

# Be Prepared to go Home



## Get Educated

### Did I learn...

- ☐ how to take care of my child at home?
- ☐ how to understand any medical equipment that my child may use at home?
- ☐ who to call if the at-home medical equipment malfunctions or if I need additional instructions?
- ☐ how to make sure my home is ready my child and any new equipment?
- ☐ who will contact my child's Pediatrician or how to find a Pediatrician if I don't have one?



## Before We Leave

- ☐ **Do we have any transportation needs? Do we have a car seat to get safely home?**
- ☐ **Do we have all of our belongings such as my phone chargers, food from the family refrigerator, and toys? Do we need help getting our belongings to the car?**
- ☐ **Is our home prepared?** Make sure the equipment has been delivered and is ready and have people there to help you into the house. Set up your house to avoid falls: make room for equipment, clear hallways, and remove scatter rugs.
- ☐ **What problems or complications should we be watching for?**
  - When you get your discharge papers the nurse will tell you what to look for and who to call.
  - Do you have questions about the on-call system? In an emergency, call 911.
- ☐ **Are we signed up for MyChart?**
  - If you used MyChart Bedside, set up a regular MyChart account so that the information will transfer.
  - Do this before discharge. Download the MyChart App and ask your nurse or CCSC/CCSR for a log-in code. The code expires quickly so allow enough time to sign up.
- ☐ **Do we have our medication prescriptions?**
  - Ask if they can be filled before you leave the hospital.
  - Are there any medications on your list which require a specialty pharmacy or special compounding?
  - Thinking about these things will help your prescriptions be ready when you are discharged
- ☐ **Do we need follow-up appointments?**
  - Ask if you need help scheduling follow up appointments or understanding what may need to be done to get ready for future appointments, such as labs or other testing.
  - If appointments have been scheduled for you, they will be listed on your Discharge papers.

## Understand Medications

- ☐ **At-Home Medications:** Please assure all home medications you brought with you have been returned.
- ☐ **Do I understand the medication list on the discharge papers?** Please ask if you don't know what they are for, how to take and store them, or potential side effects.
- ☐ **Last Dose Given:** At discharge, make sure to keep track of when the last dose of medication was given and when the next dose will be due.
- ☐ **Medication Chart:** It may be helpful to record when each medication was given and when it is due next, especially if giving multiple medications.



## Resume Normal Activities

- ☐ **Diet:** When can a normal diet resume?
- ☐ **Activity:** When can my child return to daily activities (school, PE, trips)?
- ☐ **School/Work Note:** Do we need any special letters for school or work?
- ☐ **Precautions:** Are there any precautions with activities or diet?
- ☐ **Bathing/Hygiene:** When can my child resume a normal bathing/hygiene routine?

## Feel Supported

- ☐ **Catching up:** Parents often find the stress of being in the hospital catches up with them once home. This is normal.
  - Let people help you, especially if you are giving frequent medications/treatments
  - Make a schedule so you can map out your day, cluster care, track medications
  - Think about support for your other children once the patient comes home
- ☐ **Adjusting to home:** Children often act differently after being in the hospital. This may show up as increased anxiety/depression/anger/learned helplessness. If you have concerns, please call your pediatrician.
- ☐ **Typical Development:** Know that early intervention services may be available for your child if you feel that their normal development has been impacted by a long hospitalization. If you have concerns, talk with your pediatrician.
- ☐ **Get Organized:** Make an easily accessible list of important phone numbers or email addresses for your health care team, including physicians, the pharmacy, your case manager or social worker.



**PLEASE SEE YOUR NURSE IF YOU HAVE ANSWERED NO TO ANY OF THE QUESTIONS ON THIS LIST.**

**We once sat where you are now. We hope these tips learned from years of experience will help get you home smoothly. Created by the Pediatric Family Advisory Council (PFAC).**