Staying Safe in Hospital: Templates and notes

HealthCare Consumers

My key health information

Card details (bring your card/s to appointments)

Medicare #: Expiry: /

Health Fund: Membership #:

Concession or Pension #:

Emergency Contact

Name and relationship:

Contact Details:

☐ I have an advance care plan. It is kept: _____

☐ I have given my advance care plan to the hospital.

Allergies:

Your medical history

Condition	History (e.g. date of diagnosis or surgery)

Family medical history

Family member	Condition/s and age of onset

General Practitioner
Name:
Practice:
Contact Details:

Specialists (e.g. Psychiatrist, Rheumatologist, Cardiologist)
Name:
Specialty type:
Practice:
Contact Details:

Name:
Specialty type:
Practice:
Contact Details:

Name:
Specialty type:
Practice:
Contact Details:

Preferred Pharmacy
Name:
Address:
Contact Details:

What to Bring to Hospital

- [ ] any scans, test results or information relevant to your stay
- [ ] your Medicare card, concession health care card or DVA health care card
- [ ] your private health insurance details
- [ ] completed admission forms
- [ ] things you use every day – such as your glasses, dentures, hearing aids and a mobile phone charger
- [ ] your regular medicines in their original containers
  Include over-the-counter medicines, supplements, herbal or complementary medicines, inhalers and eye drops.
- [ ] any mobility aids you use – such as your wheelchair, walking stick or walking frame.
  Label it with your name and phone number or ask the staff to put one of your patient identifier stickers on it.
- [ ] any medical equipment you need – such as your CPAP machine or blood glucose monitor.
  If you are unsure if you will need it or if the hospital will have one for you to use, check before you go.
- [ ] footwear/slippers with good grip
- [ ] sleepwear, dressing gown and toiletries for overnight stays
- [ ] foam earplugs and an eye mask to help you sleep
- [ ] a warm, comfortable jacket that opens in the front and is easy to get on and off
- [ ] books, magazines, or other items for entertainment.
- [ ] check with the hospital for any specific items you need to bring for your procedure or if you are having a baby.
- [ ] .....
- [ ] .....

Don't bring jewellery, valuables or large amounts of cash.

Medicine List for _____

Medicine name e.g. Celecoxib (Celebrex)	Dose e.g. 100mg capsule	How & when to take it e.g. 1 capsule with food in the morning	What is it for? e.g. Arthritis	Prescribed by e.g. Dr Smith, GP

Medicine List for _____

Medicine name e.g. Celecoxib (Celebrex)	Dose e.g. 100mg capsule	How & when to take it e.g. 1 capsule with food in the morning	What is it for? e.g. Arthritis	Prescribed by e.g. Dr Smith, GP

Before you go home...

- [ ] Have you organised a safe way to get home?
- [ ] Do you have enough food at home to last until you can go shopping?
- [ ] Ask what you need to do to recover well at home like following a diet, caring for surgical site or avoiding activities.
- [ ] Ask who to call if you have any problems when you get home.
- [ ] Ask the staff how you can get help at home if you need it, for example with transport, shopping, cleaning or making meals.
- [ ] Ask for a medical certificate if you need one
- [ ] Ask staff to return any private x-rays you brought to hospital
- [ ] Check you have any equipment that you brought with you – don't forget your glasses, hearing aids and any chargers.
- [ ] Check if you need to go to any follow-up appointments at the hospital and how to make an appointment if needed.
- [ ] Book an appointment with your GP if you need scripts for any new medication – you will only be given 3 days' worth of medication when you are discharged
- [ ] Get a copy of your discharge summary to give to your GP.

Read your discharge summary before you leave. This records your symptoms, why you came into hospital, any changes to your medicines, and the plan for future treatments or care. Check the information is correct and that you understand what needs to happen next. You can ask staff to help you.

Ask staff how to get help at home if you need it. Staff may connect you with a social worker, community nurse or liaison officer. They can help you arrange support for when you go home such as aged care assessments, counselling, nutrition, occupational therapy and physiotherapy.

Follow up notes

Use this space to take notes about your hospital admission and follow up appointments. If you can't write them, ask if it is ok to record the instructions or video any exercises using your phone.

Follow up appointments:

Date: Time: Location:	Date: Time: Location:

Who to call if you have problems in the first few days at home

Name:
Role:
Phone number:

Care instructions:

Write down what your health care team tells you to do to take care of yourself at home.

Other notes: