Dekona

FREE DISCHARGE CHECKLIST

Before your parent leaves the hospital

The questions to ask and the papers to collect before you leave, while the care team is still in the room. It works the same for a spouse or a sibling. Tick each one off and write the answer down.

Patient: _____ Hospital: _____ Discharge date: _____

Medications

Ask for the updated list in writing.

- [ ] Which medications are new?
- [ ] Which are changed (dose or timing)?
- [ ] Which should they stop taking?
- [ ] Why, and for how long, for each new one?
- [ ] Is the first fill ready, and at which pharmacy?
- [ ] Who do we call with a medication question?

Follow-up

- [ ] Which follow-up visits, with whom, by when?
- [ ] Is anyone booking them, or is that on us?
- [ ] Are any test results still pending? Who will call us?
- [ ] Which doctor is in charge of their care now?

When to call

Every diagnosis is different. Ask their care team.

- [ ] What signs mean “call the doctor”?
- [ ] What signs mean “go to the ER”?
- [ ] Who do we call at night or on a weekend?

At home

- [ ] Is home health, therapy or equipment ordered? Which agency, and when does it start?
- [ ] What can’t they do yet? (driving, stairs, lifting, bathing)
- [ ] Any diet or activity changes?

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Collect before you leave

- [ ] Discharge summary / instructions
- [ ] Updated medication list
- [ ] Follow-up appointments (or who will schedule them)
- [ ] Names and phone numbers of their care team
- [ ] Equipment, home health or therapy orders
- [ ] Any new prescriptions sent to the pharmacy

First 48 hours at home

- [ ] Fill new prescriptions; set aside anything stopped
- [ ] Check the med list against what's in the cabinet
- [ ] Put every follow-up on a calendar
- [ ] Confirm home health or equipment is coming
- [ ] Tell the Care Circle who's doing what
- [ ] Keep a copy of the discharge summary for the next ER visit

Who's doing what

Write a name next to each.

- [ ] Picks up prescriptions _____
- [ ] Drives to follow-ups _____
- [ ] Calls the pharmacy and insurance _____
- [ ] Checks in during the first week _____

Ready for the next ER visit

- [ ] Current medication list, with doses
- [ ] Allergies and diagnoses
- [ ] Their doctors and how to reach them
- [ ] Most recent discharge summary
- [ ] Insurance card and who can make decisions

Keep all of this in one place for your Care Circle

Dekona pulls their records from their own doctors, shows what needs attention this week, and keeps an ER packet ready. Everyone in the Care Circle sees the same thing.

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