

### Hospital Discharge List – Post-ARDS

Once you have been told you can go home, you may have questions or concerns. This list is a guideline of some questions you may ask regarding your discharge and suggested actions you may take. Feel free to add your own for a more personalized version. This list is also for caregivers.

Planning	Staff name	Date accomplished, notes
Who is my discharge planner? • How do I get hold of them if I have questions?		
Meeting with discharge planner (date and time). • Will there be follow-up meetings? • Who else attended the meeting?		
I have a written copy of my discharge plan.		
Is there someone at the hospital I can contact if I have more questions when I get home?		
What medications will I take at home? • Have they changed since I was admitted to the hospital? • How do I take them? • How often do I take them? • How will I tell if they don't work?		

<p>How did I get ARDS? What caused it?</p>		
<p>Do I have any follow-up appointments and what kind?</p> <ul style="list-style-type: none"> <li>• What tests do I need to have?</li> <li>• Who makes the follow-up appointments?</li> <li>• If it is me, who are they with and what numbers do I call?</li> <li>• If it is someone else, when will I get the information? Who is it and how do I contact them if I have questions?</li> </ul>		
<p>Will I need home care?</p> <ul style="list-style-type: none"> <li>• If yes, who arranges this?</li> <li>• Does insurance cover this care?</li> </ul>		
<p>Will I need extra services, such as physical therapy, nursing, or occupational therapy?</p> <ul style="list-style-type: none"> <li>• If so, what and how is this arranged?</li> </ul>		
<p>Do I have any restrictions regarding driving, physical activity, etc.?</p> <ul style="list-style-type: none"> <li>• If I can't drive, how do I get to my appointments?</li> </ul>		

<p>Should I follow a special diet?</p>		
<p>When can I go back to work/school?</p> <ul style="list-style-type: none"> <li>• Do I have any restrictions?</li> </ul>		
<p>What complications should I watch for?</p> <ul style="list-style-type: none"> <li>• What should I do if I notice them?</li> </ul>		
<p>For people with pain</p> <ul style="list-style-type: none"> <li>• When should the pain start easing?</li> <li>• How often should I take my pain medications?</li> <li>• When should I call my doctor about my pain?</li> </ul>		
<p>For people with incisions, wounds or drains</p> <ul style="list-style-type: none"> <li>• How do I care for my wound?</li> <li>• Where do I get supplies?</li> <li>• What should I watch for?</li> <li>• When should I call the doctor about my wound?</li> </ul>		
<p>I can understand all the instructions. If no, ask for clarifications or demonstrations.</p>		