medications
- Changes to previous treatments
- Instructions about any assistance you might need in order to provide care at home
- Discharge support - hospital contact details for assistance after discharge
- Details of care arranged after discharge

If this is not available at the time of discharge from hospital, ask whether a copy will be sent to you.

Notes:
