



## After Discharge

*BQIS Fact Sheets provide a general overview on topics important to supporting an individual's health and safety and to improving their quality of life. This is the third of three Fact Sheets regarding Hospitalization.*

## Intended Outcomes

Reader will understand what actions to take after returning an individual home from the hospital.

## Facts

- Having a designated person in the provider agency to notify the interdisciplinary support team (IST), including the health care representative/guardian, of any changes in status and/or any new orders and treatments following a hospitalization is important to facilitate communication and to ensure the best possible outcomes for the individual.
- Failure to implement recommendations and monitor the person's health status after visiting the hospital can lead to more severe complications and health issues including death.
- Discharge from a hospital does not mean that the individual is fully recovered. It simply means that a physician has determined that their condition is stable and they do not need hospital-level care.

## Recommended Actions and Prevention Strategies

1. Direct support or other designated staff:
  - Discuss any new orders or recommendations with the individual, answer questions, and offer support as necessary at a level appropriate to the individual's comprehension.
  - Take the individual home and make sure the individual has food, fluid, medications, and hygiene as necessary and appropriate per doctor's orders, the type of procedures performed, and the person's level of alertness.
  - Notify the nurse/supervisor or other personnel per agency policy of the individual's return home and discuss any new orders or recommendations and upcoming appointments/procedures.
  - Take prescriptions to the pharmacy or deliver per agency policy. Be sure you have a copy of the prescription for the individual's medical record.



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- Make sure there is a method to follow up whether needed medications or supplies are delivered in a timely manner and what action is needed in the event they are not, including notifying the prescriber/health care provider.
  - Make sure needed equipment is available as ordered/recommended.
  - Purchase supplies necessary to implement treatments/recommendations.
  - Transcribe any medication orders to the Medication Administration Record (MAR) per agency policy, making sure that they are double checked by another staff person as soon as available.
  - Transcribe all orders for monitoring and observation, treatments, and notifications to a treatment sheet so that all staff is aware of the supports that are required for the individual's health issue. Make sure that the transcription is double checked by another staff.
  - Mark any new appointments or scheduled procedures on the individual's daily calendar.
  - Write down events during and after discharge per agency protocol, including any necessary incident reports.
  - File all written and typed information received from the hospital per agency policy.
2. Health care coordinator (HCC)/Qualified Intellectual/Developmental Disabilities Professional (QIDP)/case manager:
- The designated person should communicate the outcome of the hospitalization with the individual's support team.
  - The support team should meet to address and resolve issues/barriers regarding implementation of recommendations.
  - Provide staff training as necessary for new treatments and/or medications prior to assigning staff to take care of the individual.
  - Make sure a designated person completes revisions to the risk plan as necessary, including plans for following up on the individual's status until the problem resolves or stabilizes.
  - Make sure the support team reviews, updates, and modifies the individual's daily activity and positioning schedule as needed to allow for any recuperation period.



### Learning Assessment

The following questions can be used to verify a person's competency regarding the material contained in this Fact Sheet:

1. True or False: Discharge from a hospital means the person is better and does not require any special monitoring.
2. Short-term orders such as changing a bandage or elevating a leg:
  - A. Do not need to be written anywhere else
  - B. Should be added to the plan of care and treatment sheet or MAR.
  - C. Require staff training.
  - D. B & C
3. Failure to monitor a person and follow the physicians orders after they leave the hospital may increase the risk for:
  - A. Recurrence of the problem
  - B. Allergic reaction
  - C. Weight gain.

### References

Hospital-to-home discharge guide. Next Step in Care. Retrieved 07/20/2015 from [http://www.nextstepincare.org/uploads/File/Guides/Hospital/Hospital\\_to\\_Home\\_Guide/Hospital\\_to\\_Home.pdf](http://www.nextstepincare.org/uploads/File/Guides/Hospital/Hospital_to_Home_Guide/Hospital_to_Home.pdf).

The post-discharge checklist: 5 important steps. Family Caregiver Alliance: National Center on Caregiving. Retrieved 07/20/2015 from <https://caregiver.org/post-discharge-checklist-5-important-steps>

### Related Resources

Hospitalization Series Fact Sheets: *Admission to and Duration of Hospitalization* and *Preparing for Discharge*



### Learning Assessment Answers

1. False
2. D
3. A