



3rd Floor Acute Care Units

**DISCHARGE: GETTING READY TO LEAVE THE HOSPITAL
While You are Here: The Teaching & The Learning**

During your child’s stay in the hospital, the staff will teach you to care for your child when you go home. Our goal is to give you education and tools to help you feel comfortable and confident by the time your child is discharged. We begin the process early so we have plenty of time to TEACH and you have plenty of time to LEARN.

“I would ask, “Am I going to have to do this at home?” whenever anything new happened with my son. If she said yes, I always asked her when she could teach me because I like lots of practice before I do it myself.”

**We each have a way that is most comfortable for us to learn something new.
SEEING - HEARING- TRYING**

When learning something new, some of us prefer hearing about it and then trying it...others prefer watching someone else, reading about it and then trying it for themselves.

HOW DO YOU LEARN BEST?

“I told my nurse that I was overwhelmed by what the nurse taught me the day before. She went over it with me again. Hearing it a second time made all the difference.”

“I got written instructions for almost everything that was taught to me. I took notes right on that sheet...then, later, I could always find my notes and my instructions together.”



Things to Know about the Teaching:

- ☀ THE TEACHERS
 - Nurses, Nurse Practitioners, Home Pharmacy, Clinical Nurse Specialists, Registered Dieticians
- ☀ TYPES OF TEACHING
 - formal sessions
 - informally during your child’s care
- ☀ PREPARING TO GO HOME CHECKLIST
 - lists the things you may need to learn
 - helps you keep track of the teaching
- ☀ THINGS PARENTS CAN DO TO HELP
 - Be available and involved
 - Tell us how it is going for you
 - Use the white board to communicate with the staff

Tips from Other Parents

- ✓ Ask for an interpreter if you prefer to be taught in your first language
- ✓ Take notes in your own words
- ✓ Draw pictures or write down the steps as you are learning
- ✓ Teach someone else
- ✓ Attend Parent Hour
- ✓ Watch a video
- ✓ Ask your nurse to help you set up a care conference with your child’s team