

Thank you for choosing Kareena Private Hospital for your stay. Your comments and feedback are important to us so please fill in a comment card before you discharge.

Post discharge services

If you decide that you require additional support prior to your discharge, please discuss this with the Nursing Team who will assist you to contact our Discharge Planning Coordinator on (02) 9717 0198.



**Kareena
Private Hospital**

Part of Ramsay Health Care

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People caring for people.

MR0013939 KPH Discharge Information DL Brochure 0319



Planning for your hospital
discharge and continued
recovery at home

Discharge Information



**Kareena
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Discharge Information

Planning for your hospital discharge and recovery at home

To assist you in your recovery we have put together a guide to provide you with some information and to answer commonly asked questions.

The information provided is of a general nature and supports the specific information provided to you by your Doctor for your specific condition/operation.

To help you and Kareena Private Hospital plan for your discharge please consider the following questions about:

- Please ensure all equipment needs are delivered or collected prior to discharge for your safety. If you have any concerns please speak with the nursing staff or one of the Occupational Therapists.
- If you have any questions or concerns leading up to your discharge, as soon as you think of them, please ask the nursing staff so they can assist.
- Cleaning and meals: Will you be able to shop, make your own meals and clean your home when you go home?
- Hygiene: Is the bathroom / shower accessible? Will you be able to manage your personal hygiene?
- Mobility: Do you have a number of stairs at home? Will you require any equipment to help you get about?
- Do you have any ongoing medical or nursing care needs that may require attention following your discharge?

Discharge time is at 10am

How to prepare for Discharge:

- Arrange for family to collect some items the day prior to assist you with discharge.
- Please ensure all equipment needs are delivered or collected prior to discharge for your safety when discharging. If you have issues with this speak with the nursing staff or one of the Occupational Therapists.
- If you have any questions or concerns leading up the your discharge please speak with the nursing staff so they can assist.

Before you leave, make sure you have:

Discharge letter, including post operative instructions and follow up details from your Doctor.

- Your medication. This includes any medication that you may have brought in with you, any medication commenced in hospital and instructions given
- All personal effects and belongings
- Medical Certificate, if required
- X-rays
- Details of any follow up appointments.

Some helpful information for...

Wound care

The nursing staff will check your wound prior to your discharge.

Unless otherwise instructed, please leave your dressing dry and in place until such time as you see your Doctor.

If you don't have a covering or dressing for your wound, it's important to keep it dry and protected from injury.

Please observe for increased pain/ redness/ inflammation around you wound after discharge. Please advise your Doctor as soon as possible if this occurs.

Medications

Prior to your discharge a Pharmacist will come and give you a print out of all discharge medications and an explanation of each medication.

It is important that you understand your medications and take them as prescribed by your Doctor. If you have any queries regarding your medications, please speak with the Hospital Pharmacy, your Doctor, General Practitioner or the nursing staff prior to discharge.

Contacts post discharge

If you require advice or you are concerned about your condition following your discharge it is recommended that within office hours you contact your treating doctor.

Outside office hours you can contact the ward from which you were discharged.

If you are acutely unwell and require urgent attention please contact your nearest Emergency Department or call 000.