

Patient Oriented Discharge Summary (PODS)

Patient X 's Care Guide
 I came to the hospital on: Feb 2015 and left on: Feb 2015
(Arrival Date) (Departure Date)
 I came in because I have CHD

My Own Notes

Med Schedule

Follow up app → throm
 → cardiac

Enox level taking – once week → who will advise when to do this @ a Lifelabs
 Level should be between 0.5-1
 4 hrs after – within 1/2 hr

RSV clinic @ GRH → when do we go for next vac (1st on Feb 21st) -- Mac will follow

Follow up w/ GRH for hearing screening

Reminder of home visit from CCAC (?) → NOT REALLY, WE DECLINED
 When and what is for? – for NS

McMaster – thromb & cardiac appointments booked together? Same day – TRY & ASK for them to be together

Prescriptions – are they oral ones supplied or do we pay extra? YES, we have prescriptions
 @McM will follow up on all meds when and if they need to be continued and for how long? YES

	Medications I/my child need to take		Morn- ing	Noon	After- noon	Night
			Name:	What is it for:	Dose:	
1						
2						
3						
4						
5						

	How I/my child might feel and what to do		
	I might feel:	What to do:	Go to Emergency if:
1	redness, swelling, pain and liquid draining from wound site(s)	call the cardiology clinic or pediatrician	
2	fever or other concerns	call the cardiology clinic or pediatrician	
3	Bruising, blood stool, vomit	Ped or hospital	Blood thinner cause
4	Blacked or black spots	Ped or hospital	Blood thinner cause
5	Ice cold cool leg, discoloured leg (clots)	To go emergency	We can still call in here if we have concerns 24 hr

	Changes to my/child's routine	
	Activity (e.g. dietary, physical)	Instruction
1	Tummy time	After 2 weeks post surg
2		
3		
4		
5		

Patient Oriented Discharge Summary (PODS)

		Appointments I/my child have to go to		
1	Go see	For	On	At
	Location		Booked No.	
2	Go see	For	On	At
	Location		Booked No.	
3	Go see	For	On	At
	Location		Booked No.	
4	Go see	For	On	At
	Location		Booked No.	
5	Go see	For	On	At
	Location		Booked No.	



My Own Notes

Anything specific we should do or avoid doing considering has condition – like for example

Tummy time or is it ok to hold him over the shoulder for burping? NO he's fine, passed 5 day post-op treat him as a reg. newborn

“To Do” List

- Discharge Summary
- Prescriptions (filled)
- Discharge Pamphlets (Read and reviewed with nurses)
- Safe mode of transportation
- Passed car seat test
 - Not applicable
- Frozen breast milk packaged and ready on unit 4D
 - Not applicable
- Home medications in 4D's refrigerator
 - Not applicable

		Where to go for more information	
	For	Call / go to	 Phone Number
1	Cardiology Clinic	4A ward (9:00am – 5:00pm)	416-813-5848
2	Cardiac Inpatient Unit	4D ward	416-813-6901
3	Medication questions	Cardiac inpatient pharmacists (8:00am – 4:00pm Mon.-Fri., feel free to leave a voicemail) OR Call local dispensing pharmacy	416-813-7654 Ext. 207636 http://aboutkidshealth.ca (Type “medications” in search engine)
4	Additional resources		http://aboutkidshealth.ca
5	CPR and resuscitation training	Learning opportunities	http://sickkids.ca/learning/
6	Phone #s for McMaster?		
7			

Following discharge you may be called by a 4D nurse. If you have medical concerns do not hesitate to seek assistance sooner and/or follow the recommended contact information listed above.