



Hospital Stay

Be prepared and take part in the decisions

The concept in a nutshell

Being admitted to a hospital is connected with questions and uncertainty for patients. When a hospital stay is planned, however, you have the opportunity to prepare yourself so that each step – the admission, the stay itself and the discharge – can go as smoothly as possible.

A well-prepared hospital admission as well as your active participation in hospital daily life are expressly desired by the hospital. This is because in a short time, a lot of new things come to you, which in each case require your swift decision: opting for a treatment option, understanding clarifying discussions, or inquiring about medical terminology.

We would therefore like to encourage and support you to facilitate a hospital admission with careful preparation. Point out immediately any uncertainties during your stay and actively plan your departure. This way, you give yourself and the healthcare professionals time and opportunities to work together on your health.

What does that mean for you?

Good preparation and active participation during the hospital stay support the course of treatment and reduce waiting times for follow-up care.

Hospital admission

The preparation of a planned hospital stay includes not only packing the bags, but also administrative and organisational considerations: Which documents and treatment cards, such as the allergy passport, should I take with me? Is my medication plan up to date? Who will take me to the hospital and who will pick me up? Clarify such questions in advance. This way, you can avoid unpleasant waiting times or delays.

Hospital stay

Clarifying discussion with medical specialists, newly prescribed medication, difficult healing process: It is important that you understand what the healthcare professionals explain to you about your treatment. Keep asking questions until you really understand the answers. Only when you are well informed can you arrive at viable decisions.

Hospital discharge

Clarify questions about the discharge as early as possible, for example about concrete behavioural instructions to follow afterward, or about the organisation of subsequent treatments and follow-up appointments. The treatment should be pursued after the hospital stay without delay.

Here is how you can find out more



For your hospital stay, use our checklists «Hospital Admission», «Hospital Stay» and «Hospital Discharge» in the Health Compass.

Do you have any questions? Write to us. You can reach us at healthcompass@concordia.ch.

My notes
