

PODS Content

I came to hospital because I have

- Keep this section visually separate from other sections so it doesn't get lost.
- Don't forget to use plain language.

Medications

- At a minimum, referring to another medication list is useful in itself.
- Provide a blank medication chart for patient to fill out if they want (available at <http://pods-toolkit.uhnopenlab.ca/implement>)
- Tell patients the purpose of each medication.
- A note of when the last dose was given may be helpful.
- Provide a reminder to pick up prescriptions before discharge.

How I might feel

- Include expected symptoms and those that can be dealt with without going to the ER.
- Include significant signs, symptoms, reactions, and recommended courses of action.
- Keep the ER list separate.
- This section can often be partly pre-filled for certain conditions.

Changes to my routine

- Suggestions for content include:
 - Diet
 - Exercise
 - Wearing a medic-alert bracelet
 - Daily tasks like driving, working, and school
 - Stopping unhealthy behaviours such as drinking and smoking.

Appointments

- If you can, book the appointments for the patient and fill in the date, time, and phone number.
- If not, make it clear that the patient has to book them and give them the phone number.
- Provide phone numbers for all follow up appointments and resources.
- Include a follow up appointment with the family doctor where appropriate.

Resources

Include all types of resources such as:

- A link to patient education in the hospital
- CCAC contact person
- Websites
- Community resources
- Links to peer support for patients and their families

Some resources can be pre-filled.