MCM PRIVATE CARE

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Post Hospital Care *Checklist*

In my experience, each day one lies in a hospital bed; it necessitates about three days recovering.

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Andrea Kohn, RN, CRNP & Steve Kohn
MCM Private Care

AT A GLANCE

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Feel empowered to ask questions

2
Always keep someone at the bedside

3
Patients tend to get confused

4
Ask for a copy of your labs or studies

5
Ask about the efficacy of medications

6
Nutrition for strength

7
Skin breakdown prevention

8
Check the environment out

9
Home care and home health working together

10
Gradually reduce the hours

Knowledge is *power*

In the hospital

Be their voice when they can no longer vocalize

1

Feel empowered to ask questions

Fortunately, Medicare and most insurance companies allow for an appeal process if you feel your loved one is being discharged prematurely.

✓ **Do not feel intimidated by asking these questions or asking for clarification**

2

Always keep someone at the bedside

When families cannot be with their loved one in the hospital, they often opt to hire a caregiver to be at the bedside to minimize the opportunity for preventable incidents.

✓ **If the staff doesn't verify your medical bracelet before working on you... check it yourself.**

3

Patients tend to get confused

This confusion is called Delirium and is prompted by the acute illness affecting patients in the hospital and increases the risk of falling.

✓ **The extra eyes and ears also provide peace of mind to families**

4

Ask for a copy of your labs or studies

Do not be afraid to ask for important lab work and other medical studies when they are completed. They can be life savers.

✓ **Follow through is better when you have the facts in your hand**

5

Ask about the efficacy of medications

Sometimes they get confused about their medication. They're not sure how to take it, so they're overtaking it or they're undertaking it.

✓ **Overseeing the medication is a lot for families.**

Once they get home

In familiar surroundings

6

Nutrition for strength

A decrease in appetite, weakness, and lethargy are all very typical for patients who have gone from home to the hospital and then to rehabilitation after an acute illness.

✓ **If your loved one is losing weight, that's another red flag**

7

Skin breakdown prevention

Daily bathing and skin checks need to be part of routine exams... The most common areas where pressure wounds occur are the heels, hips, and sacral areas.

✓ **All you see initially on the outside is a small, reddened area**

8

Check the environment out

I requested all throw rugs, which are the main cause of falls in the elderly, be removed.

✓ **Grab bars for safety in the bathroom, in the shower, and next to the toilet**

9

Home care and home health working together

The aide can sit and observe and watch what the exercises are with a physical therapist, and then on the off days when the therapist is not there, they can run through those exercises with the client.

10

Gradually reduce the hours

We often try to explain that cutting from eight hours to zero hours is a bad idea.

✓ **Averting preventable issues such as falls**

Get the story, *write down the facts*

Medication tracker

Ever-changing medications require careful monitoring

Medication	Dose	When	Notes
		○M ○N ○E ○B	
		○M ○N ○E ○B	
		○M ○N ○E ○B	
		○M ○N ○E ○B	
		○M ○N ○E ○B	

Communication log book

For all caregivers and specialists

Date	Caregiver	Notes

Who gets notified if there is an emergency?

Primary care doctor _____ **Specialist** _____

Pharmacy _____ **Home health** _____

Family _____

MCM Private Care · (240) 789-4890 _____

> *"I feel for those who are not medical and do not know they have a voice to speak up when something doesn't seem right."* **— Andrea Kohn, RN, CRNP, *Return to Sender***

Notes

Is it *safe?*

The medical binder

- [ ] Procedures, lab results
- [ ] Diagnostic test results
- [ ] Discharge summaries from each hospital stay
- [ ] Medical diagnoses, and treating physician information

Check the environment out

- [ ] Grab bars for safety in the bathroom
- [ ] Removing some clutter and furniture
- [ ] Are things locked up appropriately?
- [ ] Is there too much drinking going on?

Activities of daily living

- [ ] Help with getting dressed
- [ ] Preparing a meal
- [ ] Helping with showering
- [ ] Getting to and from the bathroom

Every single day

- [ ] Daily bathing and skin checks
- [ ] Nutrition for strength
- [ ] Tracking elimination patterns
- [ ] Appropriate exercise routines

Every caregiver becomes adept at noticing

- ⚠ **Urine has an odor**
- ⚠ **Diarrhea seems infectious rather than a virus**
- ⚠ **Started having some confusion**
- ⚠ **Sudden episodes of withdrawal, weakness, and falls**
- ⚠ **A sore is developing**
- ⚠ **A small, reddened area**
- ⚠ **If your loved one is losing weight**
- ⚠ **Showing up with unexplained injuries**

Do not hesitate to reach out to a medical professional for advice.

Don't wait till this is *a disaster.*

Any of these issues where you feel your loved one is unsafe is when we think it's time to bring somebody in maybe a few hours a day and go from there.

Call (240) 789-4890



★★★★★ *"When my elderly mother was released from the hospital earlier this year following a sudden health incident, MCM was able to have a skilled, experienced caregiver waiting for her at her apartment with just a few hours' notice, making sure that she was safe and well-cared for from the start."* — Leslie H.



Return to Sender
by Andrea S. Kohn