

## DCH - Discharge from Hospital

### DCH-EQ      EQUIPMENT

**OUTCOME:** The patient/family will understand and demonstrate (when appropriate) proper use and care of home medical equipment provided at hospital discharge.

**STANDARDS:**

1. Discuss indications for and benefits of prescribed home medical equipment.
2. Discuss types and features of home medical equipment as appropriate.
3. Discuss and/or demonstrate proper use and care of home medical equipment, participate in return demonstration by patient/family.
4. Discuss signs of equipment malfunction and proper action in case of malfunction.
5. Emphasize safe use of equipment, e.g., no smoking around O<sub>2</sub>, use of gloves, electrical cord safety, disposal of sharps).
6. Discuss proper disposal of associated medical supplies.

### DCH-FU      FOLLOW-UP

**OUTCOME:** The patient/family will understand the importance of follow-up and make a plan to keep scheduled follow-up appointments after discharge.

**STANDARDS:**

1. Discuss the importance of follow-up care following hospitalization.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss the signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

### DCH-HM      HOME MANAGEMENT

**OUTCOME:** The patient/family will understand the home management of the disease processes following hospital discharge and will make a plan for implementation.

**STANDARDS:**

1. Discuss the home management plan and methods for implementation of the plan.

2. Explain the importance of following a home management plan, e.g., fewer complications, fewer falls/injuries.
3. Explain the use and care of any necessary home medical equipment.

#### **DCH-L LITERATURE**

**OUTCOME:** The patient/family will receive literature regarding the discharge plans including medical therapies, follow up appointments, and contact information.

**STANDARDS:**

1. Provide the patient/family with literature on the discharge diagnosis and therapeutic plan.
2. Discuss the contents of the literature.

#### **DCH-LA LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will strive to make the lifestyle adaptations necessary to prevent complications of the disease state or condition or to improve mental or physical health following hospital discharge.

**STANDARDS:**

1. Review lifestyle aspects/changes that the patient has control over - nutrition, exercise, safety, and injury prevention, avoidance of high-risk behaviors, and participation in the treatment plan.
2. Emphasize that an important component in the prevention or treatment of disease is the patient's adaptation to a healthier, lower risk lifestyle.
3. Review the community resources available to assist the patient in making lifestyle changes. Refer as appropriate.

#### **DCH-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of their drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements.

Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **DCH-MNT MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **DCH-N NUTRITION**

**OUTCOME:** The patient/family will understand the need for balanced nutrition and plan for the implementation of dietary modification following hospital discharge.

### **STANDARDS:**

1. Review nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist patient in identifying unhealthy nutritional habits.
3. Discuss nutritional modifications as related to the specific disease states.

## **DCH-POC PLAN OF CARE**

**OUTCOME:** The patient/family will have a basic understanding of the discharge plan for care.

### **STANDARDS:**

1. Explain the basic plan of care for the patient, including any of the following as appropriate:

- a. Plan for continued home treatment
- b. Anticipated assessments
- c. Tests to be performed, including laboratory tests, x-rays, and others
- d. Therapy to be provided, e.g., medication, physical therapy, dressing changes
- e. Advance directives
- f. Plan for pain management
- g. Nutrition and dietary plan including restrictions if any
- h. Follow-up plans

## **DCH-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the proposed procedure, including indications, complications, and alternatives, as well as, possible results of non-treatment.

### **STANDARDS:**

1. Discuss the indications, risks, and benefits and alternatives for the proposed procedure(s) as well as the risk of not undergoing the procedure.
2. Explain the process and what to expect after the procedure.
3. Discuss pain management as appropriate.
4. Emphasize post-procedure management and follow-up.
5. Discuss procedure findings and implications as appropriate.

## **DCH-REF REFERRAL**

**OUTCOME:** The patient/family will understand the referral process and financial responsibilities.

### **STANDARDS:**

1. Choose from the following standards as appropriate.
  - a. Emphasize that referrals to outside providers by Indian Health Service primary providers typically will be processed by Contract Health Services.
  - b. Explain the procedure for the referral to the private sector is usually based on a priority system and/or waiting list.
  - c. Explain that coverage by insurance companies and Medicare/Medicaid packages will be utilized prior to utilizing contract health service funds in most cases. The Indian Health Service is a payer of last resort.
  - d. Discuss the rules/regulations of Contract Health Services.

- e. Refer as appropriate to community resources for Medicaid/Medicare enrollment, e.g., Benefits Coordinator.
- f. Discuss the importance of follow-up care and the requirement to notify contract health services of any future appointments and procedures by the private sector. **Referrals are for one visit only** (unless otherwise specified.) Future and/or additional referrals must be approved prior to the appointment.

## **DCH-RI PATIENT RIGHTS AND RESPONSIBILITIES**

**OUTCOME:** The patient/family will have a basic understanding of their rights and responsibilities as well as the process for conflict resolution.

### **STANDARDS:**

1. Discuss the patient's responsibility to follow the agreed upon plan of care and to keep follow-up appointments.
2. Briefly explain the process for resolving conflicts if the patient/family believe that their rights have been violated.
3. Discuss availability of cultural/spiritual/psycho social services that may be available as appropriate.

## **DCH-S SAFETY**

**OUTCOME:** The patient/family will understand the necessary precautions to prevent injury following hospital discharge.

### **STANDARDS:**

1. Discuss the mutually agreed upon plan of care for safety based on the patient-specific risk assessment.
2. Emphasize safe use of equipment. **Refer to DCH-EQ.**

## **DCH-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)

- e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
- a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **DCH-TX     TREATMENT**

**OUTCOME:** The patient/family will understand the possible treatments that may be available based on the specific disease process, test results, and individual preferences.

### **STANDARDS:**

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options.
2. Discuss the treatment plan including lifestyle adaptations, cultural practices, pharmacologic, and psycho social aspects of the treatment plan.
3. Discuss the importance of participating in the treatment plan, including scheduled follow-up.
4. Refer to community resources as appropriate.