

CNPS

CHECKLIST



PATIENT DISCHARGE FROM HOSPITAL

Nurse practitioners may, as part of their duties, discharge patients from hospital. In order to reduce or to better manage the risk of complications after discharge, nurse practitioners may wish to take into account the following considerations in deciding whether or not discharge is the appropriate course of action:

Has the patient's condition sufficiently resolved?

- ✓ Has a definitive diagnosis been established?
- ✓ Does the patient present any symptoms that could be indicative of a complication?
- ✓ Has the patient's condition sufficiently resolved that he or she is expected to make a full recovery with appropriate home care?

Follow-up care

- ✓ Does the patient understand what home care is required?
- ✓ Have arrangements been made for the patient to receive appropriate home care, if the patient cannot attend to his or her own follow-up home care?
- ✓ Has the patient been informed of any follow-up appointments or other follow-up arrangements that must be made? Does the patient understand these instructions? Is there a reliable follow-up system to contact patients who do not attend important follow-up appointments?

Addressing potential complications

- ✓ Does the patient understand:
 - a) the risk of complications; if any
 - b) the potential severity of the complication(s); and
 - c) the signs and symptoms that would require further attention such that he or she would know when to seek further medical attention?Has this been appropriately documented?

Medication reconciliation

- ✓ Do I have reliable information about the medication that the patient was taking upon admission?
- ✓ Does the patient understand
 - a) which medications are to be taken on discharge?
 - b) which are the pre-admission medications that should be continued or discontinued?
 - c) which pre-admission meds should be continued under a different dosage?

Self-assessment

- ✓ Do I have the necessary knowledge, skill and judgment to make all or some these determinations? Should I seek input from another health care professional?



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