



HOSPITAL DISCHARGE CHECKLIST

This checklist is designed to help you and a family member or friend start to think about and prepare for hospital discharge.

You will find additional services and resources related to items on the check list that could help get you home safely and quickly within the free Myra app.



Scan me

NAME/

DATE /



HOSPITAL DISCHARGE CHECKLIST

01

Who will be collecting you

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a. Name: _____ Phone: _____

b. Taxi company: Name: _____ Phone: _____

c. Public transport:

d. Hospital transport:

Time to collect:

Where to collect from:

02

Who has keys to your property

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a. I have them

b. They are with Name: _____ Phone number: _____

c. I have a key safe

d. Someone will be at home _____

Leaving Hospital

03

Have you got clothing to wear to go home

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Yes No

Name _____ will bring some in?

04

Is there food at home?

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05 Will the heating be on when you get home?

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06 Check with the hospital staff if you qualify for free health and social care arranged and funded solely by the NHS (CHC Continuing Healthcare)

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07 Have you had a care needs assessment by a social worker?

Name of Social worker:_____

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Contact number:_____

Out of hours social worker number:_____

08 Has extra support/care been arranged for when you go home?

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- Home care
- Live-in care
- Family and Friend

Name:_____

Contact number:_____

09 Discuss with the Occupational Therapist about equipment to help you at home.

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e.g. hand rails, commode, crutches, hospital bed etc.

Occupational Therapist organising this name:_____
phone number:_____

Have these been arranged: Yes No

What date will these be delivered:

Name of delivery/supplier Contact details:

10

If you have new medicines to take, ask the pharmacist the following questions:

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Name of medication

Dose of medication

Ask why you need them

How many to take and when to take

Ask what to do if you forget a dose

Ask about any side effects you should be aware of

If you have medicines at home please ASK if these are still needed.

Taking your medication

11

Discuss with a pharmacist if you have:

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a Problems remembering to take your medication

b Unable to open the boxes, bottles that you have been given

Follow Up

12

Have you been given fast track access if you run into problems within 48 hours of discharge.

Phone number:_____

Name of ward/department:_____

13

Do you have an appointment for a follow up?

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Date:

Time:

Location:

14

Confirm you have a discharge letter for your GP

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Discharge letters are important to ensure your GP is updated on any changes to your care or medications. We suggest calling your GP to let them know you are home.

15

Will district nurses be coming to see you

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Contact details for district nurses:

Have you been provided with dressings or any equipment they might need

a. List of equipment, names of dressings

16

Have you been given a fit note (Statement of Fitness for Work) if you need one?

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There are many more areas to consider and we suggest browsing through the Myra app information....

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Are you feeling comfortable that you are ready to go home??

☐**18**For resources at your finger tips like these and more
Download Myra☐