

## For more information

### HUSKY Health Program

[www.huskyhealth.com](http://www.huskyhealth.com)  
1.800.859.9889

### National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org)  
301-718-8444

### Centers for Medicare & Medicaid Services

Your Discharge Planning Checklist  
<http://www.medicare.gov/Publications/Pubs/pdf/11376.pdf>  
800-MEDICARE

The Joint Commission is the largest health care accrediting body in the United States that promotes quality and safety.

*Helping health care organizations help patients*



HUSKY Health recommends that all members see their provider for a follow-up visit 7 - 14 days after any hospital stay. If you have any questions or would like help scheduling your follow up appointment, please call HUSKY Health Member Services at 1.800.859.9889. Our hours are Monday through Friday, 8 a.m. – 6 p.m.



# SpeakUP™



## Planning Your Follow-up Care

Before leaving the hospital, you should be given written instructions about your follow-up care. This brochure provides questions to help you get the information you need for the best follow-up care.

## What should you do before leaving the hospital?

- Find out if the hospital has a discharge planner, social worker or nurse who can help plan your follow-up care.
- Ask a family member or friend to help plan your follow-up care. They can be your advocate. An advocate can ask questions that you may not think about or be able to ask.
- You or your advocate should write down questions, answers and reminders about your follow-up care.
- Ask if there is a number to call if you have questions. Can you talk to someone 24-hours a day, seven days a week?

## What if you have trouble understanding the language used in the instructions?

Ask for a translation or an interpreter. You have the right to get important information about your care in your preferred language.

## You feel overwhelmed by the follow-up care you need. What can you do?

Ask about referrals for home care services or a skilled nursing facility. Find out about payment options, including whether financial help is available. Use a service or organization that has been carefully evaluated or accredited. "Accredited" means it follows rules that guide safe and quality patient care. Go to Quality Check® at [www.qualitycheck.org](http://www.qualitycheck.org) to find Joint Commission accredited health care organizations.

## Questions to ask about your condition

- How soon should you feel better after leaving the hospital?
- Will you be able to walk, climb stairs, go to the bathroom, prepare meals and drive?
- Are there any special instructions for daily activities? For example, should you take a shower instead of a bath?
- How much help will you need after you leave the hospital? Should someone be with you 24 hours a day?
- What signs and symptoms should you watch for? If you have them, what should you do?
- Will you need any special medical equipment at home? Where can you get the equipment? Is it covered by your insurance, a government program, or other health plan?
- Will you need physical therapy? Are there any exercises you need to do? If so, get written instructions.
- Can you get home health or hospice services if you need them?
- If you have wounds, how do you take care of them? How long should it take them to heal?
- Will you need to have any follow-up tests? Who should you contact to get the test results?
- Will you need to schedule follow-up visits with your doctor?
- When can you expect to go back to work?

## Questions to ask about your medicines

- What medicines will you need to take at home? Get a written list that includes all of your medicines. Take this list with you when you go for follow-up care.
- What if you have had a reaction to other medicines? Tell your doctor or nurse about these reactions and any allergies you might have.
- Can you get written instructions about your medicines? Make sure you understand the instructions. Ask questions if you do not understand.
- What should you do if you miss a dose?
- Are there any side effects of the medicines? What should you do if you have side effects?
- Are there any medicines, vitamins or herbal supplements that you should not take with your medicines?
- Should you avoid any foods, drinks, or alcohol while taking your medicines?
- Is there a pharmacy that can deliver medicines to your home?

[www.jointcommission.org](http://www.jointcommission.org)