



FAMILY to FAMILY

The Heart Center Parent Hour

# DISCHARGE: GETTING READY TO LEAVE THE HOSPITAL

## Thinking Ahead: Care-giving At Home

After you leave the hospital & begin the care of your child at home, there may be new tasks to work into your daily family schedule. It may take extra time and planning in the beginning to work these tasks into your daily family schedule.

- Clinic appointments
- Giving medication
- Lab work

### BEFORE You Leave the Hospital Planning Ahead for the Unexpected

- ➔ Read in the Heart Center Reference Binder: Contact Numbers (on pg. 1)
- ➔ Locate your local Emergency Department (ED)
- ➔ Talk to your social worker if you have no phone at home

*“When we first got home it felt like every minute I was doing something medical! There was so much to do! Pretty quickly, we made things very routine and it didn’t feel like each day’s tasks were brand new.”*

*“It was hard for me to make the call the first time. I was worried about bothering them or asking a dumb question. But it was a good thing because she was sick and I needed help.”*

### When Your Child is Sick:

- Review: When to Call the Doctor in “Discharge Teaching” (Heart Center Reference Binder)
- Watch your child – track his/her symptoms
- When to call in:
  - when symptoms are within guidelines
  - when you have questions or concerns
- Making the call
  - ask for an interpreter if needed
  - day time calls/night time calls
  - tell the provider about the symptoms
- Be ready to respond:
  - continue to monitor and call back
  - instructions to take your child to local Emergency Department (ED)

### Tips from Other Parents

- ❖ Follow the medical guidelines about restarting your child’s activities
- ❖ Use hospital programs, like Recreational Therapy, to help your child get back to regular activities as much as possible
- ❖ Teach your family and friends about hand washing and infection control

