



Note:

As much as possible, the best practice guidelines for using PODS should be followed when discharging a patient who was treated for COVID-19.
Access the PODS guidelines by [clicking here](#).

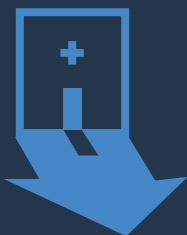
The Purpose of PODS

The purpose of the PODS is to provide patients and their families with the information they need to manage their care at home after discharge in a format that is easy and accessible. Below are specific considerations related to providing a PODS for someone treated for COVID-19 and notes about the content in the COVID-19 PODS template and patient education handout.

In both the PODS template and patient education handout, there are references to Ontario and Toronto-based resources. Some of these may be applicable in your community and others should be removed and changed. As always, these materials are creative commons and should be adapted to meet the needs of your local context.

Content Considerations

Patients with lived experience of COVID-19 as well as doctors and nurses involved in treating patients with COVID-19 were involved in the creation of the content in our COVID-19 PODS template.



You can access the COVID-19 PODS template by [clicking here](#).

Applicable Resources

Provide phone numbers of who to call with questions, phone numbers for their home care organization (when applicable) and other resources in the community and online that are specific to your community.

In both the PODS template and patient education handout, there are references to Ontario and Toronto-based resources. Some of these may be applicable in your community and others should be removed and changed.

In particular, Ontario and Toronto-specific resources are found in the materials:

In the PODS template:

- **“How I can expect to feel and what to do”** regarding finding a family doctor if you do not have one and have worrisome symptoms
- **“Where to go for more information”** for questions managing symptoms, questions related to self-isolation, calling 211 for community supports, the Gerstein crisis helpline, Labour Community Services for financial resources, and some of the resources for help quitting smoking.

In the patient education handout:

- The **same content** that is listed in the PODS template also appears in the handout
- The links to directions for self-isolation information are for materials prepared by **Toronto Public Health**. Since these directions are updated occasionally, they are linked to avoid the need for frequent updates to this patient education handout.

Additionally, there are references to the patient education handout within the PODS template – specifically around directions for self-isolation, breathing exercises, and how to put on and take off a mask.



Sample teach back question:

Can you explain what you need to do to if you experience trouble breathing when you are walking across a room?

Process Considerations

The process components of PODS are even more important now.

- Provide something for the patient to take home in writing that describes what they need to know to manage their condition at home.
- Review the information with the patient using conversation and teach-back
- Involve the family (in-person, virtually, or over the phone) when reviewing the information



Sample teach back question:

Can you show me how you would put on and take off this mask?