

Tips by Patient Population

Adult rehab

- Give the PODS at a team meeting with the patient and caregiver.
- Leave an hour or more for the meeting.
- Be flexible with your meeting time to allow for family members to be present.
- Hold the meeting a few days before discharge.
- Have a peer present at the meeting, if possible.
- For this population, there should be modifications made to the “Changes to my routine” section
 - Organize by IADLS (instrumental activities of daily living) or other care domains in a list where you can check off and only include those that are relevant.
 - For each IADL note if the patient is independent or they need help. They can use the notes section to note what kind of help they need
 - Include driving and other key activities that may be relevant for your patient population
 - Diet type and texture may be relevant here as well

Pediatric PODS

- This population likes to use their notes section
- To save provider time, caregivers can fill out many of the PODS sections themselves
- Keep track of common questions post-discharge and fill in some sections of the PODS (symptoms and resources) with some pre-set content.