

## MASTER TEMPLATE's Discharge Guide

I came in to Lyndhurst on DATE and plan to leave on DATE. I got this guide on .

I came in because I have incomplete/ complete quadri/paraplegia or other.

### Medications I need to take

- Reviewed and attached medication list with Pharmacist or Doctor
- Reviewed and attached bladder supply (GU) list with Nurse or Doctor

### Care Plan

Issue	Plan
<input type="checkbox"/> See Typical Day Plan attached	
Swallowing/ Breathing	
Skin	
Bowel	
Bladder	
Pain	
Thinking/Memory	
Dressing/ Bathing/ Grooming	
Eating	
Transfers/ Mobility	
Equipment	
Cooking/ shopping/ banking	
Housing	
Emotional Health/ Relationships	
Leisure	

### Signs and Symptoms and What to do

What if I...	What to do
Feel dysreflexic	
Have much worse numbness or weakness	
Have new swelling	
Have much worse spasms	
Have a red mark on my skin	

Have a change in bowel function	
Have a change in bladder function	
Have much worse pain	
Fall	
Feel very sad or overwhelmed	
<b>When to go to Emergency:</b>	

### Outpatient Referrals Completed

PT OT SW Nursing Other: TR,Psy,Chap	Location:
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### Appointments I have to go to

<input type="checkbox"/> I have my appointments listed elsewhere <b>OR</b> These are my Lyndhurst appointments only		
Go to see...	For...	Date and Time
Dr. Burns/ O/Y/McG/Craven	Physiatry Follow up	
Robson Clinic	Bladder Follow up	
	Bone Density Follow up	
Private PT, CCAC, SCI-O	Community Services	
Other		

### My Contacts

For Questions about...	Contact...	At...
Medications on list given	E. Zelunka, Pharmacist A. Danial, Pharmacist	(416) 597- 3422 x 6309 (416) 597 – 3422 x 6316
Medication questions more than 3 months after leaving, refills	Community Pharmacist	
Changes in prescriptions or symptoms	Family Doctor	
Surgery/ Neurology follow-up	Dr. and location	
Physiatry follow-up	Dr. (Lyndhurst)	(416) 597- 3422 Burns/ Oshidari 6129 Yap/ McGillivray 6133 Craven 6122
Lyndhurst Outpatient <b>Clinic Appointments</b>	Sharmeen Siddique	(416) 597 – 3422 x 6097
Lyndhurst Outpatient <b>Therapies</b>	Sharmeen Siddique Shakira Neamatalli	(416) 597 – 3422 x 6097
To cancel/ reschedule existing appointments	Cancel/ reschedule line	(416) 597 – 3422 x 6591



