

## ORIENTATION TO THE ROOM AND HOSPITAL ROUTINE

What is Physician/Team Rounding and when does it take place: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name of your child's primary care team physician:  
 \_\_\_\_\_

### START PREPARING FOR DISCHARGE

(Check off below)

- Anticipated date: \_\_\_\_/\_\_\_\_/\_\_\_\_
- Do you have arranged transportation to go home when you are ready to be discharged?
- Ask the doctors and staff about an "anticipated" discharge date. (Anticipated date is a date that is planned for you to go home, but not a set date. You could potentially go home earlier or later, depending on your child's health.) So, ask your doctors and staff to help you better prepare for the day that you do go home.
- If required, do you have your child's car seat, booster seat or other special travel equipment necessary for your child?
- Ask about your child's health condition and what can you do to help, what problems to watch for and what to do about them.
- Ask what equipment you might need to go home. Who will arrange this? Use the checklist below to keep track of the equipment you need to bring for discharge.

The name of my case manager is: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Check off below:

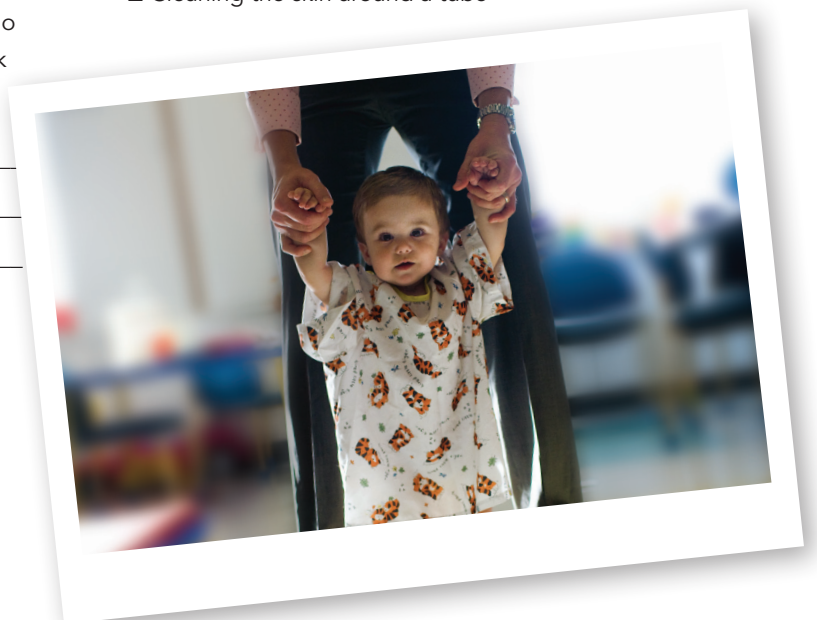
- Car seat to go home
- Crutches
- Wheelchair
- Nebulizer
- Oxygen tank
- Feeding pump(s)
- Dressing change supplies
- Medication pump/home IV therapy
- Other

Is your child ready to do the activities below when going home?

- Bathing
- Dressing
- Using the bathroom
- Climbing the stairs
- Returning to school
- Physical Education Classes
- Ask for a note for school, P.E. or work if necessary

During your stay, ask the staff to show you any tasks that require special skills. Then, show them you can do these tasks.

- Changing a bandage
- Giving a shot
- Drawing up insulin
- Giving medications
- Changing a tube
- Cleaning the skin around a tube



Write down your child's prescription drugs, over-the-counter drugs, vitamins and herbal supplements. Review this list with staff.

My child is taking: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Should my child still take these after discharge?

- Yes     No

Feel free to ask to speak with a pharmacist if you have any questions or concerns regarding the medications your child is receiving in the hospital.

Questions to ask pharmacist:

- If your child's medication looks different (color, shape, size) to you, make sure to question why. Sometimes there are multiple brands for the same medication that look different, but it is always good to double check.
- If your child's dose looks different (i.e. the volume looks larger or smaller) check with your pharmacist to see if the dose was changed.
- When you are picking up your child's prescription read back the directions to the pharmacist. For example: I will give my child 10 mL of amoxicillin three times a day.
- Ask your pharmacist for an appropriate device to measure the dose safely for your child. Demonstrate how you will use the device to your pharmacist. For example: If you will be using an oral syringe, pull the plunger back to reflect your child's dose. If you are unclear on the process at all, ask the pharmacist to mark the syringe to help you remember.
- Ask your pharmacist what the most common side effects of the medication are.
- Ask your nurse/pharmacist if your child is taking any medications that should be separated rather than given together.
- If you forget to give a dose, ask your pharmacist if you should give it when you remember or wait until the next dose is due.

Make sure to give the name, address and phone number of your pharmacy to your doctor and nurse to fill any necessary medications on discharge. List the meds or the pharmacy below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Before you go home, please go over the discharge summary with your nurse to review any medications that you will be giving to your child at home.

Ask for the time of the last dose of any medication given to your child and always speak up if you have any questions.

On discharge, you will receive written discharge instructions that you can read and understand. Make sure to ask about any follow-up appointments that you will need to bring your child in the next several weeks.

If you have any questions about the items on this checklist or on the discharge instructions, please write them down and discuss with your health care team.

Notes:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### CHOC LINK

CHOC Link is your online connection to your child's medical information. This secure website lets you send a message to your child's physicians, view lab results, request and cancel appointments, renew prescriptions and more. CHOC Link is available for parents and legal guardians of patients who are under age 12 and for patients who are 18 and older. To sign up, talk to your child's care team.