



The Heart Center Parent Hour

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.

Things to Know about the Teaching:

☀ THE TEACHERS

- the nursing staff:
Bedside, Nurse Practitioner, Clinical Nurse Specialist

☀ TYPES OF TEACHING

- formal sessions
- informally during the care

☀ THINGS PARENTS CAN DO TO HELP

- Be Available
- Be Involved
- Tell us how it is going for you

"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."

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?

Tips from Other Parents

- ✓ Ask for an interpreter if you prefer to be taught in your 1st language
- ✓ Take notes in your own words
- ✓ Write down the steps when you see them or make an outline
- ✓ Draw pictures to describe the steps
- ✓ Use color to help organize & keep track
- ✓ Teach someone else
- ✓ Talk to other parents to get ideas
- ✓ ASK questions - use the white boards or paper to keep a list
- ✓ Ask your social worker about meeting with the whole health care team (care conference)

