

Discharge checklist

Discuss your needs for the Discharge planning process to run smoothly with the NUM (Nurse Unit Manager), Social Worker or Carer Support Service these are some things to consider:

- ✓ Do I have my referrals
- ✓ Do I have my discharge letter / medical certificate
- ✓ How am I getting home
- ✓ Am I a Carer or in a caring role what help is there for me who can I ask?
- ✓ Things that worry me about going home
- ✓ What is my Patient / Carer / Family goal

You may have a long trip ahead of you, it is important to ensure the ward know what time you need to be ready to go and ensure that you have the following:

- ✓ Diagnosis and discharge letter that includes:
 - a. tests/interventions/procedures
 - b. medications
- ✓ Follow-up appointments made for specialists
 - a. date & time
 - b. location
 - c. tests required prior
- ✓ Follow up appointments for community based services and GP

It may be possible to have a follow-up appointment done via Telehealth. Ask the medical team to discuss with your local GP. This may save you coming back to Sydney.



Health
Northern Sydney
Local Health District

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